

## ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 1 2500M (SET 4-1)

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



### WARM UP

Dist	Rep	Rec	Comments	Distance	Total
400	1	60s	100 FC KICK EASY / 100 FC KICK HARD / 100 FC BILATERAL / 100 FC POPEYE BREATHING	400	400

### KICK SET

Dist	Rep	Rec	Comments	Distance	Total
50	6	15s	REPS 1-2 25 FRONT BALANCE KICK / 25 FC EASY (FINS OPTIONAL) REPS 3-4 25 KICK ON SIDE RIGHT ARM EXTENDED / 25 FC EASY (FINS OPTIONAL) REPS 5-6 25 KICK ON SIDE LEFT ARM EXTENDED / 25 FC EASY (FINS OPTIONAL)	300	700

### MAIN SET

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	300	1000
150	1	30s	SWIM FC LEVEL 2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1150
100	3	15s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	300	1450
150	1	30s	SWIM FC LEVEL 2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1600
100	3	20s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	300	1900

**TAKE 3 MINUTES RECOVERY**

### SPEED SET

Dist	Rep	Rec	Comments	Distance	Total
25	12	15s	SWIM FC LEVEL 8 - FOCUS ON FAST ARM TURNOVER AND MAINTAIN GOOD DISTANCE PER STROKE	300	2200

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	SWIM 50 BS LEVEL 1 / SWIM 50 FC LEVEL 1 - RECOVERY	300	<b>2500</b>

## ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 2 2800M (SET 4-1)

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



### WARM UP

Dist	Rep	Rec	Comments	Distance	Total
400	1	60s	100 FC KICK EASY / 100 FC KICK HARD / 100 FC BILATERAL / 100 FC POPEYE BREATHING	400	400

### KICK SET

Dist	Rep	Rec	Comments	Distance	Total
50	12	15s	REPS 1-4 25 FRONT BALANCE KICK / 25 FC EASY (FINS OPTIONAL) REPS 5-8 25 KICK ON SIDE RIGHT ARM EXTENDED / 25 FC EASY (FINS OPTIONAL) REPS 9-12 25 KICK ON SIDE LEFT ARM EXTENDED / 25 FC EASY (FINS OPTIONAL)	600	1000

### MAIN SET

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	300	1300
150	1	30s	SWIM FC LEVEL 2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1450
100	3	15s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	300	1750
150	1	30s	SWIM FC LEVEL 2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1900
100	3	20s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	300	2200

**TAKE 3 MINUTES RECOVERY**

### SPEED SET

Dist	Rep	Rec	Comments	Distance	Total
25	12	15s	SWIM FC LEVEL 8 - FOCUS ON FAST ARM TURNOVER AND MAINTAIN GOOD DISTANCE PER STROKE	300	2500

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	SWIM 50 BS LEVEL 1 / SWIM 50 FC LEVEL 1 - RECOVERY	300	<b>2800</b>

## ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 3 3100M (SET 4-1)

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



### WARM UP

Dist	Rep	Rec	Comments	Distance	Total
400	1	60s	100 FC KICK EASY / 100 FC KICK HARD / 100 FC BILATERAL / 100 FC POPEYE BREATHING	400	400

### KICK SET

Dist	Rep	Rec	Comments	Distance	Total
50	12	15s	REPS 1-4 25 FRONT BALANCE KICK / 25 FC EASY (FINS OPTIONAL) REPS 5-8 25 KICK ON SIDE RIGHT ARM EXTENDED / 25 FC EASY (FINS OPTIONAL) REPS 9-12 25 KICK ON SIDE LEFT ARM EXTENDED / 25 FC EASY (FINS OPTIONAL)	600	1000

### MAIN SET

Dist	Rep	Rec	Comments	Distance	Total
100	4	20s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	400	1400
150	1	30s	SWIM FC LEVEL 2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1550
100	4	15s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	400	1950
150	1	30s	SWIM FC LEVEL 2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	2100
100	4	20s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	400	2500

**TAKE 3 MINUTES RECOVERY**

### SPEED SET

Dist	Rep	Rec	Comments	Distance	Total
25	12	15s	SWIM FC LEVEL 8 - FOCUS ON FAST ARM TURNOVER AND MAINTAIN GOOD DISTANCE PER STROKE	300	2800

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	SWIM 50 BS LEVEL 1 / SWIM 50 FC LEVEL 1 - RECOVERY	300	<b>3100</b>

## ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 4 3400M (SET 4-1)

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



### WARM UP

Dist	Rep	Rec	Comments	Distance	Total
400	1	60s	100 FC KICK EASY / 100 FC KICK HARD / 100 FC BILATERAL / 100 FC POPEYE BREATHING	400	400

### KICK SET

Dist	Rep	Rec	Comments	Distance	Total
50	12	15s	REPS 1-4 25 FRONT BALANCE KICK / 25 FC EASY (FINS OPTIONAL) REPS 5-8 25 KICK ON SIDE RIGHT ARM EXTENDED / 25 FC EASY (FINS OPTIONAL) REPS 9-12 25 KICK ON SIDE LEFT ARM EXTENDED / 25 FC EASY (FINS OPTIONAL)	600	1000

### MAIN SET

Dist	Rep	Rec	Comments	Distance	Total
100	5	20s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	500	1500
150	1	30s	SWIM FC LEVEL 2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1650
100	5	15s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	500	2150
150	1	30s	SWIM FC LEVEL 2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	2300
100	5	20s	SWIM FC LEVEL 4 - FOCUS ON POPEYE BREATHING	500	2800

**TAKE 3 MINUTES RECOVERY**

### SPEED SET

Dist	Rep	Rec	Comments	Distance	Total
25	12	15s	SWIM FC LEVEL 8 - FOCUS ON FAST ARM TURNOVER AND MAINTAIN GOOD DISTANCE PER STROKE	300	3100

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	SWIM 50 BS LEVEL 1 / SWIM 50 FC LEVEL 1 - RECOVERY	300	<b>3400</b>