

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance IM (07)

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	4.15		
	2	x	100	b/c PULL	2.15		2	x	100	b/c PULL	2.30		
	1	x	100	f/c Kick	2.15		1	x	100	f/c Kick	2.30		
	1	x	100	f/c Pull	2.00		1	x	100	f/c	2.15		
	Total Distance					600		Total Distance					600
						13 mins							14 mins
Main Set	1	x	200	f/c MODERATE	4.00		1	x	200	f/c MODERATE	4.15		
	4	x	100	25 Fly Sprint, 75 f/c recovery	2.15		3	x	100	25 Fly Sprint, 75 f/c recovery	2.30		
	1	x	200	f/c EASY	4.00		1	x	200	f/c EASY	4.15		
	2	x	200	I.M. Fly HARD first 25m	4.00		2	x	200	I.M. Fly HARD first 25m	4.15		
	1	x	200	f/c EASY	4.00		1	x	200	f/c EASY	4.15		
	2	x	100	I.M. change stroke at the wall	2.30		2	x	100	I.M. change stroke at the wall	2.45		
	Total Distance					1600		Total Distance					1500
						34 mins							35 mins
Swim Down	4	x	100	100 each of b/c, br, f/c, b/c	2.15		3	x	100	100 each of b/c, br, f/c	2.30		
	1	x	200	b/c EASY	4.00		1	x	200	b/c EASY	4.30		
	Total Distance					600		Total Distance					500
						13 mins							12 mins
Session Distance					2800		Session Distance					2600	

<p>Teaching Points</p> <p>Butterfly, ensure that the legs are kicking together and that the knees are together through the kick</p> <p>Butterfly, introduce 25m Sprints with active recovery</p> <p>Observe I.M. turns, not tumble turns in transition between strokes, start getting a sense of urgency in the turns.</p>	<p>Feedback</p>
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