

Version 1.0

Venue Handy Cross

25m

Session Senior Sprint - Backstroke (03)

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	400	f/c	7.00		
	4	x	100	b/c	2.15		3	x	100	b/c	2.30		
	4	x	50	f/c KICK	1.30		4	x	50	f/c KICK	1.30		
	Total Distance					1000	22 mins	Total Distance					900
Main Set	1	x	through				1	x	through				
	8	x	50	b/c from Blocks, sprint 25m	1.30		8	x	50	b/c from Blocks, sprint 25m	1.30		
	1	x	200	f/c	4.00		1	x	200	f/c	4.00		
	4	x	100	b/c hard into and out of turn	2.30		4	x	100	b/c hard into and out of turn	2.30		
	1	x	200	f/c	4.00		1	x	200	f/c	4.00		
	1	x	200	b/c full stroke	4.00		1	x	200	b/c full stroke	4.00		
Total Distance					1200	34 mins	Total Distance					1200	34 mins
Swim Down	1	x	200	f/c moderate	4.00		1	x	200	f/c moderate	5.00		
	Total Distance					200	4 mins	Total Distance					200
Session Distance						2400	Session Distance						2300

Teaching Point	Feedback
Backstroke - Arch back into water at the Start, underwater fly kicks, one hand on top of the other.	
Backstroke - Check thumb out of water first, little finger into water first	
Backstroke - ensure the swimmers are attempting a proper back stroke turn	