

Version 1.0

Venue Handy Cross

25

Session Seniors Sprint IM (05)

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	4.00		
	1	x	200	b/c	4.00		1	x	200	b/c	4.00		
	1	x	100	br	2.30		1	x	100	br	2.30		
	1	x	100	I.M.	2.00		1	x	100	I.M.	2.00		
	4	x	50	fc kick	1.30		4	x	50	fc kick	1.30		
	Total Distance					800		Total Distance					800
						19 mins							19 mins
Main Set	1	x	through				1	x	through				
	6	x	50	as 25fl/25bc, 25bc/25br, 25br/25fc		1.30	6	x	50	as 25fl/25bc, 25bc/25br, 25br/25fc		1.30	
	1	x	100	f/c easy		2.00	1	x	100	f/c easy		2.00	
	1	x	200	I.M. Drill		4.30	1	x	200	I.M. Drill		4.30	
	6	x	50	as 25fl/25bc, 25bc/25br, 25br/25fc		1.45	6	x	50	as 25fl/25bc, 25bc/25br, 25br/25fc		1.45	
	1	x	200	b/c		4.00	1	x	200	b/c		4.00	
	2	x	100	I.M. Drill		2.00	2	x	100	I.M. Drill		2.00	
	2	x	100	f/c		1.30	2	x	100	f/c		1.30	
Total Distance					1500		Total Distance					1500	
						37 mins							37 mins
Swim Down	1	x	200	Mixed strokes		4.00	1	x	200	Mixed strokes		4.00	
	Total Distance					200		Total Distance					200
						4 mins							4 mins
Session Distance					2500		Session Distance					2500	

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	