

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance IM (04)

A and B Squad

Yellow Squad

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI		
Warm Up	1	x	400	f/c	7.00		1	x	300	f/c	5.30			
	1	x	200	b/c	4.00		1	x	200	b/c	4.30			
	4	x	100	I.M. Stroke Order, fly as drill	2.00		4	x	100	I.M. Stroke Order, fly as drill	2.15			
	Total Distance					1000		Total Distance					900	
						20 mins							20 mins	
Main Set	1	x	200	I.M.	4.30		1	x	200	I.M.	4.45			
	1	x	200	f/cEASY	5.00		1	x	200	f/cEASY	5.00			
	4	x	100	Broken IM by 50m (50fly/50ba,50ba/50br, 50br/50fr,50fr/50fly)	2.00		4	x	100	Broken IM by 50m (50fly/50ba,50ba/50br, 50br/50fr,50fr/50fly)	2.15			
	1	x	200	f/c	4.30		1	x	200	f/c	5.00			
	4	x	200	Broken IM as 100m each stroke (fly/ba,ba/br, br/fr,fr/fly)	4.30		4	x	200	Broken IM as 100m each stroke (fly/ba,ba/br, br/fr,fr/fly)	4.45			
	1	x	200	f/c EASY	5.00		1	x	200	f/c EASY	5.00			
	4	x	100	b/c	2.00		3	x	100	b/c	2.15			
	1	x	200	I.M.	4.30		1	x	200	I.M.	4.45			
	Total Distance					2600		Total Distance					2500	
							60 mins							60 mins
Swim Down	1	x	200	b/c PULL	4.30		1	x	200	b/c PULL	5.00			
	1	x	300	f/c MODERATE	5.30		1	x	200	f/c MODERATE	5.00			
	Total Distance					500		Total Distance					400	
						10 mins							10 mins	
Session Distance					4100		Session Distance					3800		

<p>Teaching Points</p> <p>Butterfly - ensure a strong stroke, transferring the stronger leg kick power into a long arm extension and strong arm pull</p> <p>I.M. - Ensure turns are correct, avoid tumble turns, two hand touch out of fly and breaststroke.</p>	<p>Feedback</p>
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