

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 17 September 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic maintenance (week 2/4 Submaximum intensity)	Comments/Kit	Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 600 FC +10 4 x 50 FC + 10 Reducing	Lane 5 550/4x50 Lane 4-3 500/3x50 Lane2 450/3x50 Lane 1 350/3x50	800	14
2.	Aerobic maintenance How hard: 15-16 out of 20 1 x 800m FC focus on long strokes and high elbows.	Lane 4 750 Lane 3 750 Lane 2 650 Lane 1 550	800	13

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 18 out of 20 8 x 50m FC on 50 2 x 200m FC +30 +2 min extra rest time 4 x 100m FC on 1.40 2 x 200m FC +30	Lane 5 6x50/2x200/4x100/2x200 on 55, on 1.50 Lane 4-3 6x50/2x200/3x100/2x200 on 1.00, 2.00 Lane 2 7x50/2x200/2x100/2x200 on 1.00, 2.10 Lane 1 4x50/2x200/2x100/2x200 on 1.20, 2.40	1600	32
4.	Swim down 1 x 200m FC		200	5

Totals	3400	61
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 18 September 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Aerobic threshold (week 2/4 Submaximum 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 5 350/4x50 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 Please wait at the end of this set as we will start set 3 TOGETHER!	Lane 5 400/350 Lane 4 2x350 Lane 3 2x350 Lane 2 2x300 Lane 1 300/200	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Threshold endurance How hard : 18 out of 20 14 x 100m FC +45	Lane 5 13x100 Lane 4-3 12x100 Lane 2 11x100 Lane 1 8x100	1400	30
4.	Swim down 1 x 200m FC		200	5

Totals	3000	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 20 September 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic development (week 2/4 Submaximum 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 5 350/4x50 Lane 4-3 350/3x50 Lane2 350/3x50 Lane 1 300/3x50	600	11
2.	Technique work 1 x 600m FC odd length with finger brushing, even length with zip	Lane 4 550 Lane 3 500 Lane 2 450 Lane 1 300	600	11

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic development How hard : 16 out of 20 10 x 200m FC +15 Each 200m should be the same! Please check your time!	Lane 5 9x200 Lane 4-3 8x200/100 Lane 2 8x200 Lane 1 7x200	2000	32
4.	Swim down 1 x 200m FC		200	5

Totals	3400	59
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 22 September 2013	From(time)	5.30pm	To (time)	7pm
Aims	Aerobic development (week 2/4 Submaximum intensity)	Comments/Kit	Kit required – fins				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 800 FC +10 4 x 50 FC + 10 Reducing	Lane 5 750/4x50 Lane 4-3 700/3x50 Lane2 650/3x50 Lane 1 500/3x50	1000	20
2.	Aerobic development How hard: 16 out of 20 1 x 1000m FC built on every 4 th length +1min with fins 2 x 500m FC +30 with fins 1 x 1000m FC +1min 2 x 500m FC +30 built on every 4 th length	Lane 5 1000/2x500/900/2x450 Lane 4 1000/2x400/800/2x450 Lane 3 900/2x400/800/2x400 Lane 2 800/2x400/750/2x400 Lane 1 700/2x300/600/2x300	4000	65

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

Totals	5200	90
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