

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 11 June 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic development (week 4/4 Rec. intensity)		Comments/Kit Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 200 FC +10 1 x 200m Medley (50m single arm BF, 50m BK, 50m BS, 50m FC) +10 1 x 200m FC 4 x 50 FC + 10 Reducing	Lane 5 200/1x200/150/4x50 Lane 4-3 150/1x200/150/4x50 Lane2 150/1x200/100/3x50 Lane 1 150/2x100/4x50	800	15
2.	Technique work Focus on long strokes and the high elbows under and over the water. 4 x 50m +10 waiting FC 4 x 50m +10 finger brushing	Lane 4 4x50/3x50 Lane 3 4x50/3x50 Lane 2 3x50/3x50 Lane 1 2x50/3x50	400	8

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic development How hard : 16 out of 20 (to improve and development the aerobic capacity) 1 x 1000m FC + 30 12 x 50m FC +5	Lane 5 900/12x50 Lane 4-3 800/11x50 Lane 2 750/11x50 Lane 1 600/8x50	1600	26
4.	Swim down 1 x 200m FC, BK		200	5

Totals	3000	58
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 12 June 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Aerobic development (week 4/4 R 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 5 400/4x50 Lane 4-3 350/4x50 Lane2 300/3x50 Lane 1 250/4x50 Please wait at the end of this set as we will start set 2 together!	600	12
2.	Aerobic development How hard : 16 out of 20 (to improve and development the aerobic capacity) 6 x 400m FC +30 PB+16-20 Check your time please! Each 400m should be the same!	Check your time please! Each 400m should be the same! Lane 5 4x400/2x300 Lane 4 4x400/300/200 Lane 3 5x400 Lane 2 4x400/300 Lane 1 4x400	2400	42

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Swim down 2 x 100m FC, BK +10		200	5

	3200	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 14 June 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic maintenance (week 4/4 Rec. intensity)		Comments/Kit Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 200 FC +10 2 x 100m Medley (25m single arm BF, 25m BK, 25m BS, 25m FC) +10 1 x 200m FC 4 x 50 FC + 10 Reducing	Lane 5 200/2x100/150/4x50 Lane 4-3 150/2x100/150/4x50 Lane2 150/2x100/100/3x50 Lane 1 150/2x100/4x50	800	14
2.	Technique work Focus on long strokes and the high elbows under and over the water. 8 x 50m +10 single arm FC, change arms after 25m , breath in after the 3 rd arm,	Lane 4 7x50 Lane 3 7x50 Lane 2 6x50 Lane 1 5x50	400	8

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic development How hard : 16 out of 20 (to improve and development the aerobic capacity) 20 x 100m FC + 10 Every 4 th 100m	Lane 5 750/5x200 Lane 4-3 700/4x200/100 Lane 2 700/4x200 Lane 1 500/3x200	2000	33
4.	Swim down 1 x 200m FC, BK		200	5

Totals	3400	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 16 June 2013	From(time)	6pm	To (time)	7pm
Aims	Aerobic endurance (week 4/4 Rec. intensity)	Comments/Kit	Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 200 FC +10 4 x 50 FC + 10 Reducing	Lane 5 200/2x100/150/4x50 Lane 4-3 150/2x100/150/4x50 Lane2 150/2x100/100/3x50 Lane 1 150/2x100/4x50	400	8
2.	Aerobic endurance How hard: 17-18 out of 20 3 x 1000m FC +1min Swim each 4 th 25m as fast as you can!	Lane 5 2x1000/800 Lane 4 2x1000/600 Lane 3 1000/2x750 Lane 2 1000/2x650 Lane 1 1000/2x400	3000	48

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

Totals	3600	61
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