

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 20 August 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic endurance (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	Lane 5 400/350 Lane 4 2x350 Lane 3 350/300 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 1 x 400m FC (best 800 time/2) +1min 4 x 100m FC on 1.40 +2min extra 1 x 400m FC (best 800 time/2) +1min 4 x 100m FC on 1.40	Lane 5 400/4x100/400/3x100 on 1.50 Lane 4-3 400/3x100/400/3x100 on 2.00 Lane 2 400/3x100/350/2x100 on 2.10 Lane 1 400/2x100/300/2x100 on 2.40	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)	Walthamstow Hall School	On (date)	Wednesday, 21 August 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Overload endurance (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 1 x 800m FC Please wait at the end of this set as we will start set 3 TOGETHER!	Lane 4 750 Lane 3 750 Lane 2 650 Lane 1 550	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<p>Overload endurance How hard : 18-19 out of 20 2 x 100m FC on 1.45 4 x 50m FC on 50 1 x 200m Steady swim (max 5min) 2 x 100m FC on 1.45 4 x 50m FC on 50 1 x 200m steady swim (max 5min) 2 x 100m FC on 1.45 4 x 50m FC on 50 Swim as fast as possible!!!</p>	<p>Lane 5 3X(2x100/3x50) on 1.50, 55 Lane 4-3 2x(2x100/3x50)/100/3x50 on 2.00, 1.00 Lane 2 2x(2x100/2x50)/100/3x50 on 2.10, 1.05 Lane 1 2x(2x100/3x50) on 2.40, 1.20</p>	1600	31
4.	<p>Swim down 1 x 200m any stroke</p>		200	5

Totals	3200	61
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 23 August 2013	From(time)	8pm	To (time)	9pm
Aims	Sprint (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 Please wait at the end of this set as we will start set 2 TOGETHER!	Lane 5 350/4x50 Lane 4-3 350/3x50 Lane2 5300/3x50 Lane 1 250/3x50	600	11

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	Sprint How hard: 20 out of 20 2 x 50m FC on 1.30 1x 200m FC steady swim (max 5min) 2 x 50m FC on 1. 30 1 x 200m FC steady swim (max 5min) 2 x 50m FC on 1.30	Swim as fast as possible! Check your time please!	700	19
3.	Aerobic maintenance How hard : 16 out of 20 5 x 300m FC +30	Lane 5 4x300/200 Lane 4-3 4x300/100 Lane 2 4x300 Lane 1 3x300	1500	25
4.	Swim down 1 x 200m FC		200	5
Totals			3000	60

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Sunday, 25 August 2013	From(time)	5.30pm	To (time)	7pm
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 600 FC +10 1 x 200 Medley +10 4 x 50 FC + 10 Reducing	Lane 5 550/200/4x50 Lane 4-3 550/200/3x50 Lane2 500/100/3x50 Lane 1 350/100/3x50	1000	18

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	Aerobic development How hard: 16 out of 20 16 x 50m FC +10 8 x 100m FC +15 4 x 200m FC +20 2 x 400m FC +30 1 x 800m FC Please swim each distance with same speed!	Lane 5 16x50/7x100/4x200/2x400/700 Lane 4 14x50/7x100/4x200/2x400/600 Lane 3 14x50/6x100/4x200/2x400/600 Lane 2 14x50/6x100/3x200/2x400/600 Lane 1 10x50/5x100/2x200/400/600	4000	68
3.	Swim down 1 x 100m FC		100	3

Totals	5100	89
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7Oaks Tri Club Swimming Training Session

At (Venue)	Haysden Lake	On (date)	Monday, 26 August 2013	From(time)	6.30pm	To (time)	7.15pm
Aims	Orientation, drafting (week 2/4 Submaximum intensity)		Comments/Kit	Kit required – wetsuit, shoes			
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x big lap	1 x medium lap 1 x small lap		14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	<p>Orientation, drafting</p> <p>How hard: 16-17 out of 20</p> <p>Swim to the 1st and 2nd buoy then swim back to the start. (possible try to draft)</p> <p>Swim to the 2nd and 3rd buoy then swim back to the start.(possible try to draft)</p> <p>1 x big lap drafting</p>			25
3.	<p>« TA »</p> <p>Swim to the « TA » and take the wetsuit off and shoes on than run about 2minutes.</p>			5
			Totals	44