

Session Plan (Water training)

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|---|--|--|---|--|--------------------------------------|--|
| Sevenoaks Tri Club Training group | | Date Tuesday 05/11/2013 | Time 8:00 pm | Scheduled for 1 hr 00m | Session coach David Lawson | |
| Venue Sevenoaks Leisure Centre | Pool length 25.00 m | Facilities Lanes 1-6 | | Safety equipment Spine boards, throw bags, Centre st | | |
| Ability of swimmers | Age range - | Macrocycle 2014 here we come | Phase Technique and endurance basic | Mesocycle 1 Wk 1 of 4 | Week no 1 | |
| Aims of session Streamlining and body alignment | Specific objectives/kit needed Kit required - fins | | Training principles applied EN1 | | | |
| Additional information | | | Assistants | | | |
| <i>Repeats</i> | | <i>Rest intervals</i> | <i>Description/Coaching points</i> | | | |

1. Warmup (W/up)

1 x 400m FC

Lanes 5-4 swim 350m

Lanes 3-2 swim 300m

Lane 1 swim 250m

1 x 50m Fly as single arm fly

1 x 25m Back

1 x 25m Breast

1 x 100m FC

600 m 12 minutes

2. Technique work (Tech)

2.1 1 x 50m FC as kick arm extended

With fins

Kick with one hand extended looking ahead at the pool bottom.

Breathe on 3 kicks by rotating your hip and letting your head roll without lifting it away from your leading arm.

1 x 50m FC as single arm controlled

From a streamlined position on the side kick 3.

As you roll on to your front swing the trailing elbow forward while rolling on to the front.

Extend the hand comfortably forward so the hand enters in front of the shoulder and underneath the extended hand.

1 x 50m FC as full stroke

LIFO in the lane between sets

Swim this 3 times

450 m 14 minutes

| <i>Repeats</i> | <i>Rest intervals</i> | <i>Description/Coaching points</i> |
|----------------|-----------------------|------------------------------------|
| 2.2 4 x 50m FC | + 10 | Easy up, build coming back |
| | | 200 m 6 minutes |

3. Basic 2 Aerobic Maintenance (EN1.2)

| | | |
|-------------|------------------|--|
| 1 x 800m FC | LIFO in the lane | TT PB + 45 sec |
| 3 x 200m FC | + 20 | #1 last 50 faster #1 last 50 faster #2l last 75 faster #3 last 100 faster |

Lanes 4-3 swim 800 + 2 x 200

Lanes 2-1 swim 400 + 2 x 200

1400 m 25 minutes

4. Recovery (Rec)

| | |
|-----------------|---|
| 1 x 200m choice | As 50 drill 50 swim then 25 drill 75 swim |
|-----------------|---|

200 m 5 minutes

Session totals 2850 metres 62 minutes

Anything not clear? Give me a call or mail on 07967 096463 or wheresmike@here.myzen.co.uk

Mike Wake

Session Plan (Water training)

| | | | | | | |
|--|---|--|--|---|-------------------------------------|--|
| Sevenoaks Tri Club Training group | | Date Wednesday 06/11/2013 | Time 8:30 pm | Scheduled for 1 hr 00m | Session coach Neil Colvin | |
| Venue Walthamstow Hall School, Sevenoaks | Pool length 25.00 m | Facilities Lanes 1-6 | | Safety equipment Torpedo floats, throw bags | | |
| Ability of swimmers | Age range - | Macrocycle 2014 here we come | Phase Technique and endurance basic | Mesocycle 1 Wk 1 of 4 | Week no 1 | |
| Aims of session Basic speed | Specific objectives/kit needed Kit needed - pullbuoys | | Training principles applied EN1 SP3 | | | |
| Additional information | | | Assistants | | | |
| Repeats | | Rest intervals | Description/Coaching points | | | |

1. Warmup (W/up)

1 x 500m FC

5 x 50m FC

+ 10

As easy/faster/faster/easier/perfect

Lanes 5-4 swim 450/5 x 50

Lanes 3-2 swim 450/3 x 50

750 m 15 minutes

2. Power sprints (SP3)

4 x 13m FC

on 1:15

As fast as possible for 6 strokes, then easy to the end

4 x 13m FC

on 1:00

Clean entry at the front

100 m 13 minutes

3. Recovery (Rec)

1 x 100m choice

Easy swim on 3 minutes

100 m 2 minutes

4. Basic 2 Aerobic Maintenance (EN1.2)

5 x 300m FC as mixed

+ 15

Each as 100 pull with pullbuoy/50 catchup/150 swim

Lanes 4-3 swim 100/50/100

Lanes 2-1 swim 4 sets of 100/50/100

1500 m 27 minutes

5. Recovery (Rec)

1 x 200m FC

Any 75m on a choice of drill

200 m 5 minutes

| <i>Repeats</i> | <i>Rest intervals</i> | <i>Description/Coaching points</i> |
|----------------|-----------------------|------------------------------------|
|----------------|-----------------------|------------------------------------|

Session totals 2650 metres 63 minutes

Anything not clear? Give me a call or mail on 07967 096463 or wheresmike@here.myzen.co.uk

Mike Wake

Session Plan (Water training)

| | | | | | | |
|---|---|--|---|--|----------------------|--|
| Sevenoaks Tri Club Training group | | Date Friday 08/11/2013 | Time 8:00 pm | Scheduled for 1 hr 00m | Session coach | |
| Venue Sevenoaks Leisure Centre | Pool length 25.00 m | Facilities Lanes 1-6 | | Safety equipment Spine boards, throw bags, Centre st | | |
| Ability of swimmers | Age range - | Macrocycle 2014 here we come | Phase Technique and endurance basic | Mesocycle 1 Wk 1 of 4 | Week no 1 | |
| Aims of session Aerobic development | Specific objectives/kit needed Kickboards optional for the warmup | | Training principles applied | | | |
| Additional information | | | Assistants | | | |
| <i>Repeats</i> | | <i>Rest intervals</i> | <i>Description/Coaching points</i> | | | |

1. Warmup (W/up)

1 x 300m FC

2 x 150m FC as mixed

+ 5

Each as 50 kick/50 pull/50 swim
bringing the kick in

Lanes 4-3 swim 200/2 x 150

Lane 2 swim 250/2 x 75

600 m 12 minutes

2. Technique work (Tech)

1 x 50m FC as single arm hanging
from the elbow

Swim single arm front crawl
recovering the arm as if suspended by
the elbow. Upper arm vertical,
forearm relaxed (it'll hang slightly out
to the side). Let the hand drop into
the water well ahead of the shoulder.

1 x 25m FC as catchup hanging from
the elbow

Swim catchup recovering the arm as if
suspended by the elbow. Upper arm
vertical, forearm relaxed (it'll hang
slightly out to the side with fingers
down).

Roll on to your front and let your
hand and arm fall into the water in a
straight line ahead of your shoulder.

1 x 25m FC

Build

Swim this 4 times

400 m 12 minutes

| <i>Repeats</i> | <i>Rest intervals</i> | <i>Description/Coaching points</i> |
|----------------|-----------------------|------------------------------------|
|----------------|-----------------------|------------------------------------|

3. Basic 3 Aerobic Development (EN1.3)

| | | |
|-------------|------|----------------|
| 1 x 400m FC | + 20 | At PB + 30 sec |
| 3 x 200m FC | + 20 | At PB + 20 sec |
| 5 x 100m FC | + 15 | At PB + 20 sec |

Lanes 5-4 swim 400/2 x 200/4 x 100

Lanes 3-2 swim 400/2 x 200/3 x 100

1500 m 28 minutes

4. Recovery (Rec)

| | | |
|----------------|-----|---|
| 4 x 50m choice | + 5 | Each as drill going up, build coming back |
|----------------|-----|---|

200 m 5 minutes

Session totals 2700 metres 57 minutes

Anything not clear? Give me a call or mail on 07967 096463 or wheresmike@here.myzen.co.uk

Mike Wake

Session Plan (Water training)

| | | | | | | |
|---|---|--|---|--|-------------------------------------|--|
| Sevenoaks Tri Club Training group | | Date Sunday 10/11/2013 | Time 5:30 pm | Scheduled for 1 hr 30m | Session coach Neil Colvin | |
| Venue Sevenoaks School | Pool length 25.00 m | Facilities Lanes 1-6 | | Safety equipment Throw bags, torpedo buoys | | |
| Ability of swimmers | Age range - | Macrocycle 2014 here we come | Phase Technique and endurance basic | Mesocycle 1 Wk 1 of 4 | Week no 1 | |
| Aims of session Aerobic development | Specific objectives/kit needed Kit needed - fins and kickboards | | Training principles applied EN1 | | | |
| Additional information | | | Assistants | | | |
| Repeats | | Rest intervals | Description/Coaching points | | | |

1. Warmup (W/up)

| | |
|-----------------------|--|
| 1 x 400m FC | Lanes 4-3 swim 300m Lane 2 swim 250m |
| 3 x 50m mixed strokes | As BK up FC coming back |
| 3 x 50m mixed strokes | As FL going up (single arm is OK) FC coming back |

700 m 14 minutes

2. Endurance kicking with fins (EN1 fin kick)

| | | |
|-------------------------------|------|---|
| 4 x 100m FC as kick with fins | + 10 | Easy and relaxed for 50, build for 25, ease down for 25 |
|-------------------------------|------|---|

Lanes 4-3 kick 3 x 100

Lane 2 kick 5 x 50 + 10as easy 25 build 25

400 m 12 minutes

3. Technique work (Tech)

| | | |
|--|------|---|
| 1 x 50m FC as catchup breathing both sides | | Combine push at the back with streamlining at the front Keep your chest pressed down. Make sure the hands touch at the front at full extension and start the pull by lifting the elbow and pushing back |
| 1 x 25m FC as DPS (distance per stroke) | + 10 | Get as far as possible on each stroke, while keeping your normal stroke timing. Focus on coordinating streamlining and propulsion. |

Swim this 6 times

450 m 14 minutes

| <i>Repeats</i> | <i>Rest intervals</i> | <i>Description/Coaching points</i> |
|----------------|-----------------------|------------------------------------|
|----------------|-----------------------|------------------------------------|

4. Basic 3 Aerobic Development (EN1.3)

5 x 400m FC + 30 at PB + 30

Lanes 5-4 swim 4 x 400

Lanes 3-2 swim 2 x 400 + 30 then 3 x 200 + 20 at PB + 20

2000 m 38 minutes

5. Recovery (Rec)

2 x 100m choice Easy

1 x 100m FC Perfect

300 m 7 minutes

***Session totals* 3850 metres 84 minutes**

Anything not clear? Give me a call or mail on 07967 096463 or wheresmike@here.myzen.co.uk

Mike Wake