

Version 1.0

Venue Handy Cross

25

Session Seniors Sprint IM (01)

A and B

Yellow

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	1	x	200	f/c	4.00		1	x	200	f/c	4.15		
	1	x	200	b/c	4.00		1	x	100	b/c	2.15		
	1	x	100	br	2.30		1	x	100	br	2.30		
	1	x	100	I.M.	2.00		1	x	100	I.M.	2.15		
	4	x	50	fc kick	1.30		4	x	50	fc kick	1.30		
	Total Distance					800		Total Distance					700
						19 mins							18 mins
Main Set	2	x	through				2	x	through				
	2	x	100	b/c hard into and out of the wall	2.00		2	x	100	b/c hard into and out of the wall	2.15		
	1	x	100	f/c easy	2.00		1	x	100	f/c easy	2.15		
	2	x	100	br hard into and out of the wall	2.30		2	x	100	br hard into and out of the wall	2.30		
	1	x	100	f/c easy	2.00		1	x	100	f/c easy	2.15		
	2	x	50	fly hard	1.30		2	x	50	fly hard	1.30		
	1	x	100	f/c easy	2.00		1	x	100	f/c easy	2.15		
	Rest 1 minute					1.00		Rest 1 minute					1.00
Total Distance					1600		Total Distance					1600	
						37 mins							39 mins
Swim Down	1	x	200	Mixed strokes			1	x	100	b/c easy	3.00		
	Total Distance					200		Total Distance					100
						4 mins							3 mins
Session Distance					2600		Session Distance					2400	

Teaching Points	Feedback
I.M. - Starts and Turns, full stroke sprints to start thinking about what a good turn is.	
I.M. - Ensure swimmers are fast in and out of the wall	