

## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Tuesday, 18 June 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic maintenance (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 200 FC +10 4 x 100m Medley (25m full/single arm BF, 25m BK, 25m BS, 25m FC) +10 4 x 50 FC + 10 Reducing	Lane 5 200/4x100/3x50 Lane 4-3 150/3x100/4x50 Lane2 150/3x100/3x50 Lane 1 150/2x100/4x50	800	15
2.	<b>Technique work</b> 8 x 50m +10 breathe holding, 10-12m kicking under the water(speedboat) than FC with finger brushing  Please wait at the end of this set as will start set 3 together!	Lane 4 7x50 Lane 3 7x50 Lane 2 6x50 Lane 1 5x50  Please wait at the end of this set as will start set 3 together!	400	8

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic maintenance</b> <b>How hard : 15-16 out of 20</b> 4 x 400m FC + 30 Each 400 should be the same	Lane 5 3x400/300 Lane 4-3 3x400/200 Lane 2 3x400/100 Lane 1 2x400/200	1600	28
4.	<b>Swim down</b> 2 x 100m FC, BK +10		200	5

<b>Totals</b>	3000	60
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Walthamstow Hall School	<b>On (date)</b>	Wednesday, 19 June 2013	<b>From(time)</b>	8.30pm	<b>To (time)</b>	9.30pm
<b>Aims</b>	Sprint (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 600 FC 4 x 50 FC + 10 Reducing	Lane 5 550/4x50 Lane 4-3 500/4x50 Lane2 500/3x50 Lane 1 400/3x50	800	15
2.	<b>Sprint</b> <b>How hard: 20 out of 20</b> 2 x 100m sprint on 3 1 x 200m FC steady swim (max 5min) 4 x 50m sprint on 1.30	Lane 1 2x100sprint/50 steady swim/swim the 1 <sup>st</sup> , 2 <sup>nd</sup> and 4 <sup>th</sup>	500	20

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic development</b> <b>How hard : 16 out of 20</b> (to improve and development the aerobic capacity) 1 x 1200m FC	Lane 5 1100 Lane 4-3 1000 Lane 2 900 Lane 1 700	1200	19
4.	<b>Swim down</b> 1 x 200m FC, BK		200	5

<b>Totals</b>	2700	59
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Friday, 21 June 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 Please wait at the end of this set as we will start set 2 together!	Lane 5 400/4x50 Lane 4-3 350/4x50 Lane2 300/3x50 Lane 1 250/3x50 Please wait at the end of this set as we will start set 2 together!	600	12
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 10 x 200m FC on 3.15 Each 200m should be the same! Please wait at the end of this set as will start set 3 together!	Lane 5 9x200 on 3.40 Lane 4 8x200/100 on 3.50 Lane 3 8x200 on 4.05 Lane 2 7x200/100 on 4.15 Lane 1 6x200/100 on 4.50	2000	33

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Overload endurance</b> <b>How hard : 20 out of 20</b> 8 x 50m FC on 1.00 Swim as fast as possible!	Lane 4 9x50 on 1.05 Lane 3 9x50 on 1.10 Lane 2 8x50 on 1.15 Lane 1 6x50 on 1.25	400	9
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, 23 June 2013	<b>From(time)</b>	5.30pm	<b>To (time)</b>	7pm
<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 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	16
2.	<b>Technique work</b> 16 x 50m +10 single arm FC, change arms after 25m, breath in after the 3 <sup>rd</sup> stroke, Please wait at the end of this set as we will start set 2 together!	Lane 5 15x50 Lane 4 14x50 Lane 3 13x50 Lane 2 12x50 Lane 1 11x50	800	16

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic development</b> <b>How hard : 16 out of 20</b> (to improve and development the aerobic capacity) 1 x 1000m FC +1min 2 x 500m FC +30 5 x 200m FC + 15 Each 500 and 200m should be the same!	Lane 5 1000/2x500/4x200 Lane 4 1000/500/400/4x200 Lane 3 1000/2x400/4x200 Lane 2 800/500/400/4x200 Lane 1 1000/500/3x200	3000	49
4.	<b>Swim down</b> 1 x 200m FC, BK		200	5

<b>Totals</b>	4800	86
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