

ASHURST BIKE CLUB - 400TT TEST SESSION

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 - STROKE TECHNIQUE AND ARM SPEED FOR FULL TT WARM UP

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	FC L1 EASY - FOCUS ON LONG SMOOTH REACH & ROLL	200	200
100	4	30s	FC L2 - FOCUS ON REDUCING STROKE COUNT BY 1 FOR EACH 25 WITHIN EACH REP	400	600
50	4	20s	FC L5 - FOCUS ON FAST ARM TURNOVER BUT MAINTAIN STROKE LENGTH TO INCREASE SPEED	200	800

MAIN SET - 100/200/400TT TEST - AIM TO PROVIDE A BENCH MARK AND USE CORRECT TRAINING INTENSITIES (L1-L9)

Dist	Rep	Rec	Comments	Distance	Total
ASSESS NUMBERS IN LANE AND DECIDE ON ONE OR TWO GROUPS FASTEST SWIMMER OFF FIRST LEAVE 5-10 SECONDS BETWEEN SWIMMERS TO MINIMISE DRAFTING COUNT YOUR OWN LENGTHS / COUNT STROKES FOR FINAL 100m OF 400TT **AT END OF EACH TT MAKE NOTE OF TIME ON POOLSIDE BEFORE 150m RECOVERY**					
100	1	60s	100 FC AS FAST AS POSSIBLE -ESTABLISH A PB TIME FOR 100m	100	900
150	1	60s	FC L1 WITH PULL BUOY - RECOVERY - SWIM TOGETHER AS LANE GROUP	150	1050
200	1	60s	200 FC AS FAST AS POSSIBLE -ESTABLISH A PB TIME FOR 200m	200	1250
150	1	60s	FC L1 WITH PULL BUOY - RECOVERY - SWIM TOGETHER AS LANE GROUP	150	1400
400	1	60s	400 FC AS FAST AS POSSIBLE -ESTABLISH A PB TIME FOR 400m (STROKE COUNT LAST 100m)	400	1800
150	1	60s	FC L1 WITH PULL BUOY - RECOVERY - SWIM TOGETHER AS LANE GROUP	150	1950

KICK SET - CONTINUED KICK DEVELOPMENT

Dist	Rep	Rec	Comments	Distance	Total
50	2	30s	50 KICK WITH BOARD	100	2050
50	2	30s	25 KICK ON SIDE RIGHT ARM EXTENDED / 25 FC L2 (FINS OPTIONAL)	100	2150
50	2	30s	25 KICK ON SIDE LEFT ARM EXTENDED / 25 FC L2 (FINS OPTIONAL)	100	2250

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	4	30s	50 BS L1 / 50 FC L1 - RECOVERY	400	2650