

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 2 July 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic endurance (week 3/4 Maximum 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 8 x 100m FC on 1.35 Swim each 4 th length as fast as possible! Check your time, please!	Lane 5 7x100/50 on 1.45 Lane 4 7x100 on 1.50 Lane 3 7x100 on 1.55 Lane 2 6x100/50 on 2.00 Lane 1 5x100 on 2.40 Please wait at the end of this set as we will start set 3 together!	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 18 out of 20 8 x 50m FC on 50 PB+4-5 1 x 400m FC +1 min (best 800 time/2) 4 x 100m FC on 1.40 PB+8 1 x 400m FC (best 800 time/2)	Lane 5 6x50/400/4x100/400 on 55, on 1.50 Lane 4-3 6x50/400/3x100/400 on 1.00, 2.00 Lane 2 7x50/400/2x100/400 on 1.00, 2.10 Lane 1 4x50/400/2x100/400 on 1.20, 2.40	1600	31
4.	Swim down 1 x 200m FC		200	5

Totals	3200	61
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 3 July 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Threshold endurance (week 3/4 Maximum 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 Please wait at the end of this set as we will start set 2 together!	Lane 5 350/4x50 Lane 4-3 350/3x50 Lane2 350/3x50 Lane 1 300/3x50 Please wait at the end of this set as we will start set 2 together!	600	12
2.	Threshold endurance How hard: 18-19 out of 20 20 x 100m FC on 2.00 Swim as fast as possible! Check your time, please!	Swim as fast as possible! Lane 5 19x100 on 2.05 Lane 4 18x100 on 2.15 Lane 3 17x100 on 2.20 Lane 2 16x100 on 2.30 Lane 1 13x100 on 3.00	2000	40

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

Totals	2800	57
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 5 July 2013	From(time)	8pm	To (time)	9pm
Aims	Sprint (week 3/4 Maximum 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 6 x 50 FC + 10 Reducing Please wait at the end of this set as we will start set 2 together!	Lane 5 350/6x50 Lane 4-3 350/5x50 Lane2 350/5x50 Lane 1 300/5x50	700	14
2.	Sprint How hard: 20 out of 20 2 x 100m FC on 2.30 1 x 200m FC (max 5min) steady swim Swim this set 4 times! Check your time, please	Lane 1 50/100 This is a sprint work so please swim as fast as you can!	1600	40

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

Totals	2500	59
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 7 July 2013	From(time)	6pm	To (time)	7pm
Aims	Aerobic endurance (week 3/4 Maximum 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 Please wait at the end of this set as we will start set 2 together!	Lane 5 350/4x50 Lane 4-3 350/3x50 Lane2 350/3x50 Lane 1 300/3x50 Please wait at the end of this set as we will start set 2 together!	600	11

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	Aerobic endurance How hard: 18 out of 20 4 x 100m FC Reducing, on 1.40 1 x 400m FC +1 min accelerate your speed after every 100m Swim this set 3 times! Check your time please! Swim the last 100m as fast as possible!	Lane 5 2x (4x100/400)/3x100/400 on 1.45 Lane 4 4x100/400/2x(3x100/400) on 1.50 Lane 3 3x(3x100/400) on 1.55 Lane 2 2x(3x100/400)/2x100/400 on 2.05 Lane 1 3x(2x100/400) on 2.40	2400	45
3.	Swim down 1 x 200m any stroke		200	5

Totals	3200	61
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