

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 25 June 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic endurance (week 2/4 Submaximum 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 Medley (25m single arm BF, 25m BK, 25m BS, 25m FC) +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
2.	Aerobic maintenance How hard: 15 out of 20 1 x 600m FC Please wait at the end of this set as we will start set 3 together!	Lane 5 550 Lane 4 550 Lane 3 500 Lane 2 450 Lane 1 350	600	11

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 17-18 out of 20 16 x 100m FC on 1.35 Every 2 nd 100 as fast as you can! Check your time please!!!	Lane 5 14x100 on 1.50 Lane 4-3 13x100 on 2.00 Lane 2 12x100 on 2.10 Lane 1 10x100 on 2.40	1600	26
4.	Swim down 1 x 200m FC, BK		200	5

Totals	3200	57
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 26 June 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Aerobic development, OE (week 2/4 Submaximum 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 5 400/ 3x50 Lane 4-3 350/3x50 Lane2 300/3x50 Lane 1 250/3x50	600	12
2.	Aerobic development How hard: 16-17 out of 20 4 x 100m FC on 1.35 2 x 200m FC on 3.10 1 x 400m FC on 6.20 2 x 200m FC on 3.10 4 x 100m FC on 1.35	Lane 5 3x100/2x200/400/2x200/3x100 on 1.45, 3.30, 7.00, 3.30, 1.45 Lane 4-3 3x100/2x200/400/2x200/2x100 on 1.55, 3.50, 7.40, 3.50, 1.55 Lane 2 3x100/2x200/300/2x200/2x100 on 2.05, 4.10, 6.15, 4.10, 2.05 Lane 1 2x100/200/400/200/2x100 on 2.30, 5.00, 10.00, 5.00, 2.30	2000	26

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Overload endurance How hard : as fast as possible 12 x 50m FC on 1.20	Lane 5 11x50 on 1.25 Lane 4-3 10x50 on 1.30 Lane 2 9x50 on 1.40 Lane 1 8x50 on 2.00	600	16
4.	Swim down 1 x 200m FC, BK		200	5

Totals	3400	59
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 28 June 2013	From(time)	8pm	To (time)	9pm
Aims	Threshold endurance (week 2/4 Submaximum intensity)	Comments/Kit	Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<p>Warm up</p> <p>1 x 200 FC +10</p> <p>2 x 100m Medley (25m single arm BF, 25m BK, 25m BS, 25m FC) +10</p> <p>1 x 200m FC</p> <p>4 x 50 FC + 10 Reducing</p> <p>Please wait at the end of this set as we will start set 2 together.</p>	<p>Lane 5 200/2x100/150/4x50</p> <p>Lane 4-3 150/2x100/150/4x50</p> <p>Lane2 150/2x100/100/3x50</p> <p>Lane 1 150/2x100/4x50</p> <p>Please wait at the end of this set as we will start set 2 together.</p>	800	15

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	Threshold endurance How hard: 18-19 out of 20 10 x 200m FC PB+8-10 on 4.00 The last 200m as fast as possible Check your time please!	Lane 5 9x200 on 4.30 Lane 4 8x200 on 4.45 Lane 3 8x200 on 4.50 Lane 2 8x200 on 5.00 Lane 1 7x200 on 5.40	2000	40
3.	Swim down 1 x 200m FC, BK		200	5

Totals	3000	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 30 June 2013	From(time)	6pm	To (time)	7pm
Aims	Aerobic development (week 2/4 Submaximum intensity)	Comments/Kit	Kit required – no				
Coach	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<p>Warm up</p> <p>1 x 200 FC +10</p> <p>2 x 100m inverse medley (25m FC, 25m BS, 25m BK, 25m Fly/single arm) +10</p> <p>1 x 200m FC</p> <p>4 x 50 FC + 10 Reducing</p> <p>Please wait at the end of this set as we will start set 2 together!</p>	<p>Lane 5 200/2x100/150/4x50</p> <p>Lane 4-3 150/2x100/150/4x50</p> <p>Lane2 150/2x100/100/3x50</p> <p>Lane 1 150/2x100/4x50</p> <p>Please wait at the end of this set as we will start set 2 together!</p>	800	15

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
2.	Aerobic development How hard: 16 out of 20 3 x 800m FC +1min Each 800m should be the same! Check your time please!	Lane 5 2x800/700 Lane 4 2x800/600 Lane 3 2x800/500 Lane 2 2x800/400 Lane 1 2x800	2400	41
3.	Swim down 1 x 200m FC, BK		200	5

Totals	3400	61
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