

## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Haysden Lake	<b>On (date)</b>	Monday, 12 August 2013	<b>From(time)</b>	7pm	<b>To (time)</b>	8pm
<b>Aims</b>	Drafting, orientation, aquatlon		<b>Comments/Kit</b> Kit required – wetsuit, running shoes				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> Please put your shoes into the "TA" 1x big lap	1x medium lap 1x small lap	850	15
2.	<b>Orientation, drafting</b> 1 <sup>st</sup> lap: Turn around the 1 <sup>st</sup> and the 2 <sup>nd</sup> buoy and then swim back to the start. 2 <sup>nd</sup> lap: swim to the opposite way,			10

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aquathlon,</b> 1x 1big lap swim (drafting ; if possible Then 1 lap running around the lake.	Please take your wetsuit off and shoes on as fast as possible!		

<b>Totals</b>		50
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