

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance IM (02)

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		
	2	x	100	Reverse I.M. Drill	2.30		2	x	100	Reverse I.M. Drill	2.30		
	1	x	200	f/c Pull	4.00		1	x	200	f/c Pull	4.00		
	Total Distance					600	14 mins	Total Distance					600
Main Set	4	x	100	Broken I.M.	1.45		4	x	100	Broken I.M.	2.00		
	1	x	200	f/c MODERATE	4.00		1	x	200	f/c MODERATE	4.00		
	6	x	50	Alt Fly Kick / Full with FINS	1.15		6	x	50	Alt Fly Kick / Full with FINS	1.15		
	1	x	200	f/c MODERATE	3.45		1	x	200	f/c MODERATE	4.00		
	2	x	200	I.M.	4.30		2	x	200	I.M.	4.30		
	1	x	100	f/c EASY	2.00		1	x	100	f/c EASY	2.00		
	Total Distance					1600	34 mins	Total Distance					1600
Swim Down	4	x	50	f/c SPRINT	45s		4	x	50	f/c SPRINT	45s		
	3	x	100	100 each of b/c, br, f/c	2.30		3	x	100	100 each of b/c, br, f/c	2.30		
	Total Distance					500	12 mins	Total Distance					500
Session Distance					2700		Session Distance					2700	

<p>Teaching Points</p> <p>Butterfly, ensure leg kick is from the abdomen and hips (avoid knee kicking!)</p> <p>Butterfly arms, ensure the head is pushed out of the water early at the end of the arms key hole push.</p> <p>I.M. , make sure turns are all legal</p>	<p>Feedback</p>
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