

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 1 2500M (SET 5)

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

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	100 FC L2 BILATERAL / 100 FC L2 POPEYE BREATHING	200	200
200	1	30s	100 FC L1 KICK EASY / 100 FC L1 KICK HARD	200	400

KICK & DRILL SET

Dist	Rep	Rec	Comments	Distance	Total
50	2	20s	25 FRONT BALANCE KICK / 25 FC L2 (FINS OPTIONAL)	100	500
50	2	20s	25 KICK ON SIDE RIGHT ARM EXTENDED / 25 FC L2 (FINS OPTIONAL)	100	600
50	2	20s	25 KICK ON SIDE LEFT ARM EXTENDED / 25 FC L2 (FINS OPTIONAL)	100	700
50	2	20s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	800
50	2	20s	25 SHARK FIN / 25 FC L2	100	900

MAIN SET - SHORT REPS WITH SHORT RECOVERIES

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	300	1200
150	1	30s	FC L2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1350
100	3	15s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	300	1650
150	1	30s	FC L2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1800
100	3	20s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	300	2100

TAKE 2 MINUTES RECOVERY

SPEED SET

Dist	Rep	Rec	Comments	Distance	Total
25	8	15s	FC L8 - FOCUS ON FAST ARM TURNOVER AND MAINTAIN GOOD DISTANCE PER STROKE	200	2300

COOL DOWN

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

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 2 2700M (SET 5)

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

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	100 FC L2 BILATERAL / 100 FC L2 POPEYE BREATHING	200	200
200	1	30s	100 FC L1 KICK EASY / 100 FC L1 KICK HARD	200	400

KICK & DRILL SET

Dist	Rep	Rec	Comments	Distance	Total
50	2	15s	25 FRONT BALANCE KICK / 25 FC L2 (FINS OPTIONAL)	100	500
50	2	15s	25 KICK ON SIDE RIGHT ARM EXTENDED / 25 FC L2 (FINS OPTIONAL)	100	600
50	2	15s	25 KICK ON SIDE LEFT ARM EXTENDED / 25 FC L2 (FINS OPTIONAL)	100	700
50	2	15s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	800
50	2	15s	25 SHARK FIN / 25 FC L2	100	900

MAIN SET - SHORT REPS WITH SHORT RECOVERIES

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	300	1200
150	1	30s	FC L2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1350
100	4	15s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	400	1750
150	1	30s	FC L2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1900
100	3	20s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	300	2200

TAKE 2 MINUTES RECOVERY

SPEED SET

Dist	Rep	Rec	Comments	Distance	Total
25	8	15s	FC L8 - FOCUS ON FAST ARM TURNOVER AND MAINTAIN GOOD DISTANCE PER STROKE	200	2400

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	50 BS L1 / 50 FC L1 - RECOVERY	300	2700

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 3 3000M (SET 5)

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

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	100 FC L2 BILATERAL / 100 FC L2 POPEYE BREATHING	200	200
200	1	30s	100 FC L1 KICK EASY / 100 FC L1 KICK HARD	200	400

KICK & DRILL SET

Dist	Rep	Rec	Comments	Distance	Total
50	2	15s	25 FRONT BALANCE KICK / 25 FC L2 (FINS OPTIONAL)	100	500
50	2	15s	25 KICK ON SIDE RIGHT ARM EXTENDED / 25 FC L2 (FINS OPTIONAL)	100	600
50	2	15s	25 KICK ON SIDE LEFT ARM EXTENDED / 25 FC L2 (FINS OPTIONAL)	100	700
50	2	15s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	800
50	2	15s	25 SHARK FIN / 25 FC L2	100	900

MAIN SET - SHORT REPS WITH SHORT RECOVERIES

Dist	Rep	Rec	Comments	Distance	Total
100	4	20s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	400	1300
150	1	30s	FC L2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1450
100	4	15s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	400	1850
150	1	30s	FC L2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	2000
100	4	20s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	400	2400

TAKE 2 MINUTES RECOVERY

SPEED SET

Dist	Rep	Rec	Comments	Distance	Total
25	12	15s	FC L8 - FOCUS ON FAST ARM TURNOVER AND MAINTAIN GOOD DISTANCE PER STROKE	300	2700

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	50 BS L1 / 50 FC L1 - RECOVERY	300	3000

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE SESSION - LANE 4 3300M (SET 5)

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

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	100 FC L2 BILATERAL / 100 FC L2 POPEYE BREATHING	200	200
200	1	30s	100 FC L1 KICK EASY / 100 FC L1 KICK HARD	200	400

KICK & DRILL SET

Dist	Rep	Rec	Comments	Distance	Total
50	2	15s	25 FRONT BALANCE KICK / 25 FC L2 (FINS OPTIONAL)	100	500
50	2	15s	25 KICK ON SIDE RIGHT ARM EXTENDED / 25 FC L2 (FINS OPTIONAL)	100	600
50	2	15s	25 KICK ON SIDE LEFT ARM EXTENDED / 25 FC L2 (FINS OPTIONAL)	100	700
50	2	15s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	800
50	2	15s	25 SHARK FIN / 25 FC L2	100	900

MAIN SET - SHORT REPS WITH SHORT RECOVERIES

Dist	Rep	Rec	Comments	Distance	Total
100	5	20s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	500	1400
150	1	30s	FC L2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	1550
100	5	15s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	500	2050
150	1	30s	FC L2 - USE PULL BUOY AND/OR PADDLES FOR STRENGTH	150	2200
100	5	20s	FC L4 - FOCUS ON POPEYE BREATHING, BODY ROLL AND GLIDE	500	2700

TAKE 2 MINUTES RECOVERY

SPEED SET

Dist	Rep	Rec	Comments	Distance	Total
25	12	15s	FC L8 - FOCUS ON FAST ARM TURNOVER AND MAINTAIN GOOD DISTANCE PER STROKE	300	3000

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	50 BS L1 / 50 FC L1 - RECOVERY	300	3300