

Version 1.0

Venue Handy Cross

25m

Session Teaching Distance - IM (07)

Minnows

	Instruction
Warm Up	Mixture of f/c and b/c for warm up Remind swimmers about eating correctly for competition Rotate through IM strokes separately as drills 10 mins
Main Set	Butterfly with FINS, ensure knees together, kick from body down I.M. Turn, Br to Fly practice, urgency off the wall 100m IM sets reminding the swimmers of turns just practiced Deep End starts from the blocks 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 Points	Feedback
Butterfly, ensure that the legs are kicking together and that the knees are together through the kick Butterfly, introduce 25m Sprints with active recovery Observe I.M. turns, not tumble turns in transition between strokes, start getting a sense of urgency in the turns.	