

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 8 October 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic development (week 1/4 Basic 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 3 x 800m FC +1 Focus on high elbows under and over the water.	Lane 5 2x800/700 Lane 4 800/2x700 Lane 3 800/2x700 Lane 2 3x700 Lane 1 2x800	2400	40

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 18 out of 20 4 x 50m FC on 50	Lane 5 4x50 on 55 Lane 4 4x50 on 1.00 Lane 3 4x50 on 1.00 Lane 2 3x50 on 1.05 Lane 5 3x50 on 1.30	200	4
4.	Swim down 1 x 200m FC		200	5

Totals	3200	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 9 October 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Sprint (week 1/4 Basic 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 300/3x50 Lane 1 250/3x50	600	11
2.	Sprint How hard: 20 out of 20 2 x 100m FC on 2.30 1 x 200m steady swim (max 5 min) 2 x 50m FC on 1min 1 x 200m steady swim (max 5 min) 2 x 50m FC on 1min	Lane 1 2x100/100steady/50/150steady/50	800	20

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic development How hard : 16 out of 20 7 x 200m FC on 3.15	Lane 5 6x200/100 on 3.30 Lane 4 6x200 on 3.50 Lane 3 6x200 on 4 Lane 2 5x200/100 on 4.20 Lane 1 5x200 on 4.50	1400	24
4.	Swim down 1 x 200m FC		200	5

Totals	3000	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 11 October 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic development (week 1/4 Basic 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	12
2.	Aerobic development How hard: 16 out of 20 1 x 1000m FC +1min 10 x 100m FC +15 8 x 50m FC +10	Lane 5 1000/9x100/8x50 Lane 4 900/9x100/8x50 Lane 3 900/9x100/7x50 Lane 2 800/8x100/7x50 Lane 1 600/6x100/5x50	2400	40

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

Totals	3200	57
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 13 October 2013	From(time)	5.30pm	To (time)	7pm
Aims	Aerobic development (week 1/4 Basic 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 100 Medley +10 1 x 400m FC +10 4 x 50 FC + 10 Reducing	Lane 5 350/4x100/300/4x50 Lane 4-3 350/4x100/250/3x50 Lane2 350/3x100/300/3x50 Lane 1 300/2x100/200/2x50	1400	25
2.	Technique work 2 x 500m FC +30 finger brushing, after the turns big push off and about 6-8ms speedboat under the water! (arms strait and hold on close to the ears and kicking)	Lane 5 2x450 Lane 4 450/400 Lane 3 2x400 Lane 2 400/350 Lane 1 300/250	1000	17

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic development How hard : 16 out of 20 8 x 100m FC +15 1 x 1000m FC+30 Built on each 4 th length! 16 x 50m FC +10 Each 4 th 50m should be the fastest!	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	2600	44
4.	Swim down 1 x 200m FC		200	5

Totals	5200	91
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