

## ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 1 2450M (SET 2)

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 & DRILLS

Dist	Rep	Rec	Comments	Distance	Total
200	1	40s	50 FC <b>L1</b> / 100 FC <b>L1</b> BILATERAL / 50 FC <b>L1</b> POPEYE BREATHING	200	200
50	4	20s	<b>ODD REPS</b> - 25 FISTS / 25 FC <b>L1</b> & <b>EVEN REPS</b> - 25 FINGER DRAG HIGH ELBOW / 25 FC <b>L1</b>	200	400

### KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH

Dist	Rep	Rec	Comments	Distance	Total
50	6	20s	<b>REPS 1-2</b> 50 KICK HARD WITH BOARD <b>REPS 3-4</b> 25 KICK ON SIDE RIGHT ARM EXTENDED (FINS OPTIONAL) / 25 FC <b>L1</b> <b>REPS 5-6</b> 25 KICK ON SIDE LEFT ARM EXTENDED (FINS OPTIONAL) / 25 FC <b>L1</b>	300	700

### TEST SET - 100m TT - USED IN COMBINATION WITH THE T30 TEST TO ANALYSE STROKE RATE

Dist	Rep	Rec	Comments	Distance	Total
100	1	1min	100 FC AS FAST AS POSSIBLE WHILST MAINTAINING FORM & COUNT STROKES  <b>SWIM TEST IN GROUPS OF 3 MAX WITH ONE NON-SWIMMER TIMING</b> <b>LEAVE BETWEEN 10-15s BETWEEN SWIMMERS TO AVOID CATCHING</b>	100	800

### MAIN SET - FOCUS ON SUBTLE CHANGES IN SPEED TO APPRECIATE PACING (USE PACING CHART)

Dist	Rep	Rec	Comments	Distance	Total
300	1	40s	100 FC <b>L3</b> / 100 FC <b>L4</b> / 100 FC <b>L5</b> - FOCUS ON <b>INCREASING</b> SPEED BASED ON <b>L4</b> PACE	300	1100
225	2	40s	75 FC <b>L5</b> / 75 FC <b>L4</b> / 75 FC <b>L3</b> - FOCUS ON <b>DECREASING</b> SPEED BASED ON <b>L4</b> PACE	450	1550
150	3	30s	50 FC <b>L4</b> / 50 FC <b>L5</b> / 50 FC <b>L6</b> - FOCUS ON <b>INCREASING</b> SPEED BASED ON <b>L5</b> PACE	450	2000
75	4	20s	25 FC <b>L7</b> / 25 FC <b>L6</b> / 25 FC <b>L5</b> - FOCUS ON <b>DECREASING</b> SPEED BASED ON <b>L6</b> PACE	300	2300

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
150	1	n/a	50 BS <b>L1</b> / 50 FC <b>L1</b> / 50 BS <b>L1</b> - <b>RECOVERY</b>	150	<b>2450</b>

## ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 2 2750M (SET 2)

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 & DRILLS

Dist	Rep	Rec	Comments	Distance	Total
200	1	40s	50 FC <b>L1</b> / 100 FC <b>L1</b> BILATERAL / 50 FC <b>L1</b> POPEYE BREATHING	200	200
50	4	20s	<b>ODD REPS</b> - 25 FISTS / 25 FC <b>L1</b> & <b>EVEN REPS</b> - 25 FINGER DRAG HIGH ELBOW / 25 FC <b>L1</b>	200	400

### KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH

Dist	Rep	Rec	Comments	Distance	Total
50	6	20s	<b>REPS 1-2</b> 50 KICK HARD WITH BOARD <b>REPS 3-4</b> 25 KICK ON SIDE RIGHT ARM EXTENDED (FINS OPTIONAL) / 25 FC <b>L1</b> <b>REPS 5-6</b> 25 KICK ON SIDE LEFT ARM EXTENDED (FINS OPTIONAL) / 25 FC <b>L1</b>	300	700

### TEST SET - 100m TT - USED IN COMBINATION WITH THE T30 TEST TO ANALYSE STROKE RATE

Dist	Rep	Rec	Comments	Distance	Total
100	1	1min	100 FC AS FAST AS POSSIBLE WHILST MAINTAINING FORM & COUNT STROKES  SWIM TEST IN GROUPS OF 3 MAX WITH ONE NON-SWIMMER TIMING LEAVE BETWEEN 10-15s BETWEEN SWIMMERS TO AVOID CATCHING	100	800

### MAIN SET - FOCUS ON SUBTLE CHANGES IN SPEED TO APPRECIATE PACING (USE PACING CHART)

Dist	Rep	Rec	Comments	Distance	Total
300	2	40s	100 FC <b>L3</b> / 100 FC <b>L4</b> / 100 FC <b>L5</b> - FOCUS ON <b>INCREASING</b> SPEED BASED ON <b>L4</b> PACE	600	1400
225	2	40s	75 FC <b>L5</b> / 75 FC <b>L4</b> / 75 FC <b>L3</b> - FOCUS ON <b>DECREASING</b> SPEED BASED ON <b>L4</b> PACE	450	1850
150	3	30s	50 FC <b>L4</b> / 50 FC <b>L5</b> / 50 FC <b>L6</b> - FOCUS ON <b>INCREASING</b> SPEED BASED ON <b>L5</b> PACE	450	2300
75	4	20s	25 FC <b>L7</b> / 25 FC <b>L6</b> / 25 FC <b>L5</b> - FOCUS ON <b>DECREASING</b> SPEED BASED ON <b>L6</b> PACE	300	2600

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
150	1	n/a	50 BS <b>L1</b> / 50 FC <b>L1</b> / 50 BS <b>L1</b> - <b>RECOVERY</b>	150	<b>2750</b>

## ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 3 3075M (SET 2)

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 & DRILLS

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	50 FC <b>L1</b> / 100 FC <b>L1</b> BILATERAL / 50 FC <b>L1</b> POPEYE BREATHING	200	200
50	6	15s	<b>ODD REPS</b> - 25 FISTS / 25 FC <b>L1</b> & <b>EVEN REPS</b> - 25 FINGER DRAG HIGH ELBOW / 25 FC <b>L1</b>	300	500

### KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH

Dist	Rep	Rec	Comments	Distance	Total
50	6	15s	<b>REPS 1-2</b> 50 KICK HARD WITH BOARD <b>REPS 3-4</b> 25 KICK ON SIDE RIGHT ARM EXTENDED (FINS OPTIONAL) / 25 FC <b>L1</b> <b>REPS 5-6</b> 25 KICK ON SIDE LEFT ARM EXTENDED (FINS OPTIONAL) / 25 FC <b>L1</b>	300	800

### TEST SET - 100m TT - USED IN COMBINATION WITH THE T30 TEST TO ANALYSE STROKE RATE

Dist	Rep	Rec	Comments	Distance	Total
100	1	1min	100 FC AS FAST AS POSSIBLE WHILST MAINTAINING FORM & COUNT STROKES  <b>SWIM TEST IN GROUPS OF 3 MAX WITH ONE NON-SWIMMER TIMING</b> <b>LEAVE BETWEEN 10-15s BETWEEN SWIMMERS TO AVOID CATCHING</b>	100	900

### MAIN SET - FOCUS ON SUBTLE CHANGES IN SPEED TO APPRECIATE PACING (USE PACING CHART)

Dist	Rep	Rec	Comments	Distance	Total
300	2	30s	100 FC <b>L3</b> / 100 FC <b>L4</b> / 100 FC <b>L5</b> - FOCUS ON <b>INCREASING</b> SPEED BASED ON <b>L4</b> PACE	600	1500
225	3	30s	75 FC <b>L5</b> / 75 FC <b>L4</b> / 75 FC <b>L3</b> - FOCUS ON <b>DECREASING</b> SPEED BASED ON <b>L4</b> PACE	675	2175
150	3	20s	50 FC <b>L4</b> / 50 FC <b>L5</b> / 50 FC <b>L6</b> - FOCUS ON <b>INCREASING</b> SPEED BASED ON <b>L5</b> PACE	450	2625
75	4	20s	25 FC <b>L7</b> / 25 FC <b>L6</b> / 25 FC <b>L5</b> - FOCUS ON <b>DECREASING</b> SPEED BASED ON <b>L6</b> PACE	300	2925

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
150	1	n/a	50 BS <b>L1</b> / 50 FC <b>L1</b> / 50 BS <b>L1</b> - <b>RECOVERY</b>	150	<b>3075</b>

## ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 4 3375M (SET 2)

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 & DRILLS

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	50 FC <b>L1</b> / 100 FC <b>L1</b> BILATERAL / 50 FC <b>L1</b> POPEYE BREATHING	200	200
50	6	15s	<b>ODD REPS</b> - 25 FISTS / 25 FC <b>L1</b> & <b>EVEN REPS</b> - 25 FINGER DRAG HIGH ELBOW / 25 FC <b>L1</b>	300	500

### KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH

Dist	Rep	Rec	Comments	Distance	Total
50	6	15s	<b>REPS 1-2</b> 50 KICK HARD WITH BOARD <b>REPS 3-4</b> 25 KICK ON SIDE RIGHT ARM EXTENDED (FINS OPTIONAL) / 25 FC <b>L1</b> <b>REPS 5-6</b> 25 KICK ON SIDE LEFT ARM EXTENDED (FINS OPTIONAL) / 25 FC <b>L1</b>	300	800

### TEST SET - 100m TT - USED IN COMBINATION WITH THE T30 TEST TO ANALYSE STROKE RATE

Dist	Rep	Rec	Comments	Distance	Total
100	1	1min	100 FC AS FAST AS POSSIBLE WHILST MAINTAINING FORM & COUNT STROKES  SWIM TEST IN GROUPS OF 3 MAX WITH ONE NON-SWIMMER TIMING LEAVE BETWEEN 10-15s BETWEEN SWIMMERS TO AVOID CATCHING	100	900

### MAIN SET - FOCUS ON SUBTLE CHANGES IN SPEED TO APPRECIATE PACING (USE PACING CHART)

Dist	Rep	Rec	Comments	Distance	Total
300	3	30s	100 FC <b>L3</b> / 100 FC <b>L4</b> / 100 FC <b>L5</b> - FOCUS ON <b>INCREASING</b> SPEED BASED ON <b>L4</b> PACE	900	1800
225	3	30s	75 FC <b>L5</b> / 75 FC <b>L4</b> / 75 FC <b>L3</b> - FOCUS ON <b>DECREASING</b> SPEED BASED ON <b>L4</b> PACE	675	2475
150	3	20s	50 FC <b>L4</b> / 50 FC <b>L5</b> / 50 FC <b>L6</b> - FOCUS ON <b>INCREASING</b> SPEED BASED ON <b>L5</b> PACE	450	2925
75	4	20s	25 FC <b>L7</b> / 25 FC <b>L6</b> / 25 FC <b>L5</b> - FOCUS ON <b>DECREASING</b> SPEED BASED ON <b>L6</b> PACE	300	3225

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
150	1	n/a	50 BS <b>L1</b> / 50 FC <b>L1</b> / 50 BS <b>L1</b> - <b>RECOVERY</b>	150	3375