

Version 1.0

Venue Wycombe Abbey

25m

Session Senior Sprint - Backstroke (01)

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	4.15		1	x	200	f/c	4.15		
	2	x	150	b/c	3.15		2	x	150	b/c	3.15		
	4	x	100	alt 100 f/c 100 b/c	2.15		4	x	100	alt 100 f/c 100 b/c	2.30		
					Total Distance	900						Total Distance	900
						20 mins							21 mins
Main Set	1	x	through				1	x	through				
	1	x	200	f/c Moderate	4.00		1	x	200	f/c Moderate	4.15		
	4	x	50	b/c - u/w for first 10m at least	1.15		4	x	50	b/c - u/w for first 10m at least	1.15		
	2	x	100	f/c Moderate	2.00		2	x	100	f/c Moderate	2.15		
	6	x	50	b/c - sprint into the turn	1.15		4	x	50	b/c - sprint into the turn	1.15		
	2	x	100	f/c Moderate	2.00		2	x	100	f/c Moderate	2.15		
	4	x	50	b/c - hard first 20m from start	1.15		4	x	50	b/c - hard first 20m from start	1.15		
	1	x	200	f/c Moderate	4.00		1	x	200	f/c Moderate	4.15		
				Total Distance	1500						Total Distance	1400	
						34 mins							33 mins
Swim Down	1	x	300	alt 25 f/c, 25 b/c	6.00		1	x	300	alt 25 f/c, 25 b/c	6.00		
					Total Distance	300						Total Distance	300
						6 mins							6 mins
					Session Distance	2700						Session Distance	2600

Teaching Point	Feedback
<p>Backstroke - Ensure swimmers are rotating their hips and shoulders to get the pulling hand under the body (stretch the recovery hand to the ceiling), kick 'side, middle, side' to turn the hips improving shoulder rotation.</p> <p>Backstroke - Start, arch back and get hips above water, into dolphin kicks before first powerful arm pull</p> <p>Backstroke - Turns deep and powerful from the wall, fist arm pull from just under the water</p>	