

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 1 October 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic development (week 4/4 Recovery intensity)	Comments/Kit	Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 400 FC +10 4 x 50 FC + 10 Reducing	Lane 5 350/4x50 Lane 4-3 350/3x50 Lane2 350/3x50 Lane 1 300/3x50	600	11
2.	Technique work 1 x 800m FC odd length finger brushing even length with zip	Lane 5 750 Lane 4 750 Lane 3 700 Lane 2 650 Lane 1 550	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic development How hard : 16 out of 20 1 x 800m FC +30 4 x 200m FC +15 4x50m FC +10 Built on each 4 th length!	Lane 5 750/4x200/3x50 Lane 4-3 700/4x200/3x50 Lane 2 600/4x200/3x50 Lane 1 600/3x200/2x50	1800	30
4.	Swim down 1 x 200m FC		200	5

Totals	3400	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 2 October 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Aerobic maintenance (week 4/4 Recovery intensity)	Comments/Kit	Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 400 FC +10 4 x 50 FC + 10 Reducing	Lane 5 350/4x50 Lane 4-3 350/3x50 Lane2 350/3x50 Lane 1 300/3x50	600	11
2.	Aerobic development How hard: 16 out of 20 16 x 50m FC +10 Please wait at the end of this set as we will start set 3 together!	Lane 5 15x50 Lane 4 14x50 Lane 3 14x50 Lane 2 13x50 Lane 1 12x50	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 18 out of 20 4 x 100m FC +15 8 x 50m FC +10 +1 min extra rest time 4 x 100m FC +15 2 x 200m FC +30 Each 100, 50, 200 should be the same! Check your time, please!	Lane 5 4x100/7x50/3x100/2x200 Lane 4 4x100/6x50/3x100/2x200 Lane 3 4x100/5x50/3x100/2x200 Lane 2 3x100/5x50/3x100/2x200	1600	30
4.	Swim down 1 x 200m FC		200	5

Totals	3200	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 4 October 2013	From(time)	8pm	To (time)	9pm
Aims	Overload endurance (week 4/4 Recovery intensity)	Comments/Kit	Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 2 x 200 FC +10 4 x 50 FC + 10 Reducing	Lane 5 2x200/3x50 Lane 4-3 2x150/3x50 Lane2 2x150/3x50 Lane 1 250/3x50	600	12
2.	Aerobic maintenance How hard: 15-16 out of 20 4x400m FC +20 Each 400m should be the same!	Lane 5 3x400/300 Lane 4 2x400/2x300 Lane 3 2x400/300/250 Lane 2 2x400/2x250 Lane 1 3x400	1600	28

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Overload endurance How hard : 18-19 out of 20 4 x 100m FC +15 1 x 200m steady swim (max 5min) 4 x 50m FC +10	Lane 5 4x100/200/3x50 Lane 4 3x100/200/4x50 Lane 3 3x100/200/3x50	800	15
4.	Swim down 1 x 200m FC		200	5

Totals	3200	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 6 October 2013	From(time)	6pm	To (time)	7pm
Aims	Aerobic maintenance (week 4/4 Recovery intensity)	Comments/Kit	Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 200 FC +10 2 x 100m Medley +10 1 x 200m FC +10 4 x 50 FC + 10 Reducing	Lane 5 200/2x100/100/4x50 Lane 4-3 200/2x100/100/3x50 Lane2 200/100/200/3x50 Lane 1 200/100/4x50	800	14
2.	Aerobic development How hard: 16 out of 20 6 x 200m FC +20 12 x 100m FC +15	Lane 5 6x200/10x100 Lane 4 6x200/9x100 Lane 3 5x200/10x100 Lane 2 5x200/9x100 Lane 1 4x200/8x100	2400	42

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Swim down 1 x 200m FC		200	5

Totals	3400	61
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