

## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Tuesday, 15 October 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic development (week 2/4 Submaximum 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> 3 x 200 FC +10 4 x 50 FC + 10 Reducing	Lane 5 3x200/3x50 Lane 4-3 3x150/4x50 Lane2 3x150/3x50 Lane 1 2x200/3x50	800	14
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 1 x 1000m FC Built on each 3 <sup>rd</sup> length!	Lane 5 950 Lane 4 900 Lane 3 850 Lane 2 800 Lane 1 600	1000	17

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic endurance</b> <b>How hard : 18 out of 20</b> 7 x 200m FC on 3.15 Each 200 should be the same! Check your time!	Lane 5 6x200/100 on 3.40 Lane 4-3 6x200 on 4.00 Lane 2 5x200/100 on 4.15 Lane 1 4x200/100 on 5.00	1400	23
4.	<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>	Walthamstow Hall School	<b>On (date)</b>	Wednesday, 16 October 2013	<b>From(time)</b>	8.30pm	<b>To (time)</b>	9.30pm
<b>Aims</b>	Overload endurance (week 2/4 Submaximum 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 350/3x50 Lane 1 300/3x50	600	11
2.	<b>Technique work</b> 4 x 200m FC +15 odd length with zip even length with waiting FC	Lane 5 3x200/100 Lane 4 3x200/50 Lane 3 3x200/50 Lane 2 3x200 Lane 1 2x200/100	800	15

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 focus on the long strokes  Please wait at the end of this set as we will start set 4 together!	Lane 5 6x50/400/4x100/400 on 55, on 1.50 Lane 4-3 6x50/400/3x100/400 on 1.00, 2.00 Lane 2 7x50/400/2x100/400 on 1.00, 2.10 Lane 1 4x50/400/2x100/400 on 1.20, 2.40  Please wait at the end of this set as we will start set 4 together!	800	14
4.	<b>Overload endurance</b> <b>How hard : 18-19 out of 20</b> 4 x 200m FC on 3.30 Swim as fast as possible!	Lane 5 3x200/100 on 3.50 Lane 4 3x200 on 4.10 Lane 3 3x200 on 4.15 Lane 2 3x200 on 4.30 Lane 1 2x200/100 on 5.00	800	14
5.	<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 Leisure Centre	<b>On (date)</b>	Friday, 18 October 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic development (week 2/4 Submaximum 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 350/3x50 Lane 1 300/3x50	600	11
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 5 x 100m FC +20 5 x 100m FC +20 5 x 100m FC +15 5 x 100m FC +10 5 x 100m FC +5 Each 100 should be the same!	Lane 5 3x(5x100)/2x(4x100) Lane 4 2x(5x100)/3x(4x100) Lane 3 2x(5x100)/3x(4x100) Lane 2 5x(4x100) Lane 1 2x(5x100)/2x(3x100)	2500	44

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

<b>Totals</b>	3300	60
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks School	<b>On (date)</b>	Sunday, 20 October 2013	<b>From(time)</b>	6pm	<b>To (time)</b>	7pm
<b>Aims</b>	Aerobic development (week 2/4 Submaximum 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> 4 x 100 FC +10 4 x 50 FC + 10 Reducing	Lane 5 4x100/3x50 Lane 4-3 4x100/3x50 Lane2 3x100/3x50 Lane 1 2x100/3x50	600	12
2.	<b>Aerobic maintenance</b> <b>How hard: 15-16 out of 20</b> 1 x 1000m FC Steady swim	Lane 5 950 Lane 4 900 Lane 3 850 Lane 2 750 Lane 1 650	1000	18

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic development</b> <b>How hard : 16 out of 20</b> 4 x 400m FC +30	Lane 5 3x400/300 Lane 4-3 2x400/2x300 Lane 2 4x300 Lane 1 2x400/200	1600	28
4.	<b>Swim down</b> 1 x 100m FC		100	2

<b>Totals</b>	3300	60
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