

TNT Sample Session 1

Venue:		Time:		Date:	
Group: TNT			Equipment Required: Watch/Pace clock, Drink		
Aims:					
Time	Distance	Description	Coaching Points	Intensity	
0-15	4* 100m	Easy swim in blocks, F/C + B/C and F/C + BR.	Hand entry: slow to fast through movement.	L1-> L2	
15-40	2* 100m	As Drill/Swim. Drills: Finger Trail, fingers trailing on water surface on recovery. And Early Catch, fingers pointing at bottom of pool in the early pull phase.	High Elbow on recovery and High Elbow early in the stroke.	L2->L3	
	8* 100m	Race pace off 2:30 (swim and rest in 2:30)	Continuous propulsion. Good push and glide.	L3	
40->50		Cool Down easy mixture of strokes with possible revisit of drills.	maintain good form in all stokes.	L2->L1	

Evaluation:

TNT Sample Session 2

Venue: Graves		Time: 18: 00-19:00		Date: 17/02/2008	
Group: TNT			Equipment Required: Watch/Pace clock, Drink		

Venue: Graves		Time: 18: 00-19:00		Date: 17/02/2008	
Time	Distance	Description	Coaching Points	Intensity	
0-15	4* 100m	Easy swim in blocks, F/C + B/C and F/C + BR.	Hold the Glide in each stroke. Good push and glide.	L1-> L2	
15->45	5* 200m	Swim off 5:00	More power from each stroke. count strokes every 1 st length.	L2->L3	
45->50		Cool Down easy mixture of strokes with possible revisit of drills.	maintain good form in all stokes.	L2->L1	

Evaluation:

TNT Sample Session 3

Venue:		Time:		Date:	
Group: TNT			Equipment Required: Watch/Pace clock, Drink		
Time	Distance	Description	Coaching Points	Intensity	
0-15	4* 100m	Easy swim in blocks, F/C + B/C and F/C + BR.	Hand entry slow to fast through movement	L1-> L2	

Venue:		Time:		Date:	
15->25	2* 200m	As 50 Pull, 50 Swim		Good push and glide, straight body.	L2->L3
25->40	3* 100m	Building speed throughout each 100m.		Start steady, hard to finish. More power from each stroke.	
40->55	10*50m	Swim off 1:30.		Continuous power. Fingers pointing to bottom of pool Good form	L2->L3
55->60		Cool Down easy mixture of strokes with possible revisit of drills.		maintain good form in all stokes.	L2->L1

Evaluation:

TNT Sample Session 4

Venue:		Time:		Date:	
Group: TNT			Equipment Required: Watch/Pace clock, Drink, Kick board, Pull float		
Time	Distance	Description	Coaching Points	Intensity	
0-15	4* 100m	Easy swim in blocks, F/C + B/C and F/C + BR.	Hand entry slow to fast through movement	L1-> L2	
15->50	6*150m	As Pull/Swim/Kick.	Pull: Relaxed head, hands sweep in front of face. Swim: Small kick, easy with legs. Kick: Head up Head down, look forward to	L2->L3	

Venue:		Time:		Date:	
50->55		Cool Down easy mixture of strokes with possible revisit of drills.		breathe and then relax head into water. maintain good form in all stokes.	L2->L1

Evaluation: