

# 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Tuesday, 27 August 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic maintenance (week 3/4 Maximum intensity)	<b>Comments/Kit</b>	Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 2 x 200 FC +10 4 x 50 FC + 10 Reducing	Lane 5 2x200/3x50 Lane 4-3 200/150/3x50 Lane2 2x150/3x50 Lane 1 2x150/2x50	600	12
2.	<b>Aerobic maintenance</b> <b>How hard: 15-16 out of 20</b> 2 x 400m FC +20	Lane 5 2x400 Lane 4 400/350 Lane 3 400/300 Lane 2 350/300 Lane 1 2x250	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic development</b> <b>How hard : 16-17 out of 20</b> 4 x 400m FC +20 Each 400 should be the same! Check your time, please!	Lane 5 3x400/350 Lane 4-3 1x400/3x350 Lane 2 2x350/2x300 Lane 1 400/2x300	1600	28
4.	<b>Swim down</b> 1 x 200m FC		200	5

<b>Totals</b>	3200	59
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Walthamstow Hall School	<b>On (date)</b>	Wednesday, 28 August 2013	<b>From(time)</b>	8.30pm	<b>To (time)</b>	9.30pm
<b>Aims</b>	Threshold endurance (week 3/4 Maximum intensity)	<b>Comments/Kit</b>	Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 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.	<b>Threshold endurance</b> <b>How hard: 18-19 out of 20</b> 7 x 200m FC Reducing on 6min 1 <sup>st</sup> the slowest 7 <sup>th</sup> swim as fast as possible Please check your time and getting faster and faster!	Lane 1 200/150/200/150/200/150/200	1400	42

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

<b>Totals</b>	2200	59
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks Leisure Centre	<b>On (date)</b>	Friday, 30 August 2013	<b>From(time)</b>	8pm	<b>To (time)</b>	9pm
<b>Aims</b>	Aerobic development (week 3/4 Maximum intensity)	<b>Comments/Kit</b>	Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 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.	<b>Aerobic maintenance</b> <b>How hard: 15-16 out of 20</b> 2 x 400m FC +20 focus on technique	Lane 5 400/350 Lane 4 2x350 Lane 3 2x350 Lane 2 2x300 Lane 1 2x250	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic development</b> <b>How hard : 16-17 out of 20</b> 16 x 100m FC on 1.40 Swim each 4 <sup>th</sup> length as fast as possible	Lane 5 15x100 on 1.45 Lane 4-3 14x100 on 1.55 Lane 2 13x100 on 2.00 Lane 1 10x100 on 2.30	1600	27
4.	<b>Swim down</b> 1 x 200m FC		200	5

<b>Totals</b>	3200	57
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Sevenoaks School	<b>On (date)</b>	Sunday, 1 September 2013	<b>From(time)</b>	6pm	<b>To (time)</b>	7pm
<b>Aims</b>	Aerobic endurance (week 3/4 Maximum intensity)	<b>Comments/Kit</b>	Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1 x 400 FC +10 4 x 100m Medley +10 (25m BF, 25m BK, 25m BS, 25m FC) 4 x 50 FC + 10 Reducing	Lane 5 350/4x100/3x50 Lane 4-3 400/3x100/3x50 Lane2 300/3x100/3x50 Lane 1 200/3x100/3x50	1000	20
2.	<b>Aerobic development</b> <b>How hard: 16 out of 20</b> 1 x 400m FC Please wait at the end of this set as we will start set 2 TOGETHER!	Lane 4-3 350 Lane 2 300 Lane 1 250 Please wait at the end of this set as we will start set 2 TOGETHER!	400	8

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	<b>Aerobic endurance</b> <b>How hard: 17-18 out of 20</b> 1 x 100m FC (16-17/20) on 1.45 1 x 50m FC swim as fast as possible on 1.00 Swim this set 10 times	Lane 5 10x(100/50) on 1.50, 1.05 Lane 4 9x(100/50) on 1.55, 1.10 Lane 3 9x(100/50) on 1.55, 1.10 Lane 2 8x(100/50) on 2.05, 1.15 Lane 1 7x(100/50) on 2.30, 1.25	1500	28
4.	<b>Swim down</b> 1 x 200m FC		200	5

<b>Totals</b>	3100	61
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## 7Oaks Tri Club Swimming Training Session

<b>At (Venue)</b>	Haysden Lake	<b>On (date)</b>	Monday, 2 September 2013	<b>From(time)</b>	6.30pm	<b>To (time)</b>	7.15pm
<b>Aims</b>	Drafting, orientation		<b>Comments/Kit</b> Kit required – no				
<b>Coach</b>	Peter Balla						

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
1.	<b>Warm up</b> 1x big lap	1x medium lap 1x small lap		14
2.	<b>Drafting and orientation</b> 1x big lap, drafting 1x medium lap, drafting	2x medium lap 2x small lap		20
3.	<b>Orientation</b> Swim to strait to the 3 <sup>rd</sup> buoy and swim back. Than swim strait to the 2 <sup>nd</sup> buoy and swim back.	Lane 5 6x50/400/4x100/400 on 55, on 1.50 Lane 4-3 6x50/400/3x100/400 on 1.00, 2.00 Lane 2 7x50/400/2x100/400 on 1.00, 2.10 Lane 1 4x50/400/2x100/400 on 1.20, 2.40		8

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
4.	« TA » Swim to the dock and take the wetsuit off and shoes on and then run about 500m.			8

<b>Totals</b>		50
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