

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance IM (05)

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	6.00		
	2	x	200	Reverse I.M. Drill	4.00		2	x	200	Reverse I.M. Drill	4.15		
	1	x	200	f/c Pull	4.00		1	x	200	f/c Pull	4.15		
	4	x	100	alt 100 f/c 100 b/c	2.15		4	x	100	alt 100 f/c 100 b/c	2.15		
	Total Distance					1400		Total Distance					1300
						30 mins							30 mins
Main Set	1	x	100	I.M. ensure fly head is correct	2.15		1	x	100	I.M. ensure fly head is correct	2.30		
	1	x	200	100 IM, 100 f/c	4.00		1	x	200	100 IM, 100 f/c	4.15		
	1	x	300	100 IM, 200 f/c	5.45		1	x	300	100 IM, 200 f/c	6.00		
	1	x	400	100 IM, 300 f/c	7.30		1	x	400	100 IM, 300 f/c	7.45		
	1	x	300	200 f/c, 100 I.M.	5.45		1	x	300	200 f/c, 100 I.M.	6.00		
	1	x	200	100 f/c, 100 I.M.	4.00		1	x	200	100 f/c, 100 I.M.	4.15		
	1	x	100	f/c	2.15		1	x	100	f/c	2.30		
	8	x	25	f/c Kick	45s		8	x	25	f/c Kick	45s		
	1	x	400	I.M. DRILL	8.00		1	x	400	I.M. DRILL	8.00		
	Total Distance					2200		Total Distance					2200
						45 mins							47 mins
Swim Down	4	x	100	f/c as 50 Drag, 50 full	2.30		3	x	100	f/c as 50 Drag, 50 full	2.30		
	1	x	200	b/c catch up	5.00		1	x	200	b/c catch up	5.00		
	Total Distance					600		Total Distance					500
						15 mins							13 mins
Session Distance					4200		Session Distance					4000	

Teaching Points	Feedback
<p>Butterfly - Ensure head comes up for breath whilst completing the outswEEP so that it enters the water again with the arm recovery</p> <p>Butterfly - Kicking from the abdomen, check knee flexing and legs together</p> <p>I.M. - General all round technique especially demonstrating legal turns</p>	