

ASHURST BIKE CLUB - 1500TT TEST SESSION - ALL LANES (2900m)

Aerobic Recovery	L1	<i>Light swimming for recovery purposes or technical focus</i>
Aerobic Maintenance	L2	<i>Moderate intensity aerobic swimming for aerobic base development</i>
Aerobic Development	L3	<i>Sustained aerobic work at intensity equivalent to 1500-2000m time trial effort</i>
Anaerobic Threshold	L4	<i>Pace equivalent to 1000m time trial effort</i>
Aerobic Capacity	L5	<i>Pace equivalent to 400m time trial effort, used to develop VO2 max</i>
Lactate Production	L6	<i>Short, high intensity swimming to generate high levels of lactate</i>
Lactate Tolerance	L7	<i>Teaches the muscles how to tolerate high lactate levels whilst swimming</i>
Peak Lactate	L8	<i>50-200m race pace (generally not for triathletes)</i>
Speed	L9	<i>25m fast as possible whilst maintaining form, excellent for technique development</i>



WARM UP

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	FC L1 EASY	200	200
100	4	20s	FC L2 - COUNT STROKES PER LENGTH - REDUCE BY 1 STROKE FOR EACH 25 WITHIN EACH REP	400	600

DRILL SET - AIM TO PROMOTE A LONG SMOOTH RELAXED STROKE FOR 1500m TEST

Dist	Rep	Rec	Comments	Distance	Total
50	4	20s	50 SINGLE ARM DRILL (USE FLOAT ON LEAD ARM FOR SUPPORT IF REQ) - ALTERNATE ARMS EACH 25	200	800
50	4	20s	50 FC L2 BILATERAL BREATHING - FOCUS ON POPEYE BREATHING & BODY ROLL	200	1000
50	4	20s	50 FC 3/4 CATCH-UP STROKE - FOCUS ON FRONT QUADRANT SWIMMING (AVOID A WINDMILL STROKE)	200	1200

MAIN SET - 1500m TEST - AIM TO PROVIDE A BENCH MARK FOR OLYMPIC DISTANCE OPEN WATER

Dist	Rep	Rec	Comments	Distance	Total
1500	1	3min	1500m (60 Lengths) Time Trial Test @ L3 (1500-200m time trial effort)	1500	2700

STRONGEST SWIMMER IN EACH LANE TO TAKE TIMING RESPONSIBILITY
STRONGEST SWIMMER OFF FIRST

LEAVE 5 SECONDS BETWEEN SWIMMERS TO MINIMISE INITIAL DRAFTING
COUNT YOUR OWN LENGTHS

BE AWARE OF THE SWIMMER BEHIND YOU - LET THROUGH AT END OF LENGTH IF TAPPED ON FEET
(IF REST IS REQUIRED - STAND CLEAR OF OTHER SWIMMERS)

TAKE 3 MINUTES RECOVERY - REGROUP & WRITE DOWN DISTANCE & STROKE COUNT

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	20s	SWIM 50 BS L1 / SWIM 50 FC L1 - RECOVERY SET	200	2900