

7Oaks Tri Club Swimming Training Session

At (Venue)	Haysden Lake	On (date)	Monday, 5 August 2013	From(time)	6pm	To (time)	7pm
Aims	Lake swimming	Comments/Kit	Kit required – wetsuit, running shoes				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x big lap	1x medium lap 1 x small lap	850	15
2.	Tri start and drafting 2x1 small lap start (mass) and swim till the first buoy as fast as possible and drafting	2x1 small lap	600	15

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Techniquial skills orientation and google cleaning		300	8
4.	Transition 2 x 1	Swim to the edge take the wetsuit off and take your running shoes on and run 200m		8

Totals		60
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