

## 7Oaks Tri Club Swimming Training Session

|                   |  |                  |                                       |                   |     |                  |     |
|-------------------|--|------------------|---------------------------------------|-------------------|-----|------------------|-----|
| <b>At (Venue)</b> | Sevenoaks Leisure Centre                       | <b>On (date)</b> | Tuesday, 21 May 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><br>1 x 200 FC +10<br>1 x 200m Medley (50m single arm BF, 50m BK, 50m BS, 50m FC) +10<br>1 x 200m FC<br>4 x 50 FC + 10 Reducing   | Lane 5 200/1x200/150/4x50<br>Lane 4-3 150/1x200/150/4x50<br>Lane2 150/1x200/100/3x50<br>Lane 1 150/1x200/4x50 | 800             | 15          |
| 2.  | <b>Technique work</b><br>Focus on long strokes and the high elbows under and over the water.<br>4 x 100m +10 single arm FC, change arms after 25m, breath in after the 3 <sup>rd</sup> arm, | Lane 5 4x100<br>Lane 4 3x100/50<br>Lane 3 3x100<br>Lane 2 3x100<br>Lane 1 2x100/50                            | 400             | 8           |

| No. | Description   | Comments/Coaching points   | Volume<br>(metres) | Time<br>(mins) |
|-----|---|--|--------------------|----------------|
| 3.  | <b>Aerobic development</b><br><b>How hard : 16 out of 20</b><br>(to improve and development the aerobic capacity)<br>2 x 1000m FC +30<br>Each 4 <sup>th</sup> lengths should be faster! | Lane 5 1000/900<br>Lane 4-3 1000/800<br>Lane 2 2x800<br>Lane 1 2x600 | 2000               | 33             |
| 4.  | <b>Swim down</b><br>1 x 200m FC, BK   |  | 200                | 5              |

|               |      |    |
|---------------|------|----|
| <b>Totals</b> | 3400 | 61 |
|---------------|------|----|

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|                   |  |                  |                                       |                   |        |                  |        |
|-------------------|--|------------------|---------------------------------------|-------------------|--------|------------------|--------|
| <b>At (Venue)</b> | Walthamstow Hall School                        | <b>On (date)</b> | Wednesday, 22 May 2013                | <b>From(time)</b> | 8.30pm | <b>To (time)</b> | 9.30pm |
| <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><br>1 x 400 FC +10<br>4 x 50 FC + 10 Reducing                | Lane 5 350/4x50<br>Lane 4-3 300/4x50<br>Lane2 300/3x50<br>Lane 1 250/3x50  | 600             | 11          |
| 2.  | <b>Technique work</b><br>4 x 50m +10 butterfly kick on back, arms extended | Lane 4 4x50<br>Lane 3 3x50<br>Lane 2 3x50<br>Lane 1 2x50<br>Please wait at the end of this set as we will start set 3 together | 200             | 5           |

| No. | Description  | Comments/Coaching points   | Volume<br>(metres) | Time<br>(mins) |
|-----|--|--|--------------------|----------------|
| 3.  | <b>Aerobic development</b><br><b>How hard : 16 out of 20</b><br>(to improve and development the aerobic capacity)<br>6 x 400m FC + 30<br>Check your time please!<br>Each 400 should be the same! | Lane 5 5x400/300<br>Lane 4 4x400/2x300<br>Lane 3 5x400<br>Lane 2 4x400/200<br>Lane 1 3x400/300 | 2400               | 40             |
| 4.  | <b>Swim down</b><br>2 x 100m FC, BK +10  |  | 200                | 5              |

|               |      |    |
|---------------|------|----|
| <b>Totals</b> | 3400 | 61 |
|---------------|------|----|

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|                   |  |                     |                     |                   |     |                  |     |
|-------------------|--|---------------------|---------------------|-------------------|-----|------------------|-----|
| <b>At (Venue)</b> | Sevenoaks Leisure Centre                     | <b>On (date)</b>    | Friday, 24 May 2013 | <b>From(time)</b> | 8pm | <b>To (time)</b> | 9pm |
| <b>Aims</b>       | Aerobic endurance (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><br>1 x 600 FC +10<br>4 x 50 FC + 10 Reducing  | Lane 5 550/4x50<br>Lane 4-3 500/4x50<br>Lane2 450/3x50<br>Lane 1 350/3x50<br>Please wait at the end of this set as we will start set 2 together! | 800             | 15          |
| 2.  | <b>Aerobic development</b><br><b>How hard: 16 out of 20</b><br>3 x 500m FC +20<br>Each 500 should be the same!<br>Check your time, please! | Lane 5 2x500/400<br>Lane 4 500/2x400<br>Lane 3 3x400<br>Lane 2 2x400/300<br>Lane 1 400/2x300   | 1500            | 24          |

| No. | Description   | Comments/Coaching points   | Volume<br>(metres) | Time<br>(mins) |
|-----|---|--|--------------------|----------------|
| 3.  | <b>Aerobic endurance</b><br><b>How hard : 17-18 out of 20</b><br>(maximum improvement of aerobic system)<br>2 x 400m FC + 30 PB+15-18 | Lane 5 750/5x200<br>Lane 4-3 700/4x200/100<br>Lane 2 700/4x200<br>Lane 1 500/3x200 | 800                | 14             |
| 4.  | <b>Swim down</b><br>1 x 200m FC, BK   |  | 200                | 5              |

|               |      |    |
|---------------|------|----|
| <b>Totals</b> | 3300 | 58 |
|---------------|------|----|

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|                   |                                    |                     |                     |                   |     |                  |     |
|-------------------|------------------------------------|---------------------|---------------------|-------------------|-----|------------------|-----|
| <b>At (Venue)</b> | Sevenoaks School                   | <b>On (date)</b>    | Sunday, 26 May 2013 | <b>From(time)</b> | 6pm | <b>To (time)</b> | 7pm |
| <b>Aims</b>       | 800m TT (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><br>1 x 600 FC +10<br>4 x 50 FC + 10 Reducing                    | Lane 5 550/4x50<br>Lane 4 500/4x50<br>Lane 3 500/4x50<br>Lane 2 450/4x50<br>Lane 1 300/4x50 | 800             | 15          |
| 2.  | <b>800m TT</b><br><b>How hard : 20 out of 20</b><br>1 x 800m FC (A timed swim) | Group 1 swimming 32 lengths at race pace<br>Group 2 counting the lengths and taking times.  | 800             | 20          |

| No. | Description  | Comments/Coaching points   | Volume<br>(metres) | Time<br>(mins) |
|-----|--|--|--------------------|----------------|
| 3.  | <b>800m TT</b><br><b>How hard : 20 out of 20</b><br>1 x 800m FC (A timed swim) | Group 2 swimming 32 lengths at race pace<br>Group 1 counting the lengths and taking times. | 800                | 20             |
| 4.  | <b>Swim down</b><br>1 x 200m FC, BK  |  | 200                | 5              |

|               |      |    |
|---------------|------|----|
| <b>Totals</b> | 1800 | 60 |
|---------------|------|----|