

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 10 September 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic maintenance (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.	Technique work 8 x 50m FC +10 Single arm, Change arms after the length (25m) 8 x 50m FC +10 finger brushing	Lane 5 8x50/7x50 Lane 4 7x50/7x50 Lane 3 7x50/6x50 Lane 2 6x50/6x50 Lane 1 5x50/5x50	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic development How hard : 16 out of 20 1 x 800m FC +30 built on every 4 th length 8 x 100m FC +10 1 st , 3 rd , 5 th , 7 th (steady swim) 2 nd , 4 th , 6 th , 8 th (17/20)	Lane 5 700/8x100 Lane 4-3 700/7x100 Lane 2 600/7x100 Lane 1 500/5x100	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)	Walthamstow Hall School	On (date)	Wednesday, 11 September 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 600 FC +10 4 x 50 FC + 10 Reducing Please wait at the end of this set as we will start set 2 TOGETHER!	Please wait at the end of this set as we will start set 2 TOGETHER! Lane 5 550/4x50 Lane 4-3 550/3x50 Lane2 500/3x50 Lane 1 350/3x50	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	Sprint How hard: 20 out of 20 4 x 50m FC on 2.30 1 x 200m FC steady swim (max 5min) 4 x 50m FC on 2.30	Please check your time!	600	25
3.	Aerobic maintenance How hard : 15-16 out of 20 1 x 800m FC	Lane 5 750 Lane 4-3 700 Lane 2 650 Lane 1 550	800	13
4.	Swim down 1 x 200m FC		200	5

Totals	2400	57
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 13 September 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 6 x 50 FC + 10 Reducing	Lane 5 350/6x50 Lane 4-3 350/5x50 Lane2 350/5x50 Lane 1 300/4x50	700	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	Aerobic development How hard: 16 out of 20 6 x 400m FC +30 Each 400m should be the same! Please check your time!	Lane 5 5x400/300 Lane 4 5x400/200 Lane 3 5x400 Lane 2 4x400/200 Lane 1 4x400	2400	40
3.	Swim down 1 x 200m FC		200	5

Totals	3300	59
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 15 September 2013	From(time)	5.30pm	To (time)	7.30pm
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 100m +10 Inverse Medley (25m FC, 25m BS, 25m BK, 25m Fly) 4 x 50 FC + 10 Reducing	Lane 5 350/4x100/4x50 Lane 4-3 300/3x100/3x50 Lane2 300/2x100/3x50 Lane 1 200/2x100/3x50	1000	20
2.	Technique work 1 x 400m FC with zip	Lane 4 350 Lane 3 350 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 8 x 100m FC +10 1 x 800m FC +30 4 x 200m FC+15 16 x 50m FC +10	Lane 5 8x100/700/4x200/14x50 Lane 4-3 7x100/700/4x200/13x50 Lane 2 6x100/700/3x200/14x50 Lane 1 5x100/500/3x200/10x50	3200	54
4.	Swim down 1 x 200m FC		200	5
Totals			4800	87

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At (Venue) On (date) From(time) To (time)

Aims Comments/Kit

Coach

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 2 x big lap	1 x big lap/1 x small lap		25
2.	Drafting How hard: 17-18 out of 20 1 x big lap 1 x medium lap	1 x medium lap/1small lap		20
3.	Swim down 1 x small lap		200	5

