

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE - LANE 1 2500M (SET 4-6)

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 L2 / 50 FC L2 BILATERAL / 50 FC L2 POPEYE BREATHING / 50 FC L2	200	200
50	2	30s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	300
50	2	30s	25 3/4 CATCH UP STROKE / 25 FC L2	100	400

KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH - NO FINS

Dist	Rep	Rec	Comments	Distance	Total
50	2	30s	50 KICK HARD WITH BOARD	100	500
50	2	30s	25 KICK HANDS IN FRONT (GLIDE POSITION) - NO BOARD / 25 FC L2	100	600
50	2	30s	25 KICK HANDS IN POCKETS - NO BOARD / 25 FC L2	100	700

MAIN SET - LONG DISTANCE WITH FULL RECOVERY

Dist	Rep	Rec	Comments	Distance	Total
400	1	90s	FC L4 - FOCUS ON BILATERAL BREATHING	400	1100
300	1	60s	FC L4 - FOCUS ON STROKE PER LENGTH - TARGET 20 STROKES PER 25	300	1400
200	2	30s	FC L5 - FOCUS ON BODY ROLL AND GLIDE, MAINTAIN LONG STROKE LENGTH	400	1800
100	4	30s	FC L6 - FOCUS ON INCREASED SPEED BUT MAINTAIN GOOD FORM	400	2200

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	50 BS L1 / 50 FC L1 - RECOVERY	300	2500

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE - LANE 2 2700M (SET 4-6)

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 L2 / 50 FC L2 BILATERAL / 50 FC L2 POPEYE BREATHING / 50 FC L2	200	200
50	2	30s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	300
50	2	30s	25 3/4 CATCH UP STROKE / 25 FC L2	100	400

KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH - NO FINS

Dist	Rep	Rec	Comments	Distance	Total
50	2	30s	50 KICK HARD WITH BOARD	100	500
50	2	30s	25 KICK HANDS IN FRONT (GLIDE POSITION) - NO BOARD / 25 FC L2	100	600
50	2	30s	25 KICK HANDS IN POCKETS - NO BOARD / 25 FC L2	100	700

MAIN SET - LONG DISTANCE WITH FULL RECOVERY

Dist	Rep	Rec	Comments	Distance	Total
400	1	90s	FC L4 - FOCUS ON BILATERAL BREATHING	400	1100
300	1	60s	FC L4 - FOCUS ON STROKE PER LENGTH - TARGET 20 STROKES PER 25	300	1400
200	3	30s	FC L5 - FOCUS ON BODY ROLL AND GLIDE, MAINTAIN LONG STROKE LENGTH	600	2000
100	4	20s	FC L6 - FOCUS ON INCREASED SPEED BUT MAINTAIN GOOD FORM	400	2400

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	50 BS L1 / 50 FC L1 - RECOVERY	300	2700

ASHURST BIKE CLUB - LEVEL 4 ENDURANCE BASE - LANE 3 3000M (SET 4-6)

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 L2 / 50 FC L2 BILATERAL / 50 FC L2 POPEYE BREATHING / 50 FC L2	200	200
50	2	15s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	300
50	2	15s	25 3/4 CATCH UP STROKE / 25 FC L2	100	400

KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH - NO FINS

Dist	Rep	Rec	Comments	Distance	Total
50	2	30s	50 KICK HARD WITH BOARD	100	500
50	2	20s	25 KICK HANDS IN FRONT (GLIDE POSITION) - NO BOARD / 25 FC L2	100	600
50	2	20s	25 KICK HANDS IN POCKETS - NO BOARD / 25 FC L2	100	700

MAIN SET - LONG DISTANCE WITH FULL RECOVERY

Dist	Rep	Rec	Comments	Distance	Total
400	1	90s	FC L4 - REP 1 FOCUS ON BILATERAL BREATHING / REP 2 FOCUS ON POPEYE BREATHING	400	1100
300	2	60s	FC L4 - FOCUS ON STROKE PER LENGTH - TARGET 20 STROKES PER 25	600	1700
200	3	30s	FC L5 - FOCUS ON BODY ROLL AND GLIDE, MAINTAIN LONG STROKE LENGTH	600	2300
100	4	20s	FC L6 - FOCUS ON INCREASED SPEED BUT MAINTAIN GOOD FORM	400	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 - LANE 4 3500M (SET 4-6)

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 L2 / 50 FC L2 BILATERAL / 50 FC L2 POPEYE BREATHING / 50 FC L2	200	200
50	2	15s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	300
50	2	15s	25 3/4 CATCH UP STROKE / 25 FC L2	100	400

KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH - NO FINN

Dist	Rep	Rec	Comments	Distance	Total
50	2	30s	50 KICK HARD WITH BOARD	100	500
50	2	20s	25 KICK HANDS IN FRONT (GLIDE POSITION) - NO BOARD / 25 FC L2	100	600
50	2	20s	25 KICK HANDS IN POCKETS - NO BOARD / 25 FC L2	100	700

MAIN SET - LONG DISTANCE WITH FULL RECOVERY

Dist	Rep	Rec	Comments	Distance	Total
400	2	90s	FC L4 - REP 1 FOCUS ON BILATERAL BREATHING / REP 2 FOCUS ON POPEYE BREATHING	800	1500
300	2	60s	FC L4 - FOCUS ON STROKE PER LENGTH - TARGET 20 STROKES PER 25	600	2100
200	3	30s	FC L5 - FOCUS ON BODY ROLL AND GLIDE, MAINTAIN LONG STROKE LENGTH	600	2700
100	5	20s	FC L6 - FOCUS ON INCREASED SPEED BUT MAINTAIN GOOD FORM	500	3200

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	50 BS L1 / 50 FC L1 - RECOVERY	300	3500