

Version 1.0

Venue Handy Cross

25m

Session Senior Sprint - Freestyle (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	400	f/c	6.30			1	x	400	f/c	7.00	
	4	x	100	alt 100b/c 100 Rev IM Drill	2.15			4	x	100	alt 100b/c 100 Rev IM Drill	2.15	
	8	x	25	f/c KICK	45s			8	x	25	f/c KICK	45s	
	2	x	100	b/c PULL	2.30			2	x	100	b/c PULL	2.30	
					Total Distance	1200						Total Distance	1200
						27 mins							27 mins
Main Set	1	x	through					1	x	through			
	4	x	100	f/c Sprint length 1 and 3	2.30			4	x	100	f/c Sprint length 1 and 3	2.30	
	1	x	200	b/c	4.00			1	x	200	b/c	4.15	
	8	x	50	f/c Fins Sprint (high shoulders)	1.30			8	x	50	f/c Fins Sprint (high shoulders)	1.30	
	2	x	200	b/c	4.00			1	x	200	b/c	4.15	
	1	x	200	f/c high elbows in recovery	4.00			1	x	200	f/c watch the elbows in recovery	4.15	
	2	x	200	I.M. Drill	4.30			2	x	200	I.M. Drill	4.30	
	8	x	25	f/c kick, check depth of kick	45s			8	x	25	f/c kick, check depth of kick	45s	
				Total Distance	2200						Total Distance	2000	
						54 mins							55 mins
Swim Down	1	x	200	f/c moderate	4.00			1	x	200	f/c moderate	4.00	
	1	x	200	b/c Moderate	4.30			1	x	200	b/c Moderate	4.30	
					Total Distance	400						Total Distance	400
						9 mins							9 mins
					Session Distance	3800						Session Distance	3600

Teaching Point	Feedback
Frontcrawl – High Elbow in recovery, hand close to the water stretching forward to the catch	
Frontcrawl – Head and shoulders on top of the water, practice with fins	