

Version 1.0

Venue Handy Cross

25m

Session Seniors Sprint Breaststroke (01)

A and B

Yellow

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	1	x	300	f/c EASY	5.15		1	x	300	f/c EASY	5.15		
	1	x	200	b/c MODERATE	4.00		1	x	200	b/c MODERATE	4.00		
	4	x	100	I.M.	2.30		4	x	100	I.M.	2.30		
	Total Distance					900		Total Distance					900
						20 mins							20 mins
Main Set	1	x	through				1	x	through				
	4	x	100	br, from blocks, watch UW seq	2.30		4	x	100	br, from blocks, watch UW seq	2.30		
	1	x	200	f/c Full	4.00		1	x	200	f/c Full	4.15		
	4	x	100	br SPRINT, ensure good glide	2.30		4	x	100	br SPRINT, ensure good glide	2.30		
	1	x	200	f/c Pull	4.00		1	x	200	f/c Pull	4.15		
	2	x	100	br Sprinting first 25m each len	2.30		2	x	100	br Sprinting first 25m each len	2.30		
	Total Distance					1400		Total Distance					1400
						33 mins							33 mins
Swim Down	1	x	100	b/c mod	2.30		1	x	100	b/c mod	2.30		
	1	x	200	f/c MODERATE	4.30		1	x	200	f/c MODERATE	4.30		
	Total Distance					300		Total Distance					300
						7 mins							7 mins
Session Distance					2600		Session Distance					2600	

Feedback

Teaching Point	Feedback
Breaststroke - ensure swimmers push their hands forward so that they kick as their hands reach extension not before	
Breaststroke - ensure the swimmers hold the glide position through the kick especially when sprinting	
Breaststroke - check that the leg kick is wide and full with a quick 'snap' bringing legs together, toes pointed	