

## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Tuesday, 4 June 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic endurance (week 3/4 Maximum 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 400m FC +20 4 x 50m FC +10 Reducing	Lane 4-3 350/4x50 Lane 2 300/4x50 Lane 1 250/3x50	600	12
2.	<b>Aerobic maintenance</b> <b>How hard: 15-16 out of 20</b> 6 x 200m FC PB+15 +15  Please wait at the end of this set as we will start set 3 together!	Each 200m should be the same! Check your time, please! Lane 5 5x200/100 Lane 4-3 5x200 Lane 2 4x200/100 Lane 1 3x200/100	1200	22

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic endurance</b> <b>How hard: 17-19 out of 20</b> 10 x 100m FC +20 Reducing 1st PB+20 Last PB+4	Lane 4-3 8x100 Lane 2 7x100 Lane 1 6x100 Please wait at the end of this set as we will start set 4 together	1000	20
4.	<b>Overload endurance</b> <b>How hard : as fast as you can</b> 4 x 50m FC on 1min	Lane 2 1 <sup>st</sup> , 2 <sup>nd</sup> , 4 <sup>th</sup> Lane 1 1 <sup>st</sup> , 3 <sup>rd</sup>	200	4
5.	<b>Swim down</b> 1 x 200m FC, BK		200	5

<b>Totals</b>	3100	60
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Walthamstow Hall School	<b>On (date)</b>	Wednesday, 5 June 2013	<b>From(time)</b>	8.30pm	<b>To (time)</b>	9.30pm
<b>Aims</b>	Threshold endurance dev. (week 3/4 Maximum 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 200m FC +20 4 x 50m FC +10 Reducing	Lane 4-3 2x200/3x50 Lane 2 200/150/3x50 Lane 1 2x150/2x50	600	12
2.	<b>Aerobic maintenance</b> <b>How hard: 15-16 out of 20</b> 1 x 800m FC Please wait at the end of this set as we will start set 3 together	Lane 5 750 Lane 4-3 700 Lane 2 650 Lane 1 500	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Threshold endurance</b> <b>How hard: 18 out of 20</b> 3 x 400m FC +1min PB+12-14  Each 400m should be the same!	Lane 5 2x400/300 Lane 4 2x400/200 Lane 3 2x400/200 Lane 2 3x300 Lane 1 2x400/ Please wait at the end of this set as we will start set 4 together	1200	23
4.	<b>Overload endurance</b> <b>How hard : 20 out of 20</b> 2 x 100m FC on 2	Lane 2 50/100 Lane 1 50/100	200	4
5.	<b>Swim down</b> 2 x 100m any stroke		200	5

<b>Totals</b>	3000	58
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Friday, 7 June 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic endurance (week 3/4 Maximum intensity)	<b>Comments/Kit</b>	Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<p><b>Warm up</b></p> <p>1 x 200 FC +10</p> <p>2 x 100m Medley (25m single arm BF, 25m BK, 25m BS, 25m FC) +10</p> <p>1 x 200m FC</p> <p>4 x 50 FC + 10 Reducing</p> <p>Please wait at the end of this set as we will start set 2 together!</p>	<p>Lane 5 200/2x100/150/4x50</p> <p>Lane 4-3 150/2x100/150/4x50</p> <p>Lane2 150/2x100/100/3x50</p> <p>Lane 1 150/2x100/4x50</p>	800	16

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	<b>Aerobic endurance</b> <b>How hard: 18 out of 20</b> 5 x 100m FC PB+15 on 1.40 +1min 5 x 100m FC PB+12 on 1.40 +1min 5 x 100m FC PB+8 on 1.40 +1min 5 x 100m FC PB+4 on 1.40	Lane 5 5x(5x100)/(4x100) on 1.50 Lane 4 2x(5x100)/2x(4x100) on 1.55 Lane 3 4x(4x100) on 2.05 Lane 2 3x(4x100)/3x100 on 2.10 Lane 1 4x(3x100) on 2.50  Please check your time!!!	2000	37
3.	<b>Swim down</b> 1 x 200m FC, BK		200	5
<b>Totals</b>			3000	58

## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks School	<b>On (date)</b>	Sunday, 9 June 2013	<b>From(time)</b>	5.30pm	<b>To (time)</b>	7pm
<b>Aims</b>	Aerobic endurance (week 3/4 Maximum intensity)	<b>Comments/Kit</b>	Kit required – fins				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1 x 800m FC	Lane 5 750 Lane 4-3 700 Lane 2 650 Lane 1 500	800	14
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 10 x 100m +15 PB+6 with fins 20 x 50m FC +10 PB+5-7 without fins  Please wait at the end of this set as we will start set 3 together!	Each 100m and 50m should be the same! Check your time, please! Lane 5 10x100/18x50 Lane 4-3 9x100/17x50 Lane 2 9x100/16x50 Lane 1 6x100/12x50	2000	36

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic endurance</b> <b>How hard: 18 out of 20</b> 5 x 400m FC +30 Reducing 1st PB+30 2nd PB+25 3rd PB+20 4th PB+17 5th as fast as you can	Lane 5 4x400/300 Lane 4-3 4x400/200 Lane 2 4x400 Lane 1 3x400/200	2000	35
4.	<b>Swim down</b> 1 x 200m any stroke		200	5

<b>Totals</b>	5000	90
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