

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



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
100	1	30s	FC <b>L1</b> - CONCENTRATE ON LONG STEADY STROKE WITH LOW STROKE COUNT	100	100
200	1	30s	BUILD PACE EACH 50 FC <b>L2</b> to <b>L5</b> - UNDERSTAND PACE CHANGE FOR MAIN SET	200	300
50	2	15s	25 FINGER DRAG / 25 FC <b>L1</b>	100	400
50	2	15s	25 3/4 CATCH UP STROKE / 25 FC <b>L1</b>	100	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 ( <b>NO FINS/NO BOARDS</b> ) / 25 FC <b>L1</b>	100	600
50	2	20s	25 KICK HARD HANDS IN FRONT ( <b>NO FINS/NO BOARDS</b> ) / 25 FC <b>L1</b>	100	700

## MAIN SET - LONG DISTANCE, GOOD RECOVERY, INCREASING & DECREASING SPEED

Dist	Rep	Rec	Comments	Distance	Total
400	1	90s	100 FC <b>L2</b> / 100 FC <b>L3</b> / 100 FC <b>L4</b> / 100 FC <b>L5</b>	400	1100
300	2	60s	100 FC <b>L5</b> / 100 FC <b>L4</b> / 100 FC <b>L3</b>	600	1700
200	3	30s	50 FC <b>L2</b> / 50 FC <b>L3</b> / 50 FC <b>L4</b> / 50 FC <b>L5</b>	600	2300

## COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	20s	50 BS <b>L1</b> / 50 FC <b>L1</b> - RECOVERY	200	2500

# ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 2 2700M (SET 4)



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
100	1	30s	FC <b>L1</b> - CONCENTRATE ON LONG STEADY STROKE WITH LOW STROKE COUNT	100	100
200	1	30s	BUILD PACE EACH 50 FC <b>L2</b> to <b>L5</b> - UNDERSTAND PACE CHANGE FOR MAIN SET	200	300
50	2	15s	25 FINGER DRAG / 25 FC <b>L1</b>	100	400
50	2	15s	25 3/4 CATCH UP STROKE / 25 FC <b>L1</b>	100	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 ( <b>NO FINS/NO BOARDS</b> ) / 25 FC <b>L1</b>	100	600
50	2	20s	25 KICK HARD HANDS IN FRONT ( <b>NO FINS/NO BOARDS</b> ) / 25 FC <b>L1</b>	100	700

## MAIN SET - LONG DISTANCE, GOOD RECOVERY, INCREASING & DECREASING SPEED

Dist	Rep	Rec	Comments	Distance	Total
400	2	90s	100 FC <b>L2</b> / 100 FC <b>L3</b> / 100 FC <b>L4</b> / 100 FC <b>L5</b>	800	1500
300	2	60s	100 FC <b>L5</b> / 100 FC <b>L4</b> / 100 FC <b>L3</b>	600	2100
200	2	30s	50 FC <b>L2</b> / 50 FC <b>L3</b> / 50 FC <b>L4</b> / 50 FC <b>L5</b>	400	2500

## COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	20s	50 BS <b>L1</b> / 50 FC <b>L1</b> - RECOVERY	200	<b>2700</b>

# ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 3 3200M (SET 4)



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
100	1	30s	FC <b>L1</b> - CONCENTRATE ON LONG STEADY STROKE WITH LOW STROKE COUNT	100	100
200	1	30s	BUILD PACE EACH 50 FC <b>L2</b> to <b>L5</b> - <b>UNDERSTAND PACE CHANGE FOR MAIN SET</b>	200	300
50	2	15s	25 FINGER DRAG / 25 FC <b>L1</b>	100	400
50	2	15s	25 3/4 CATCH UP STROKE / 25 FC <b>L1</b>	100	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 ( <b>NO FINS/NO BOARDS</b> ) / 25 FC <b>L1</b>	100	600
50	2	20s	25 KICK HARD HANDS IN FRONT ( <b>NO FINS/NO BOARDS</b> ) / 25 FC <b>L1</b>	100	700

## MAIN SET - LONG DISTANCE, GOOD RECOVERY, INCREASING & DECREASING SPEED

Dist	Rep	Rec	Comments	Distance	Total
400	2	90s	100 FC <b>L2</b> / 100 FC <b>L3</b> / 100 FC <b>L4</b> / 100 FC <b>L5</b>	800	1500
300	3	60s	100 FC <b>L5</b> / 100 FC <b>L4</b> / 100 FC <b>L3</b>	900	2400
200	3	30s	50 FC <b>L2</b> / 50 FC <b>L3</b> / 50 FC <b>L4</b> / 50 FC <b>L5</b>	600	3000

## COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	20s	50 BS <b>L1</b> / 50 FC <b>L1</b> - <b>RECOVERY</b>	200	<b>3200</b>

# ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 4 3600M (SET 4)



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
100	1	30s	FC <b>L1</b> - CONCENTRATE ON LONG STEADY STROKE WITH LOW STROKE COUNT	100	100
200	1	30s	BUILD PACE EACH 50 FC <b>L2</b> to <b>L5</b> - UNDERSTAND PACE CHANGE FOR MAIN SET	200	300
50	2	15s	25 FINGER DRAG / 25 FC <b>L1</b>	100	400
50	2	15s	25 3/4 CATCH UP STROKE / 25 FC <b>L1</b>	100	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 ( <b>NO FINS/NO BOARDS</b> ) / 25 FC <b>L1</b>	100	600
50	2	20s	25 KICK HARD HANDS IN FRONT ( <b>NO FINS/NO BOARDS</b> ) / 25 FC <b>L1</b>	100	700

## MAIN SET - LONG DISTANCE, GOOD RECOVERY, INCREASING & DECREASING SPEED

Dist	Rep	Rec	Comments	Distance	Total
400	3	90s	100 FC <b>L2</b> / 100 FC <b>L3</b> / 100 FC <b>L4</b> / 100 FC <b>L5</b>	1200	1900
300	3	60s	100 FC <b>L5</b> / 100 FC <b>L4</b> / 100 FC <b>L3</b>	900	2800
200	3	30s	50 FC <b>L2</b> / 50 FC <b>L3</b> / 50 FC <b>L4</b> / 50 FC <b>L5</b>	600	3400

## COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	20s	50 BS <b>L1</b> / 50 FC <b>L1</b> - RECOVERY	200	3600