

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 28 May 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic maintenance (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 600 FC 4 x 50m FC Reducing +10	Lane 5 550/4x50 Lane 4-3 500/4x50 Lane2 4504x50 Lane 1 300/3x50	800	14
2.	Technique work Focus on long strokes and the high elbows under and over the water. 4 x 100m FC +10 finger brushing	Lane 4-3 3x100/50 Lane 2 3x100 Lane 1 2x100/50 Please wait at the end of this set as we will start the set 3 together!	400	8

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic Maintenance How hard : 15 out of 20 10 x 200m FC PB+13-14 on 3.10 Check your time please! Each 200m should be the same!	Lane 5 9x200 on 3.35 Lane 4 8x200/100 on 3.45 Lane 3 8x200 on 4.00 Lane 2 7x200/100 on 4.20 Lane 1 6x200/100 on 4.45	2000	33
4.	Swim down 1 x 200m FC, BK		200	5

Totals	3400	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 29 May 2013	From(time)	8.30pm	To (time)	9.30pm
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 400 FC 4 x 50 FC + 10 Reducing	Lane 5 350/4x50 Lane 4-3 300/4x50 Lane2 250/4x50 Lane 1 250/3x50 Please wait at the end of this set as we will start set 2 together!	600	12
2.	Aerobic development How hard: 16 out of 20 2 x 400m FC PB+16-20 +20 Check your time please!	Lane 5 400/350 Lane 4-3 2x350 Lane 2 350/300 Lane 1 300/200 Please wait at the end of this set as we will start set 3 together!	800	16

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 17-18 out of 20 8 x 100m FC PB+6 on 1.30 4 x 200m FC PB+10-12 on 3.05 Check your time please!	Lane 5 7x100/4x200 on 1.45, 3.30 Lane 4 8x100/3x200 on 1.50, 3.45 Lane 3 7x100/3x200 on 1.55, 3.55 Lane 2 6x100/3x200 on 2.05, 4.15 Lane 1 5x100/3x150 on 2.30, 3.40	1600	26
4.	Swim down 1 x 200m FC, BK		200	5

Totals	3200	59
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 31 May 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 3 x 200 FC +15 4 x 50 FC + 10 Reducing	Lane 5 3x200/3x50 Lane 4-3 2x200/150/3x50 Lane2 3x150/4x50 Lane 1 2x200/3x50	800	15
2.	Aerobic maintenance How hard: 15 out of 20 1 x 800m FC with finger brushing	Lane 5 750 Lane 4-3 700 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.	Aerobic endurance How hard : 18 out of 20 2 x 200m FC PB+9-10 on 3.10 4 x 100m FC PB+5 on 1.35 Swim this set two (2) times.	Check your time, please! Lane 5 2x200/3x100 on 3.30, 1.45 Lane 4 2x200/2x100 on 3.50, 1.50 Lane 3 2x200/2x100 on 4.00, 2.00 Lane 2 2x200/2x100 on 4.20, 2.10 Lane 1 2x150/2x100 on 3.45, 2.30	1600	26
4.	Swim down 4 x 50m FC, BK, BS, FC +10		200	5

Totals	3400	60
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 2 June 2013	From(time)	6pm	To (time)	7pm
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 600 FC 4 x 50 FC + 10 Reducing	Lane 5 550/4x50 Lane 4-3 500/4x50 Lane 2 450/4x50 Lane 1 300/4x50	800	16
2.	Aerobic maintenance How hard: 15 out of 20 4 x 100m FC PB+8-9 on 1.35	Lane 5 4x100 on 1.45 Lane 4-3 3x100/50 on 1.55 Lane 2 3x100 on 2.05 Lane 1 2x100/50 on 2.25 Please wait at the end of this set as we will start set 3 together!	400	8

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 18 out of 20 6 x 100m FC PB+5-6 on 1.30 16 x 50m FC PB+3-4 on 45	Lane 5 6x100/14x50 on 1.40, 0.50 Lane 4 6x100/12x50 on 1.50, 0.55 Lane 3 6x100/10x50 on 2.00, 1.00 Lane 2 5x100/10x50 on 2.10, 1.05 Lane 1 4x100/8x50 on 2.30, 1.15 Please wait at the end of this set as we will start set 4 together	1400	23
4.	Overload endurance How hard: 20 out of 20 1 x 200m FC PB+5-6 +30		200	5
5.	Swim down 1 x 200m FC, BK		200	5

Totals	3000	57
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