

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 6 August 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic endurance (week 4/4 Recovery)		Comments/Kit Kit required – no				
Coach	Peter Balla						

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 400 FC +10 6 x 50 FC + 10 Reducing	Lane 5 350/6x50 Lane 4-3 350/5x50 Lane2 350/5x50 Lane 1 300/5x50	700	14
2.	Aerobic development How hard: 16 out of 20 1 x 800m FC Please wait at the end of this set as we will start set 3 together!!	Lane 4 750 Lane 3 750 Lane 2 650 Lane 1 550	800	13

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard :18-19 out of 20 4 x 100m FC on 2.00 1 x 400m FC steady swim (max 8min) 8 x 50m FC on 1.00 Check your time, please!	Check your time please! Lane 4-3 4x100/300/7x50 on 2.10, 1.05 Lane 2 4x100/300/6x50 on 2.15, 1.10 Lane 1 3x100/250/6x50 on 2.50, 1.25	1200	25
4.	Swim down 1 x 200m FC		200	5

Totals	2900	56
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 7 August 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Overload endurance (week 4/4 Recovery)		Comments/Kit Kit required – no				
Coach	Peter Balla						

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

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 300/3x50 Lane 1 250/3x50	600	11
2.	Overload endurance How hard: 19 out of 20 2 x 100m FC +15 1 x 400m steady swim (max 7min) 4 x 50m FC on 1.00 Swim as fast as possible	Lane 4 2x100/350/4x50 Lane 3 2x100/350/3x50 Lane 2 2x100/300/3x50 Lane 1 100/250/3x50	800	18

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic maintenance How hard : 15-16 out of 20 4 x 400m FC +30 Focus on technique!	Lane 5 4x400 Lane 4-3 2x400/2x350 Lane 2 2x400/2x300 Lane 1 2x400/300	1600	28
4.	Swim down 1 x 200m FC		200	5

Totals	3400	62
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7Oaks Tri Club Swimming Training Session

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

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

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 finger brushing	Lane 4 750 Lane 3 750 Lane 2 650 Lane 1 550	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic maintenance How hard : 15-16 out of 20 1 x 800m FC +30 2 x 400m FC +30	Lane 5 800/400/300 Lane 4-3 800/2x300 Lane 2 800/300/200 Lane 1 800/ 400	1600	28
4.	Swim down 1 x 200m FC		200	5

Totals	3200	58
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 11 August 2013	From(time)	6pm	To (time)	7pm
Aims	Aerobic maintenance (week 4/4 Recovery)		Comments/Kit Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 400 FC +30 1 x 50m BFly +10 1 x 50m BK +10 1 x 50m BS +10 1 x 50m FC	Lane 5 350/4x50 medley Lane 4-3 300/4x50 medley Lane2 300/4x50 medley Lane 1 250/4x50 medley	600	12
2.	Technique work 8 x 100m FC +10 Single arm FC, change arms after the lengths	Lane 5 8x100 Lane 4 7x100 Lane 3 7x100 Lane 2 6x100 Lane 1 5x100	800	15

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic maintenance How hard : 15-16 out of 20 1 x 800m FC +30 1 x 200m BK +30 1 x 500m FC	Lane 5 800/200/400 Lane 4-3 750/150/400 Lane 2 700/150/350 Lane 1 500/150/300	1500	28
4.	Swim down 1 x 200m FC		200	5

Totals	3100	60
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