

7Oaks Tri Club Swimming Training Session

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|-------------------|--|---------------------|----------------------------|-------------------|-----|------------------|-----|
| At (Venue) | Sevenoaks Leisure Centre | On (date) | Tuesday, 24 September 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 200 FC +10 2 x 100m reverse medley (25m FC, 25m BS, 25m BK, 25m BF) +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 | 15 |

| No. | Description | Comments/Coaching points | Volume (metres) | Time (mins) |
|-----|---|---|--------------------|----------------|
| 2. | Aerobic development How hard: 16 out of 20 1 x 600m FC | Lane 5 550 Lane 4 500 Lane 3 500 Lane 2 450 Lane 1 400 Please wait at the end of this set as we will start set 3 together. | 600 | 10 |
| 3. | Threshold endurance How hard : 18 out of 20 8 x 200m FC on 3.15 | Lane 5 7x200 on 3.30 Lane 4 6x200/100 on 3.50 Lane 3 6x200 on 4.00 Lane 2 5x200/100 on 4.15 Lane 1 5x200 on 4.50 | 1600 | 27 |
| 4. | Swim down 1 x 200m FC | | 200 | 5 |

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| Totals | 3200 | 57 |
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7Oaks Tri Club Swimming Training Session

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|-------------------|---|---------------------|------------------------------|-------------------|--------|------------------|--------|
| At (Venue) | Walthamstow Hall School | On (date) | Wednesday, 25 September 2013 | From(time) | 8.30pm | To (time) | 9.30pm |
| Aims | Lactate tolerance sprint (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 4-3 300/4x50 Lane2 1 300/3x50 Lane 1 1 250/3x50 Please wait at the end of this set as we will start set 2 together. | 600 | 11 |
| 2. | Lactate tolerance sprint How hard: 19-20 out of 20 5 x 100m FC on 3min 1 x 200m FC steady swim (max 5 min) 10 x 50m FC on 1.30 | Check your time please! Lane 2 2x100/2x50/100, 150m steady swim, 7x50 (1 st -2 nd , 4 th -5 th , 7 th -8 th , 10 th) Lane 1 100/50/100/2x50, 150m steady swim, 6x50 (1 st , 3 rd , 5 th , 7 th , 9 th , 10 th) | 1200 | 33 |

| No. | Description | Comments/Coaching points | Volume (metres) | Time (mins) |
|-----|--|--|--------------------|----------------|
| 3. | Aerobic maintenance How hard : 15-16 out of 20 1 x 600m FC | Lane 5 600 Lane 4 550 Lane 3 500 Lane 2 450 Lane 1 350 | 600 | 10 |
| 4. | Swim down 1 x 200m FC, BK | | 200 | 5 |

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| Totals | 2600 | 59 |
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7Oaks Tri Club Swimming Training Session

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|-------------------|---|---------------------|---------------------------|-------------------|-----|------------------|-----|
| At (Venue) | Sevenoaks Leisure Centre | On (date) | Friday, 27 September 2013 | From(time) | 8pm | To (time) | 9pm |
| Aims | Overload 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 4 x 50 FC + 10 Reducing | Lane 5 550/4x50 Lane 4-3 500/4x50 Lane2 450/3x50 Lane 1 350/3x50 | 800 | 14 |
| 2. | Aerobic maintenance How hard: 15-16 out of 20 1 x 800m FC with finger brushing | Lane5 750 Lane 4 700 Lane 3 700 Lane 2 650 Lane 1 550 Please wait at the end of this set as we will start set 3 together! | 800 | 14 |

| No. | Description | Comments/Coaching points | Volume (metres) | Time (mins) |
|-----|---|---|--------------------|----------------|
| 3. | Overload endurance How hard : 19-20 out of 20 1 x 400m FC +30 1 x 200m FC steady swim +30 2 x 200m FC +30 1 x 200m FC steady swim +30 4 x 100m FC +30 Please check the time!!! | Check your time, please! Lane 5 400/200/2x200/200//3x100 Lane 4-3 400/150/2x200/150/3x100 Lane 2 300/150/2x200/150/3x100 Lane 1 300/150/1x200/150/3x100 | 1600 | 26 |
| 4. | Swim down 1 x 200m FC, BK | | 200 | 5 |

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| Totals | 3400 | 59 |
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7Oaks Tri Club Swimming Training Session

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|-------------------|--|---------------------|---------------------------|-------------------|-----|------------------|-----|
| At (Venue) | Sevenoaks School | On (date) | Sunday, 29 September 2013 | From(time) | 6pm | To (time) | 7pm |
| 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 4 x 50 FC + 10 Reducing | Lane 5 550/4x50 Lane 4 550/3x50 Lane3 500/3x50 Lane2 450/3x50 Lane 1 350/3x50 | 800 | 14 |
| 2. | Aerobic maintenance How hard: 16 out of 20 3 x 400m FC +30 Please wait at the end of this set as we will start set 3 together! | Lane 5 2x400/350 Lane 4 3x350 Lane 3 2x350/300 Lane 2 3x300 Lane 1 3x250 | 1200 | 22 |

| No. | Description | Comments/Coaching points | Volume (metres) | Time (mins) |
|-----|--|--|--------------------|----------------|
| 3. | Aerobic endurance How hard : 18 out of 20 10 x 100m FC on 1.35 | Lane 5 9x100 on 1.45 Lane 4 8x100 on 1.50 Lane 3 7x100/50 on 2.00 Lane 2 7x100 on 2.05 Lane 1 5x100/50 on 2.45 | 1000 | 16 |
| 4. | Swim down 1 x 200m BS, BK | | 200 | 5 |

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|---------------|------|----|
| Totals | 3200 | 57 |
|---------------|------|----|