

## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Tuesday, 3 September 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic development (week 4/4 Recovery intensity)	<b>Comments/Kit</b>	Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 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	12
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 1 x 800m FC +30 8 x 100m FC +10 1 x 800m FC	Lane 5 800/7x100/800 Lane 4 750/7x100/750 Lane 3 750/7x100/700 Lane 2 700/7x100/600 Lane 1 600/5x100/500	2400	40

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

<b>Totals</b>	3200	57
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## 7Oaks Tri Club Swimming Training Session

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

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 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	12
2.	<b>Technique work</b> 16 x 50m FC +10 Single arm, change arms after 25m	Lane 4 15x50 Lane 3 14x50 Lane 2 13x50 Lane 1 12x50	800	15

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic maintenance</b> <b>How hard : 15-16 out of 20</b> 2 x 400m FC +30 4 x 200m FC +15	Lane 5 2x400/3x200/100 Lane 4-3 2x400/3x200 Lane 2 2x350/3x200 Lane 1 2x250/3x200	1600	28
4.	<b>Swim down</b> 1 x 200m FC		200	5

<b>Totals</b>	3200	60
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Friday, 6 September 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic development (week 4/4 Recovery intensity)	<b>Comments/Kit</b>	Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 2 x 200 FC +10 4 x 50 FC + 10 Reducing	Lane 5 2x200/3x50 Lane 4-3 200/150/3x50 Lane2 200/150/3x50 Lane 1 2x150/3x50	600	12
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 1 x 800m FC built on each 4 <sup>th</sup> length	Lane 4 750 Lane 3 750 Lane 2 650 Lane 1 550	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic development</b> <b>How hard : 16 out of 20</b> 4 x 400m FC +30 1 <sup>st</sup> and 3 <sup>rd</sup> steady swim 2 <sup>nd</sup> and 4 <sup>th</sup> swim about 17 out of 20	Lane 5 3x400/350 Lane 4-3 3x400/300 Lane 2 2x400/2x300 Lane 1 400/2x300	1600	28
4.	<b>Swim down</b> 1 x 200m FC		200	5

<b>Totals</b>	3200	59
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks School	<b>On (date)</b>	Sunday, 8 September 2013	<b>From(time)</b>	5.30pm	<b>To (time)</b>	7pm
<b>Aims</b>	Aerobic development (week 4/4 Recovery intensity)	<b>Comments/Kit</b>	Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1 x 400 FC +10 4 x 100m Medley +10 1 x 400m FC +10 4 x 50 FC + 10 Reducing	Lane 5 300/4x100/400/4x50 Lane 4-3 300/4x100/300/3x50 Lane2 350/3x100/300/3x50 Lane 1 250/3x100/200/3x50	1400	26
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 8 x 100m FC +15 1 x 800m FC +30 16 x 50m FC +10 2 x 400m FC +20	Lane 5 7x100/800/15x50/2x400 Lane 4 7x100/800/13x50/2x400 Lane 3 7x100/750/13x50/2x400 Lane 2 6x100/700/13x50/2x350 Lane 1 5x100/500/11x50/2x250	3200	56

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

<b>Totals</b>	4800	87
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Haysden Lake	<b>On (date)</b>	Monday, 9 September 2013	<b>From(time)</b>	6pm	<b>To (time)</b>	6.45pm
<b>Aims</b>	Drafting, orientation	<b>Comments/Kit</b>	Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1x big lap	1x medium lap 1x small lap		13
2.	<b>Drafting, orientation</b> 2x big lap drafting 1x medium lap, How hard: 16-17/20	2x medium lap drafting 1 small lap (16-17/20)		35

<b>Totals</b>		48
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