

Version 1.0

Venue Handy Cross

25m

Session Senior Sprint - Freestyle (05)

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		
	1	x	200	b/c moderate	4.30		1	x	200	b/c moderate	4.30		
	2	x	100	f/c moderate	2.00		2	x	100	f/c moderate	2.15		
	Total Distance					800		Total Distance					800
						16 mins							16 mins
Main Set	1	x		through			1	x		through			
	2	x	100	f/c from blocks, hard 1st & 3rd	2.30		2	x	100	f/c from blocks, hard 1st & 3rd	2.30		
	1	x	200	I.M. Drill	4.30		1	x	200	I.M. Drill	4.30		
	2	x	100	f/c from blocks, hard 1st & 3rd	2.30		2	x	100	f/c from blocks, hard 1st & 3rd	2.30		
	1	x	200	b/c	4.30		1	x	200	b/c	4.30		
	2	x	100	f/c from blocks, hard 1st & 3rd	2.30		2	x	100	f/c from blocks, hard 1st & 3rd	2.30		
	1	x	200	I.M. Drill	4.30		1	x	200	I.M. Drill	4.30		
	8	x	25	f/c KICK	45s		8	x	25	f/c KICK	45s		
	Total Distance					1400		Total Distance					1400
						35 mins							35 mins
Swim Down	1	x	200	f/c moderate	4.30		1	x	200	f/c moderate	4.30		
	1	x	200	b/c EASY	4.30		1	x	200	b/c EASY	4.30		
	Total Distance					400		Total Distance					400
						9 mins							9 mins
Session Distance					2600		Session Distance					2600	

Teaching Point	Feedback
Frontcrawl - Start from blocks, powerful entry, one hand on top of the other	
Frontcrawl - Start, three dolphin kicks and two strokes before the first breath	
Frontcrawl - Hard into and out of the turns, correct underwater action (three dolphin kicks and two strokes before breathing)	
Frontcrawl - Aggressive finish over last 5 metres, finishing with hard underwater touch	