

7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Tuesday, 30 July 2013	From(time)	8pm	To (time)	9pm
Aims	Threshold endurance (week 3/4 Maximum 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 600 FC +10 4 x 50 FC + 10 Reducing	Lane 5 550/4x50 Lane 4-3 550/3x50 Lane2 500/3x50 Lane 1 400/3x50	800	14
2.	Technique work 1 x 400m FC finger brushing Please wait at the end of this set as we will start set 3 together!	Lane 4 350 Lane 3 350 Lane 2 300 Lane 1 250 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.	Threshold endurance How hard : 18 out of 20 8 x 200m FC PB+8-10 on 3.30	Lane 5 8x200 on 3.40 Lane 4 7x200 on 4.00 Lane 3 7x200 on 4.10 Lane 2 7x200 on 4.20 Lane 1 6x200 on 5.00	1600	30
4.	Swim down 1 x 200m FC		200	5

Totals	3000	57
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7Oaks Tri Club Swimming Training Session

At (Venue)	Walthamstow Hall School	On (date)	Wednesday, 31 July 2013	From(time)	8.30pm	To (time)	9.30pm
Aims	Sprint (week 3/4 Maximum 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 600 FC +10 4 x 50 FC + 10 Reducing Please wait at the end of this set as we will start set 2 together!	Lane 5 550/4x50 Lane 4-3 550/3x50 Lane2 500/3x50 Lane 1 400/3x50	800	14
2.	Sprint How hard: 20 out of 20 2 x 100m FC on 4.00		200	8

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic maintenance How hard : 15-16 out of 20 1 x 400m FC Please wait at the end of this set as we will start set 2 together!	Lane 4-3 350 Lane 2300 Lane 1 250	400	8
4.	Sprint work How hard : 20 out of 20 4 x 50m FC on 2.00		200	8
5.	Aerobic maintenance How hard : 15-16 out of 20 1 x 800m FC	Lane 4-3 700 Lane 2 650 Lane 1 550	800	14
6.	Swim down 1 x 200m FC		200	5

Totals	2600	57
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks Leisure Centre	On (date)	Friday, 2 August 2013	From(time)	8pm	To (time)	9pm
Aims	Aerobic endurance (week 3/4 Maximum 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 Please wait at the end of this set as we will start set 2 TOGETHER!	Lane 5 350/4x50 Lane 4-3 350/3x50 Lane2 350/3x50 Lane 1 300/3x50	600	11
2.	Aerobic endurance How hard: 18-19 out of 20 4 x 200m FC +15 REDUCING! 1 st PB+15-17 2 nd PB+12-14 3 rd PB+8-10 4 th as fast as possible	Lane 5 150/3x200 Lane 4 100/3x200 Lane 3 100/3x200 Lane 2 3x200 Lane 1 100/2x200	800	14

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic maintenance How hard : 15-16 out of 20 1 x 800m FC	Lane 5 750 Lane 4-3 700 Lane 2 650 Lane 1 550	800	14
4.	Aerobic endurance How hard : 18-19 out of 20 4 x 100m FC +10 PB+8-10 +1 min 4 x 100 FC +30 As fast as possible	Lane 5 2x(50/3x100) Lane 4 50/3x100/3x100 Lane 3 2x(3x100) Lane 2 2x(3x100) Lane 1 2x100/3x100	800	17
5.	Swim down 1 x 200m FC		200	5

Totals	3200	61
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7Oaks Tri Club Swimming Training Session

At (Venue)	Sevenoaks School	On (date)	Sunday, 4 August 2013	From(time)	5.30pm	To (time)	7pm
Aims	Aerobic endurance (week 3/4 Maximum 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 2 x 100m Medley +10 4 x 50 FC + 10 Reducing	Lane 5 500/2x100/4x50 Lane 4-3 500/100/4x50 Lane2 400/100/4x50 Lane 1 300/100/4x50	1000	20
2.	Aerobic development How hard: 16 out of 20 1 x 1500m FC with paddles Please wait at the end of this set as we will start set 3 TOGETHER!	Lane 5 1400 Lane 4 1300 Lane 3 1200 Lane 2 1100 Lane 1 1000	1500	25

No.	Description	Comments/Coaching points	Volume (metres)	Time (mins)
3.	Aerobic endurance How hard : 18-19 out of 20 1 x 400m FC broken @100 for 10sec +1 min 2 x 200m FC broken @50m for 10sec +1min 4 x 100m FC broken @50m for 5sec Please swim as fast as possible !	Lane 5 400/4x200/3x100 Lane 4-3 400/3x200/4x100 Lane 2 400/3x200/3x100 Lane 1 400/2x200/2x100	1200	24
4.	Aerobic maintenancet of 20 How hard : 15-16 o 1 x 800m FC with paddles	Lane 5 750 Lane 4-3 700 Lane 2 650 Lane 1 550	800	14
5.	Swim down 1 x 200m FC		200	5

Totals	4700	88
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