

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 9 July 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic maintenance (week 4/4 Recovery intensity)	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 How hard: 15 out of 20 2 x 100m FC waiting FC +10 2 x 100m FC with zip +10 2 x 100m FC Single arm (changes arms after 25m) +10 2 x 100m FC finger brushing +10	Lane 5 2x100/100/2x100/2x100 Lane 4 2x100/100/50/100/2x100 Lane 3 2x100/100/100/2x100 Lane 2 2x100/100/50/100/100 Lane 1 2x100/100/100/100	800	15

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic mainenance How hard : 15-16 out of 20 1 x 800m FC +30 2 x 400m FC +20	Lane 5 800/400/350 Lane 4-3 800/2x300 Lane 2 800/2x300 Lane 1 800/400	1600	28
4.	Swim down 1 x 200m FC		200	5

Totals	3200	59
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 10 July 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Aerobic development (week 4/4 Recovery intensity)	Comments/Kit	Kit required – fins				
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.	Aerobic development How hard: 16 out of 20 15 x 100m FC with fins +10 After push off kicking 10m without breathe. (speedboat)	Lane 5 14x100 Lane 4 13x100 Lane 3 13x100 Lane 2 12x100 Lane 1 10x100	1500	25

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Overload endurance How hard : 18-19 out of 20 1 x 200m FC +1min PB+10-14 6 x 100m FC +30 PB+5-7	Lane 5 200/5x100 Lane 4-3 200/5x100 Lane 2 200/4x100 Lane 1 200/3x100	800	16
4.	Swim down 1 x 200m any stroke		200	5

Totals	3100	57
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 12 July 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic development (week 4/4 Recovery intensity)	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 300/3x50 Lane 1 300/3x50	600	11
2.	Technique work 1 x 400m FC finger brushing, after turns 8-10m Speedboat without breathe.	Lane 5 350 Lane 4 350 Lane 3 300 Lane 2 300 Lane 1 250	400	8

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic development How hard : 16 out of 20 10 x 50m FC +10 +1min 10 x 50m FC +10 +1min 10 x 50m FC +10 +1min 10 x 50m FC +5 Each 50m should be the same! Check your time, please!	Each 50 should be the same! Check your time, please! Lane 5 4x(9x50) Lane 4-3 3x(9x50)/8x50 Lane 2 2x(9x50)/2x(8x50) Lane 1 4x(7x50)	2000	38
4.	Swim down 1 x 200m FC		200	5

Totals	3200	62
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 14 July 2013	From(time)	5.30pm	To (time)	7pm
Aims	Aerobic maintenance (week 4/4 Recovery intensity)	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 1 x 200m Medley (change after 50m) 1 x 400m FC 4 x 50 FC + 10 Reducing	Lane 5 400/200/350/3x50 Lane 4-3 350/200/300/3x50 Lane2 350/200/200/3x50 Lane 1 400/200/100/3x50	1200	20
2.	Technique work 10 x 100m +10 1 st , 3 rd , 5 th , 7 th , 9 th finger brushing 2 nd , 4 th , 6 th , 8 th , 10 th butterfly kicks on back	Lane 5 9x100/50 Lane 4 9x100 Lane 3 7x100/50 Lane 2 7x100/50 Lane 1 6x100/50	1000	20

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic maintenance How hard : 15 out of 20 2 x 500m FC +30 1 x 1000m FC After push off kicking about 5-7m without breathe (speedboat)	After push off kicking about 5-7m without breathe (speedboat) Lane 5 2x500/900 Lane 4-3 2x400/900 Lane 2 2x350/900 Lane 1 2x300/800	2000	33
4.	Overload endurance How hard : 18-19 out of 20 2 x 100m FC +45 4 x 50m FC +30 As fast as possible	Lane 5 2x100/4x50 Lane 4 2x100/3x50 Lane 3 2x100/3x50 Lane 2 100/4x50 Lane 1 100/3x50	400	10
5.	Swim down 1 x 200m FC		200	5

Totals	4800	88
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