

## 7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 22 September 2013	From(time)	6pm	To (time)	7pm
Aims	Increase muscular power/Aerobic development	Comments/Kit	Kit required - fins				
Coach	Neil						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1 x 800 FC + 10 4 x 50 FC =10 Reducing	Lane 5 - 750/4x50 Lanes 4-3 - 700/3x50 Lane2 - 650/3x50 Lane 1 - 500/3x50	1000	20
2.	<b>Power Sprints – SP3</b> <b>How hard: 20 out of 20</b> 6 x 12.5 on 1.15	To increase max speed and power. Focus on getting a good catch and pressing the water back behind you and not down.	150	10
3.	<b>Aerobic development</b> <b>How hard: 15 – 16/20</b> 1 x 500m with fins + 30 secs	Fins can help improve leg/kick strength, ankle flexibility, body position and of course you'll go faster. Try and focus on stroke timing and correct hand entry position. Lane 5 – 500/700, Lanes 4 – 450/650, Lane 3 - 400/600, Lane 2 -	1250	25

	1 x 750m without fins	350/500, Lane 1 – 300/400		
<b>4.</b>	<b>Swim down</b> – 1 x 200m FC		200	5

<b>Totals</b>	2600	60
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