

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 23 July 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic maintenance (week 2/4 Submaximum intensity)	Comments/Kit	Kit required – paddles				
Coach	Peter Balla						

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

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	12
2.	Aerobic development How hard: 16 out of 20 1 x 800m FC with paddles Please wait at the end of this set as we will start set 3 together!	Lane 5 750 Lane 4 750 Lane 3 700 Lane 2 650 Lane 1 550	800	13

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 18 out of 20 1 x 400m FC +1min 1 x 800m FC PB+20-30 +1.30 4 x 100m FC on 1.40 PB+6-8 Check your time please!	Check your time, please! Lane 5 350/800/4x100 on 1.50 Lane 4-3 350/800/3x100 on 2.00 Lane 2 300/800/2x100 on 2.10 Lane 1 200/800/2x100 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, 24 July 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Aerobic maintenance (week 2/4 Submaximum intensity)	Comments/Kit	Kit required – paddles				
Coach	Peter Balla						

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

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	12
2.	Technique work 8 x 100m FC +10 single arm FC, change arms after 3 strokes! Focus on high elbows under and above the water and the long strokes!	Lane 4 7x100 Lane 3 7x100 Lane 2 6x100/50 Lane 1 5x100	800	15

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Threshold endurance How hard : 18 out of 20 16 x 50m FC on 50 with paddles +2 min extra rest time 16 x 50m FC on 50 without paddles Check your time please!	Check your time, please! Lane 5 2x(15x50) on 55 Lane 4-3 2x(14x50) on 1.00 Lane 2 13x50/12x50 on 1.05 Lane 1 2x(10x50) on 1.20	1600	30
4.	Swim down 1 x 200m FC		200	5

Totals	3200	62
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 26 July 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic maintenance (week 2/4 Submaximum intensity)	Comments/Kit	Kit required – no				
Coach	Peter Balla						

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

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	12
2.	Aerobic development How hard: 16 out of 20 8 x 200m FC on 3.15	Lane 5 7x200/100 on 3.30 Lane 4 6x200/100 on 3.55 Lane 3 6x200/100 on 2.00 Lane 2 6x200 on 2.10 Lane 1 5x200 on 2.40	1600	26

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	overload endurance How hard : 18-19 out of 20 8 x 100m FC on 2.00 1 st , 3 rd , 5 th , 7 th (17-18/20) 2 nd , 4 th , 6 th , 8 th as fast as possible!	Lane 5 7x100 on 2.10 Lane 4-3 7x100 on 2.20 Lane 2 6x10 on 2.30 Lane 1 5x100 on 2.50	800	16
4.	Swim down 1 x 200m FC		200	5

Totals	3200	59
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 28 July 2013	From(time)	5.30pm	To (time)	7pm
Aims	Aerobic maintenance (week 2/4 Submaximum intensity)	Comments/Kit	Kit required – paddles				
Coach	Peter Balla						

Aiming to peak for 11th August (Club Olympic distance event, Bewl Water)

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	Warm up 1 x 600 FC +10 1 x 200m Medley 4 x 50 FC + 10 Reducing	Lane 5 550/200/3x50 Lane 4-3 500/200/3x50 Lane2 450/200/3x50 Lane 1 300/200/3x50	1000	20
2.	Aerobic development How hard: 16 out of 20 1 x 1000m FC +1min 1 x 1000m FC with paddles	Lane 5 950/900 Lane 4 900/850 Lane 3 850/850 Lane 2 800/800 Lane 1 600/600	2000	35

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 18 out of 20 16 x 100m FC on 1.45	Lane 5 15x100 on 1.55 Lane 4-3 14x100 2.00 Lane 2 12x100 2.10 Lane 1 10x100 2.40	1600	28
4.	Swim down 1 x 200m FC		200	5

Totals	4800	88
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