

## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Tuesday, 14 May 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic maintenance (week 4/4 Recovery intensity)	<b>Comments/Kit</b>	Kit required – paddles				
<b>Coach</b>	Peter Balla						

Aiming to Peak for 19<sup>th</sup> May (Crystal Palace, Club sprint tri)

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1 x 600 FC +10 4 x 50 FC + 10 Reducing	Lane 5 550/4x50 Lane 4-3 500/4x50 Lane2 400/3x50 Lane 1 350/3x50	800	14
2.	<b>Technique work</b> Focus on long strokes and the high elbows under and over the water. 10 x 50m +10 single arm FC, change arms after the 3 <sup>rd</sup> stroke, breathe in after the 3 <sup>rd</sup> arm,	Lane 5 10x50 Lane 4 9x50 Lane 3 8x50 Lane 2 7x50 Lane 1 6x50	500	10

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic maintenance</b> <b>How hard : 15-16 out of 20</b> 1 x 800m FC + 30 with paddles 2 x 400m FC + 15 with paddles	Lane 5 800/2x350 Lane 4 800/2x300 Lane 3 750/ 2x300 Lane 2 700/2x300 Lane 1 500/2x300	1600	28
4.	<b>Swim down</b> 1 x 200m any stroke		200	5

<b>Totals</b>	3100	57
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Walthamstow Hall School	<b>On (date)</b>	Wednesday, 15 May 2013	<b>From(time)</b>	8.30pm	<b>To (time)</b>	9.30pm
<b>Aims</b>	Sprint (week 4/4 Recovery intensity)		<b>Comments/Kit</b> Kit required – no				
<b>Coach</b>	Peter Balla						

Aiming to Peak for 19<sup>th</sup> May (Crystal Palace, Club sprint tri)

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1 x 600 FC +10 4 x 50 FC + 10 Reducing	Lane 5 550/4x50 Lane 4-3 500/4x50 Lane2 400/3x50 Lane 1 350/4x50 Please wait at the end of this set as we will start set 2 together	800	15
2.	<b>Sprint</b> <b>How hard: 20 out of 20</b> 3 x 100m on 4 Swim 50m easy after each sprint		400	12

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic maintenance</b> <b>How hard : 15-16 out of 20</b> 1 x 800m FC	Lane 5 750 Lane 4-3 700 Lane 2 700 Lane 1 550 Please wait at the end of this set as we will start set 4 together	800	14
4.	<b>Sprint</b> <b>How hard : 20 out of 20</b> 6 x 50m FC on 2		300	12
5.	<b>Swim down</b> 2 x 100m FC, BK +10		200	5

<b>Totals</b>	2500	58
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Friday, 17 May 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic maintenance (week 4/4 Recovery intensity)	<b>Comments/Kit</b>	Kit required – no				
<b>Coach</b>	Peter Balla						

Aiming to Peak for 19<sup>th</sup> May (Crystal Palace, Club sprint tri)

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 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	15
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 10 x 100m FC +15 Each 4 <sup>th</sup> lengths should be faster 1 x 400m FC	Lane 5 9x100/400 Lane 4 8 x 100/400 Lane 3 8 x 100/350 Lane 2 7 x 100/300 Lane 1 6 x 100/ 300	1400	25

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic endurance</b> <b>How hard : 17 out of 20</b> 4 x 200m FC PB+12-15 +20	Lane 5 4 x 200 Lane 4 3x200/150 Lane 3 2x200/2x150 Lane 2 200/3x150 Lane 1 3x200	800	14
4.	<b>Swim down</b> 1 x 200m FC		200	5

<b>Totals</b>	3200	59
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks School	<b>On (date)</b>	Sunday, 19 May 2013	<b>From(time)</b>	5.30pm	<b>To (time)</b>	7pm
<b>Aims</b>	Aerobic maintenance (week 4/4 Recovery 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 2 x 100m reverse medley (25m FC, 25m BS, 25m BK, 25m BF, ) +10 1 x 400m FC	Lane 5 400/2x100/300 Lane 4-3 350/2x100/300 Lane2 300/2x100/250 Lane 1 200/2x100/200	1000	18
2.	<b>Technique work</b> 10 x 50m +10 single arm FC, change arms after 25m, breathe in after the 3 <sup>rd</sup> arm, 10 x 50m FC,+10 10m kicking, arms extended, 40m finger brushing	Lane 5 9x50/9x50 Lane 4 9x50/8x5 Lane 3 8x50/8x50 Lane 2 8x50/7x50 Lane 1 7x50/6x50	1000	18

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic maintenance</b> <b>How hard : 15-16 out of 20</b> 3 x 800m FC + 30 10 x 50m FC +5 Each 800m and 50m should be the same! Check your time, please!	Lane 5 3x750/9x50 Lane 4 750/2x700/8x50 Lane 3 3x700/8x50 Lane 2 3x650/7x50 Lane 1 3x500/6x50	2900	48
4.	<b>Swim down</b> 2 x 100m FC, BK +10		200	5

<b>Totals</b>	5100	87
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