

7Oaks Tri Club Swimming Training Session

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

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

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	12
2.	Aerobic development How hard: 16 out of 20 4 x 200m FC +20 4 x 200m FC +15 4 x 200m FC +10 Each 200m should be the same! Check your time, please! Between the sets: +1min	Check your time, please! Each 200 should be the same! Lane 5 2x(4x200)/3x200/100 Lane 4 2x(4x200)/3x200 Lane 3 2x(4x200)/3x200 Lane 2 4x200/2x(3x200) Lane 1 4x200/4x200	2400	42

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

Totals	3200	59
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 17 July 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Aerobic development (week 1/4 Basic intensity)		Comments/Kit Kit required – no				
Coach	Peter Balla						

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 400 FC +10 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 5 350 Lane 4-3 350 Lane2 300 Lane 1 250	400	7

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	Aerobic development How hard: 16 out of 20 8 x 50m FC +5 4 x 100m FC +10 2 x 200m FC +15 1 x 400m FC swim as fast as you can +30 2 x 200m FC +15 4 x 100m FC +10 8 x 50m FC +5	Swim the 400m as fast as possible! Lane 5 6x50/4x100/2x200/400/2x200/4x100/6x50 Lane 4 5x50/4x100/2x200/400/2x200/4x100/5x50 Lane 3 5x50/4x100/2x200/400/2x200/3x100/5x50 Lane 2 4x50/4x100/2x200/400/2x200/3x100/4x50 Lane 1 4x50/2x100/200/400/200/2x100/4x50	2800	49
3.	Swim down 1 x 200m FC		200	5

Totals	3400	61
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 19 July 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic endurance (week 1/4 Basic intensity)		Comments/Kit Kit required – no				
Coach	Peter Balla						

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

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.	Aerobic development How hard: 16 out of 20 2 x 400m FC +30 Each 4 th length as fast as possible Please wait at the end of this set as we will start set 3 together!	Lane 5 400/350 Lane 4 400/300 Lane 3 400/300 Lane 2 2x300 Lane 1 300/200	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 18 out of 20 4 x 200m FC Reducing! on 3.30 +1 min 8 x 100m FC Reducing! on 1.45	Lane 5 4x200/7x100 on 3.50, on 1.55 Lane 4-3 4x200/6x100 on 4.00, 2.00 Lane 2 4x200/5x100 on 4.20, 2.10 Lane 1 3x200/5x100 on 4.45, 2.25	1600	30
4.	Swim down 1 x 200m FC		200	5

Totals	3200	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 21 July 2013	From(time)	6pm	To (time)	7pm
Aims	Aerobic development (week 1/4 Basic intensity)		Comments/Kit				
			Kit required – no				
Coach	Peter Balla						

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 400 FC +10 1 x 200m Medley (change after 50m) 4 x 50 FC + 10 Reducing	Lane 5 350/200/3x50 Lane 4-3 300/200/3x50 Lane2 300/200/3x50 Lane 1 300/100/3x50 (change after 25m)	800	15
2.	Aerobic development How hard: 16 out of 20 4 x 500m FC +45, +30, +15 Please wait at the end of this set as we will start set 3 together!	Lane 5 2x500/2x400 Lane 4 500/3x400 Lane 3 4x400 Lane 2 2x400/2x300 Lane 1 4x300 Please wait at the end of this set as we will start set 3 together!	2000	32

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Overload endurance How hard : 19-20 out of 20 1 x 200m FC as fast as possible Check your time, please!	Check your time, please! Lane 5 200 Lane 4-3 200 Lane 2 200 Lane 1 200	200	5
4.	Swim down 1 x 200m FC		200	5

Totals	3200	57
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