

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance IM (03)

A and B Squad

Yellow Squad

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	2	x	100	f/c	2.00		2	x	100	f/c	2.15		
	2	x	100	f/c Pull	2.15		2	x	100	f/c Pull	2.30		
	1	x	100	Reverse I.M. Drill	2.30		1	x	100	Reverse I.M. Drill	2.30		
					Total Distance	500						Total Distance	500
						11 mins							12 mins
Main Set	1	x	100	I.M.	2.15		1	x	100	I.M.	2.30		
	1	x	200	100m I.M. 100 f/c	4.30		1	x	200	100m I.M. 100 f/c	5.00		
	1	x	300	100m I.M. 200 f/c	7.30		1	x	300	100m I.M. 200 f/c	8.00		
	1	x	400	100m I.M. 300 f/c	10.00		1	x	400	100m I.M. 300 f/c	11.00		
	1	x	300	200 f/c 100m I.M.	7.30		1	x	300	200 f/c 100m I.M.	8.00		
	1	x	200	100 f/c 100m I.M.	4.30		1	x	200	100 f/c 100m I.M.	5.00		
	1	x	100	f/c	2.15		1	x	100	f/c	2.30		
					Total Distance	1600						Total Distance	1600
						39 mins							42 mins
Swim Down	3	x	100	f/c MODERATE	2.00		1	x	100	f/c MODERATE	3.00		
	1	x	200	b/c EASY	4.00		1	x	100	b/c EASY	3.00		
					Total Distance	500						Total Distance	200
						10 mins							6 mins
Session Distance					2600		Session Distance					2300	

<p>Teaching Points</p> <p>Butterfly - Ensure that the swimmers are reaching forward with their arms before hand entry.</p> <p>Butterfly - Legs together, two kicks per arm stroke (one hard, one half strength), kick using the stomach and thigh muscles.</p>	<p>Feedback</p>
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