

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 1 2550M (SET 3)

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 & DRILLS

				Distance	Total
Dist	Rep	Rec	Comments		
200	1	30s	50 FC L1 / 50 FC L1 BILATERAL / 50 FC L1 POPEYE BREATHING / 50 FC L1	200	200
50	2	20s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	300
50	2	20s	25 SHARK FIN / 25 FC L1	100	400

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

Dist	Rep	Rec	Comments		
50	2	30s	25 KICK HARD HANDS IN POCKETS / 25 KICK HARD HANDS IN FRONT (NO BOARD)	100	500
50	2	20s	25 KICK ON SIDE RIGHT ARM EXTENDED (FINS OPTIONAL) / 25 FCL1	100	600
50	2	20s	25 KICK ON SIDE LEFT ARM EXTENDED (FINS OPTIONAL) / 25 FCL1	100	700

MAIN SET - STEADY PACE, SHORT DISTANCE, MULTI REP, SHORT RECOVERY

Dist	Rep	Rec	Comments		
100	6	20s	ODD REPS = 100 FC L4 & EVEN REPS = 100 FC L4 WITH PULL BUOY	600	1300
75	6	15s	75 FC L4 - FOCUS ON GOOD TUCK ON TURN & GLIDE FROM WALL	450	1750
50	8	10s	ODD REPS = 50 FC L4 (KICK HARD) & EVEN REPS = 50 FC L4 (KICK EASY)	400	2150
25	8	5s	25 FC L4 - FOCUS ON BILATERAL BREATHING WITH LOW STROKE COUNT	200	2350

COOL DOWN

Dist	Rep	Rec	Comments		
100	2	20s	50 BS L1 / 50 FC L1 - RECOVERY	200	2550

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 2 2800M (SET 3)

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 & DRILLS

				Distance	Total
Dist	Rep	Rec	Comments		
200	1	30s	50 FC L1 / 50 FC L1 BILATERAL / 50 FC L1 POPEYE BREATHING / 50 FC L1	200	200
50	3	15s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	150	350
50	3	15s	25 SHARK FIN / 25 FC L1	150	500

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

				Distance	Total
Dist	Rep	Rec	Comments		
50	2	20s	25 KICK HARD HANDS IN POCKETS / 25 KICK HARD HANDS IN FRONT (NO BOARD)	100	600
50	2	20s	25 KICK ON SIDE RIGHT ARM EXTENDED (FINS OPTIONAL) / 25 FCL1	100	700
50	2	20s	25 KICK ON SIDE LEFT ARM EXTENDED (FINS OPTIONAL) / 25 FCL1	100	800

MAIN SET - STEADY PACE, SHORT DISTANCE, MULTI REP, SHORT RECOVERY

				Distance	Total
Dist	Rep	Rec	Comments		
100	6	20s	ODD REPS = 100 FC L4 & EVEN REPS = 100 FC L4 WITH PULL BUOY	600	1400
75	8	15s	75 FC L4 - FOCUS ON GOOD TUCK ON TURN & GLIDE FROM WALL	600	2000
50	8	10s	ODD REPS = 50 FC L4 (KICK HARD) & EVEN REPS = 50 FC L4 (KICK EASY)	400	2400
25	8	5s	25 FC L4 - FOCUS ON BILATERAL BREATHING WITH LOW STROKE COUNT	200	2600

COOL DOWN

				Distance	Total
Dist	Rep	Rec	Comments		
100	2	20s	50 BS L1 / 50 FC L1 - RECOVERY	200	2800

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 3 3150M (SET 3)

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 & DRILLS

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	50 FC L1 / 50 FC L1 BILATERAL / 50 FC L1 POPEYE BREATHING / 50 FC L1	200	200
50	3	15s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	150	350
50	3	15s	25 SHARK FIN / 25 FC L1	150	500

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

Dist	Rep	Rec	Comments	Distance	Total
50	2	20s	25 KICK HARD HANDS IN POCKETS / 25 KICK HARD HANDS IN FRONT (NO BOARD)	100	600
50	2	20s	25 KICK ON SIDE RIGHT ARM EXTENDED (FINS OPTIONAL) / 25 FCL1	100	700
50	2	20s	25 KICK ON SIDE LEFT ARM EXTENDED (FINS OPTIONAL) / 25 FCL1	100	800

MAIN SET - STEADY PACE, SHORT DISTANCE, MULTI REP, SHORT RECOVERY

Dist	Rep	Rec	Comments	Distance	Total
100	8	20s	ODD REPS = 100 FC L4 & EVEN REPS = 100 FC L4 WITH PULL BUOY	800	1600
75	8	15s	75 FC L4 - FOCUS ON GOOD TUCK ON TURN & GLIDE FROM WALL	600	2200
50	10	10s	ODD REPS = 50 FC L4 (KICK HARD) & EVEN REPS = 50 FC L4 (KICK EASY)	500	2700
25	10	5s	25 FC L4 - FOCUS ON BILATERAL BREATHING WITH LOW STROKE COUNT	250	2950

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	20s	50 BS L1 / 50 FC L1 - RECOVERY	200	3150

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 4 3500M (SET 3)

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200	1	30s	50 FC L1 / 50 FC L1 BILATERAL / 50 FC L1 POPEYE BREATHING / 50 FC L1	200	200
50	3	15s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	150	350
50	3	15s	25 SHARK FIN / 25 FC L1	150	500

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

Dist	Rep	Rec	Comments	Distance	Total
50	2	20s	25 KICK HARD HANDS IN POCKETS / 25 KICK HARD HANDS IN FRONT (NO BOARD)	100	600
50	2	20s	25 KICK ON SIDE RIGHT ARM EXTENDED (FINS OPTIONAL) / 25 FCL1	100	700
50	2	20s	25 KICK ON SIDE LEFT ARM EXTENDED (FINS OPTIONAL) / 25 FCL1	100	800

MAIN SET - STEADY PACE, SHORT DISTANCE, MULTI REP, SHORT RECOVERY

Dist	Rep	Rec	Comments	Distance	Total
100	10	20s	ODD REPS = 100 FC L4 & EVEN REPS = 100 FC L4 WITH PULL BUOY	1000	1800
75	10	15s	75 FC L4 - FOCUS ON GOOD TUCK ON TURN & GLIDE FROM WALL	750	2550
50	10	10s	ODD REPS = 50 FC L4 (KICK HARD) & EVEN REPS = 50 FC L4 (KICK EASY)	500	3050
25	10	5s	25 FC L4 - FOCUS ON BILATERAL BREATHING WITH LOW STROKE COUNT	250	3300

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	20s	50 BS L1 / 50 FC L1 - RECOVERY	200	3500