

Version 1.0

Venue Handy Cross

25m

Session Teaching Distance - IM (02)

Minnows

	Instruction
Warm Up	Mixture of f/c and b/c for warm up Talk about food intake before training (energy carbs!) Rotate through IM strokes separately as drills 10 mins
Main Set	Butterfly with FINS, get head up early for breathing I.M. Turn, Back to Breast practice 100m IM sets reminding the swimmers of turns just practiced Butterfly kick practice, mixed with 50m freestyle Alternate f/c and b/c to loosen after exercise 40 mins
Swim Down	Sets of 50m Back / Breast / Free to finish 10 mins

Feedback

Teaching Point	Feedback
IM - Teach the legal back to breast turn, pushing off deep in breaststroke for underwater sequence Butterfly - Strong leg kick from abdomen and hips Butterfly - get the head out of the water early to breath before the arms are level with the head, do this by pushing the shoulders up during key hole outswEEP	