

Version 1.0

Venue Handy Cross

50m

Session Seniors Distance IM (01)

A and B Squad

Yellow Squad

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	1	x	200	f/c	4.00		1	x	200	f/c	4.00		
	1	x	100	Reverse I.M. Drill	2.00		1	x	100	Reverse I.M. Drill	2.00		
	1	x	100	f/c Kick	2.00		1	x	100	f/c Kick	2.00		
	2	x	100	f/c Pull	2.00		2	x	100	f/c Pull	2.00		
	Total Distance					600		Total Distance					600
						12 mins							12 mins
Main Set	1	x	200	f/c MODERATE	4.00		1	x	200	f/c MODERATE	4.00		
	4	x	50	Fly as 25 drill / 25 full	1.15		4	x	50	Fly as 25 drill / 25 full	1.15		
	4	x	100	f/c MODERATE	1.45		4	x	100	f/c MODERATE	1.45		
	2	x	200	I.M.	4.00		2	x	200	I.M.	4.00		
	2	x	100	f/c EASY	1.45		2	x	100	f/c EASY	1.45		
Total Distance					1400		Total Distance					1400	
						28 mins							28 mins
Swim Down	10	x	50	f/c SPRINT	1.15		8	x	50	f/c SPRINT	1.30		
	4	x	100	Alt 100 b/c 100 f/c	1.45		3	x	100	Alt 100 b/c 100 f/c	1.45		
	Total Distance					900		Total Distance					700
						20 mins							20 mins
Session Distance					2900		Session Distance					2700	

<p>Teaching Points</p> <p>Butterfly, long reach forward before hand entry</p> <p>The last part of the keyhole stroke should allow the hands to push the head out of the water to breath early.</p> <p>The arms and hands then pull the head down and through the next stroke</p> <p>I.M. - Ensure that the swimmers observe the correct turns for IM</p>	<p>Feedback</p>
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