

Version 1.0

Venue Handy Cross

25m

Session Senior Sprint - Freestyle (02)

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	6.00			1	x	300	f/c	5.00		
	4	x	100	alt 100b/c 100f/c	2.00			3	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		
	Total Distance					1000		Total Distance					800	
						20 mins							18 mins	
Main Set	1	x	through					1	x	through				
	8	x	50	f/c Blocks, hard 30m, easy 20m	1.30			8	x	50	f/c Blocks, hard 30m, easy 20m	1.30		
	1	x	200	b/c	4.00			1	x	200	b/c	4.30		
	4	x	100	f/c hard 10m through turn	2.00			4	x	100	f/c hard into and out of turn	2.15		
	1	x	200	b/c PULL	4.30			1	x	200	b/c	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					1400		Total Distance					1200		
						35 mins							36 mins	
Swim Down	1	x	300	alt 50 f/c, 50 b/c moderate	5.00			1	x	300	f/c moderate	6.00		
	Total Distance					300		Total Distance					300	
						5 mins							6 mins	
Session Distance					2700		Session Distance					2300		

<p>Teaching Point</p> <p>Frontcrawl - correct depth of kick, from surface to 30-50cm below on each kick</p> <p>Frontcrawl - keep hips horizontal throughout kick</p> <p>Frontcrawl - attack the turn, fast in, powerful push off the wall and fast to the surface</p>	<p>Feedback</p>
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