

Session Plan (Water training)

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| Sevenoaks Tri Club Training group | | Date Sunday 01/12/2013 | Time 5:30 pm | Scheduled for 1hr 30m | Session coach Neil Colvin | |
| Venue Sevenoaks School | Pool length 25.00 m | Facilities Lanes 1-6 | | Safety equipment Throw bags, torpedo buoys | | |
| Ability of swimmers | | Age range - | Macrocycle 2014 here we come | Phase Technique and endurance basic | Mesocycle 1 Wk 4 of 4 | Week no 4 |
| Aims of session Anaerobic threshold development | | Specific objectives/kit needed Kickboards | | Training principles applied EN1 EN2 | | |
| Additional information | | | Assistants | | | |
| Repeats | | Rest intervals | Description/Coaching points | | | |

1. Warmup (W/up)

| | |
|---|--|
| 1 x 300m FC | Lanes 5-4 swim 250m Lanes 3-2 swim 200m Lane 1 swim 150m |
| 1 x 50m Breast as pull with dolphin legs | |
| 1 x 50m Back | |
| 1 x 50m Fly as single arm fly | Change sides each length |
| 1 x 150m FC | Build the last 50m Lane 1 swim 100m |

600 m 13 minutes

2. Basic 1 recovery level (EN1.1)

| | | |
|-------------|------|------------------------------------|
| 1 x 400m FC | + 5 | Pace - about 400 PB+45 sec. Steady |
| 1 x 100m FC | + 15 | As easy up, build coming back |

*Lanes 5-4 swim 400m then 50m
Lanes 3-2 swim 350m @400PB-12 then 50m
Lane 1 swim 300m then 50m*

Swim this 3 times

1500 m 26 minutes

| <i>Repeats</i> | <i>Rest intervals</i> | <i>Description/Coaching points</i> |
|----------------|-----------------------|------------------------------------|
|----------------|-----------------------|------------------------------------|

3. Technique work (Tech)

| | | |
|---|--|---|
| 1 x 50m FC as single arm with kickboard | | Pulling arm entry next to the kickboard Change sides each length |
|---|--|---|

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| 1 x 50m FC as catchup breathing both sides | | Hand entry at full extension, push through at the back |
|--|--|--|

1 x 50m FC as full stroke
Lane 1 swim 50 with kickboard/25catchup/25 full stroke

Swim this 3 times

+ 10 between repeats

450 m 10 minutes

4. Threshold endurance (EN2)

| | | |
|-------------|------|----------|
| 9 x 200m FC | + 30 | @PB + 25 |
|-------------|------|----------|

Lanes 5-4 swim 8 x 200
Lanes 3-2 swim 7 x 200
Lane 1 swim 10 x 100 + 30

1800 m 34 minutes

5. Recovery (Rec)

| | | |
|---------------------------|--|--------------------|
| 1 x 300m choice as choice | | Easy recovery pace |
|---------------------------|--|--------------------|

300 m 6 minutes

Session totals 4650 metres 88 minutes

Anything not clear? Give me a call or mail on 07967 096463 or wheresmike@here.myzen.co.uk

Mike Wake