

Version 1.0

Venue Handy Cross

25

Session Seniors Sprint IM (02)

A and B

Yellow

	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	300	b/c	5.30		1	x	300	b/c	5.30		
	1	x	200	br	4.30		1	x	200	br	4.30		
	2	x	100	I.M.	2.00		2	x	100	I.M.	2.00		
	4	x	50	fc kick	1.30		4	x	50	fc kick	1.30		
	Total Distance					1300		Total Distance					1300
						28 mins							28 mins
Main Set	1	x	through				1	x	through				
	4	x	50	Fly hard, ensure hands are fast	1.30		4	x	50	Fly hard, ensure hands are fast	1.30		
	2	x	200	Rev I.M. Drill	4.30		2	x	200	Rev I.M. Drill	4.30		
	4	x	50	I.M. order	1.30		4	x	50	I.M. order	1.30		
	1	x	200	f/c easy	4.00		1	x	200	f/c easy	4.00		
	4	x	50	fly hard, check early breathing	1.30		4	x	50	fly hard, check early breathing	1.30		
	1	x	200	f/c easy	4.00		1	x	200	f/c easy	4.00		
	4	x	100	I.M.	2.45		4	x	100	I.M.	2.45		
Total Distance					1400		Total Distance					1400	
						46 mins							46 mins
Swim Down	1	x	400	freestyle	8.00		1	x	400	freestyle	8.00		
	1	x	400	alt 50fc/50bc/50br repeat	8.00		1	x	400	alt 50fc/50bc/50br repeat	8.00		
	Total Distance					400		Total Distance					400
						16 mins							16 mins
Session Distance					3100		Session Distance					3100	

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