

## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Tuesday, 13 August 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic development (week 1/4 Basic intensity)		<b>Comments/Kit</b> Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1 x 400 FC +10 4 x 50 FC + 10 Reducing	Lane 5 350/4x50 Lane 4-3 350/3x50 Lane2 300/3x50 Lane 1 250/3x50	600	11
2.	<b>Technique work</b> 8 x 100m FC +10 single arm FC change arms after the lengths.	Lane 4 7x100 Lane 3 6x100 Lane 2 6x100 Lane 1 5x100	800	16

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic development</b> <b>How hard : 16 out of 20</b> 1 x 800m FC +30 4 x 200m FC +30	Lane 5 800/3x200/100 Lane 4-3 800/3x200 Lane 2 800/2x200/100 Lane 1 800/300	1600	28
4.	<b>Swim down</b> 1 x 200m FC		200	5

<b>Totals</b>	3200	60
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Walthamstow Hall School	<b>On (date)</b>	Wednesday, 14 August 2013	<b>From(time)</b>	8.30pm	<b>To (time)</b>	9.30pm
<b>Aims</b>	Aerobic development (week 1/4 Basic intensity)		<b>Comments/Kit</b> Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1 x 400 FC	Lane 5 400 Lane 4-3 350 Lane 2 300 Lane 1 250	400	8
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 1 x 400m FC+30 4 x 100m FC +10 1 x 400m FC +30 8 x 50m FC +10 1 x 800m FC +30 4 x 100m FC +10	Lane 5 400/4x100/300/8x50/800/4x100 Lane 4 400/4x100/300/8x50/700/4x100 Lane 3 400/4x100/300/8x50/700/4x100 Lane 2 400/4x100/300/6x50/600/4x100 Lane 1 300/3x100/200/6x50/500/3x100	2800	46

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

<b>Totals</b>	3400	59
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Friday, 16 August 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic development (week 1/4 Basic intensity)		<b>Comments/Kit</b> Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
<b>1.</b>	<b>Warm up</b> 1 x 200 FC +10 2 x 100m Medley +10 1 x 400m 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 5 200/2x100/350/4x50 Lane 4-3 200/2x100/300/3x50 Lane2 200/2x100/200/3x50 Lane 1 200/100/250/3x50	1000	18

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 8 x 200m FC on 3.15 Please check your time! Please wait at the end of this set as we will start set 3 together!	Lane 5 7x200/100 on 3.30 Lane 4 7x200 on 3.40 Lane 3 7x200 on 3.45 Lane 2 6x200 on 4.10 Lane 1 5x200/100 on 4.45 Please wait at the end of this set as we will start set 3 together!	1600	26
3.	<b>Overload endurance</b> <b>How hard : 18-19 out of 20</b> 8 x 50m FC on 50 Swim as fast as possible!	Lane 5 8x50 on 55 Lane 4-3 7x50 on 1.00 Lane 2 7x50 on 1.05 Lane 1 6x50 on 1.30	400	8
4.	<b>Swim down</b> 1 x 200m FC		200	5

<b>Totals</b>	3200	57
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## 7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 18 August 2013	From(time)	5.30pm	To (time)	7pm
Aims	Aerobic development (week 1/4 Basic intensity)		Comments/Kit	Kit required – fins			
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1 x 400 FC +10 2 x 200m Medley +20 1 x 200m FC 4 x 50 FC + 10 Reducing	Lane 5 350/2x200/150/4x50 Lane 4-3 350/2x200/100/3x50 Lane2 350/2x200/4x50 Lane 1 300/200/100/3x50	1200	22
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 1 x 800m FC with fins +30 2 x 800m FC +30	Lane 5 800/2x750 Lane 4 800/2x700 Lane 3 800/2x700 Lane 2 700/2x700 Lane 1 500/2x500	2400	40

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Technique work</b> 1 x 400m FC with zip, after the turns 5-8m speedboat	Lane 5 400 Lane 4-3 350 Lane 2 300 Lane 1 250	400	8
4.	<b>Aerobic development</b> <b>How hard : 16 out of 20</b> 1 x 800m FC, take a breath after the 5 <sup>th</sup> arm.	Lane 4-3 750 Lane 2 650 Lane 1 600	800	14
5.	<b>Swim down</b> 1 x 200m any stroke		200	5

<b>Totals</b>	5000	89
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## 70aks Tri Club Swimming Training Session

<b>At (Venue)</b>	Haysden Lake	<b>On (date)</b>	Monday, 19 August 2013	<b>From(time)</b>	6.30pm	<b>To (time)</b>	7.15pm
<b>Aims</b>	Drafting, start	<b>Comments/Kit</b>	Kit required – swimsuit, running shoes				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1 x big 1lap	1x medium lap 1x small lap		14
2.	<b>Start</b> Tri start and then swim to the 1 <sup>st</sup> buoy as fast as possible, than easy swim to the 2 <sup>nd</sup> buoy. Start again and swim to the 3 <sup>rd</sup> buoy than easy swim to the dock.			10
3.	<b>Drafting</b> 1 x big lap Move to small groups	1x medium lap 1x small lap		13

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
4.	<p>«TA»</p> <p>Swim from the start buoy to the «TA» and change your wetsuit and shoes and run about 200m.</p> <p>Do it twice !</p>			10

<b>Totals</b>		47
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