

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 22 October 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic endurance (week 3/4 Maximum 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 6 x 50 FC + 10 Reducing	Lane 5 550/5x50 Lane 4-3 550/4x50 Lane2 450/4x50 Lane 1 350/4x50	700	16
2.	Aerobic development How hard: 16 out of 20 1 x 1000m FC with finger brushing	Lane 5 950 Lane 4 850 Lane 3 800 Lane 2 750 Lane 1 650	1000	17

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 18-19 out of 20 8 x 50m FC +15 +1min 8 x 50m FC +10 +1min 4 x 50m FC +10 Swim as fast as possible	Lane 5 8x50/6x50/4x50 Lane 4-3 6x50/6x50/4x50 Lane 2 6x50/5x50/4x50 Lane 1 6x50/4x50/3x50	1000	19
4.	Swim down 1 x 200m FC		200	5

Totals	3100	57
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 23 October 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Aerobic development (week 3/4 Maximum 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 Focus on long strokes	Lane 4 750 Lane 3 750 Lane 2 650 Lane 1 550	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic development How hard : 18 out of 20 8 x 100m FC +10 built on each 4 th length 1 x 800m FC built on each 4 th length	Lane 5 8x100/750 Lane 4 7x100/700 Lane 3 7x100/650 Lane 2 6x100/600 Lane 1 5x100/500	1600	28
4.	Swim down 1 x 200m FC		200	5

Totals	3200	57
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 25 October 2013	From(time)	8pm	To (time)	9pm
Aims	Threshold endurance (week 3/4 Maximum 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 350/3x50 Lane 1 300/3x50	600	11
2.	Threshold endurance How hard: 18 out of 20 7 x 200m FC Reducing on 6min The first 200m should be the slowest and please swim faster and faster. The last 200m as fast as possible!		1400	42

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

Totals	2200	58
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 27 October 2013	From(time)	6pm	To (time)	7pm
Aims	Aerobic development (week 3/4 Maximum 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 1 x 200m Medley +10 4 x 50 FC + 10 Reducing	Lane 5 350/200/4x50 Lane 4-3 300/200/3x50 Lane2 350/100/3x50 Lane 1 300/100/3x50	800	14
2.	Aerobic development How hard: 16 out of 20 4 x 400m FC Reducing +30	Lane 5 3x400/300 Lane 4 2x400/2x300 Lane 3 2x400/2x300 Lane 2 4x300 Lane 1 2x400/300	1600	28

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic development How hard : 16 out of 20 2 x 200m FC +20 4 x 50m FC hold your breath in, after the 5 th arms take a breathe	Lane 5 2x200/3x50 Lane4 200/150/3x100 Lane 3 200/150/3x50 Lane 2 2x150/3x5050 Lane 1 150/100/2x50	600	12
4.	Swim down 1 x 200m FC		200	5

Totals	3200	59
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