

Version 1.0

Venue Handy Cross

25m

Session Teaching Sprint - Freestyle(02)

Minnows

Instruction									
Warm Up	<p>Easy warm up using front crawl and back stroke Drinks are as important as hat and goggles in training Loosen up read for the teaching freestyle</p> <p>10 mins</p>								
Main Set	<p>f/c kick ensuring loose ankles and correct kick depth</p> <p>Sets of 50m b/c and 50m f/c to loosen</p> <p>Practice f/c starts, streamline entry, one hand on top of the other</p> <p>Alternate front and back crawl 50m sets to practice tumbles</p> <p>Practice 50m freestyle with turns - hard push off the wall</p> <p>40 mins</p>								
Swim Down	<p>100m backstroke stretching arms high to loosen 100m IM, watch Fly for next session on fly</p> <p>10 mins</p>								
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