

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 1 2500M (SET 5-1)

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
100	2	20s	100 FC L2	200	200
100	2	20s	25 FISTS WITH HIGH ELBOW ELBOW RECOVERY / 25 FC L2 BILATERAL - REPEAT TWICE PER REP	200	400
100	2	20s	25 FINGER DRAG WITH HIGH ELBOW RECOVERY / 25 FC L2 BILATERAL - REPEAT TWICE PER REP	200	600

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

Dist	Rep	Rec	Comments	Distance	Total
25	6	15	12.5 KICK ON LEFT SIDE / 12.5 KICK ON RIGHT SIDE TAKE 4 STROKES TO CHANGE FROM LEFT SIDE TO RIGHT SIDE	150	750

MAIN SET - SHORT REPS AND SHORT RECOVERY - ENSURE SUBTLE CHANGES IN SPEED ARE NOTICEABLE

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	25 FC L3 / 25 FC L4 / 25 FC L5 / 25 FC L6	300	1050
150	1	60s	150 FC WITH PULL BUOY L2	150	1200
100	3	20s	25 FC L5 KICK HARD / 25 FC L5 KICK EASY / 25 FC L5 KICK HARD / 25 FC L5 KICK EASY	300	1500
150	1	60s	150 FC WITH PULL BUOY L2	150	1650
75	4	20s	25 FC L5 / 25 FC L2 / 25 FC L5	300	1950
100	1	60s	100 FC WITH PULL BUOY L2	100	2050
50	6	20s	50 FC L5	300	2350

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
150	1	20s	25 BS L1 / 25 FC L1 - RECOVERY	150	2500

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 2 2700M (SET 5-1)

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
100	2	20s	100 FC L2	200	200
100	2	20s	25 FISTS WITH HIGH ELBOW ELBOW RECOVERY / 25 FC L2 BILATERAL - REPEAT TWICE PER REP	200	400
100	2	20s	25 FINGER DRAG WITH HIGH ELBOW RECOVERY / 25 FC L2 BILATERAL - REPEAT TWICE PER REP	200	600

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

Dist	Rep	Rec	Comments	Distance	Total
25	6	15	12.5 KICK ON LEFT SIDE / 12.5 KICK ON RIGHT SIDE TAKE 4 STROKES TO CHANGE FROM LEFT SIDE TO RIGHT SIDE	150	750

MAIN SET - SHORT REPS AND SHORT RECOVERY - ENSURE SUBTLE CHANGES IN SPEED ARE NOTICEABLE

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	25 FC L3 / 25 FC L4 / 25 FC L5 / 25 FC L6	300	1050
200	1	60s	200 FC WITH PULL BUOY L2	200	1250
100	3	20s	25 FC L5 KICK HARD / 25 FC L5 KICK EASY / 25 FC L5 KICK HARD / 25 FC L5 KICK EASY	300	1550
200	1	60s	200 FC WITH PULL BUOY L2	200	1750
75	4	20s	25 FC L5 / 25 FC L2 / 25 FC L5	300	2050
200	1	60s	200 FC WITH PULL BUOY L2	200	2250
50	6	20s	50 FC L5	300	2550

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
150	1	20s	25 BS L1 / 25 FC L1 - RECOVERY	150	2700

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 3 3200M (SET 5-1)

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
100	2	20s	100 FC L2	200	200
100	2	20s	25 FISTS WITH HIGH ELBOW ELBOW RECOVERY / 25 FC L2 BILATERAL - REPEAT TWICE PER REP	200	400
100	2	20s	25 FINGER DRAG WITH HIGH ELBOW RECOVERY / 25 FC L2 BILATERAL - REPEAT TWICE PER REP	200	600

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

Dist	Rep	Rec	Comments	Distance	Total
25	8	15	12.5 KICK ON LEFT SIDE / 12.5 KICK ON RIGHT SIDE TAKE 4 STROKES TO CHANGE FROM LEFT SIDE TO RIGHT SIDE	200	800

MAIN SET - SHORT REPS AND SHORT RECOVERY - ENSURE SUBTLE CHANGES IN SPEED ARE NOTICEABLE

Dist	Rep	Rec	Comments	Distance	Total
100	4	10s	25 FC L3 / 25 FC L4 / 25 FC L5 / 25 FC L6	400	1200
200	1	40s	200 FC WITH PULL BUOY L2	200	1400
100	4	10s	25 FC L5 KICK HARD / 25 FC L5 KICK EASY / 25 FC L5 KICK HARD / 25 FC L5 KICK EASY	400	1800
200	1	40s	200 FC WITH PULL BUOY L2	200	2000
75	6	10s	25 FC L5 / 25 FC L2 / 25 FC L5	450	2450
200	1	40s	200 FC WITH PULL BUOY L2	200	2650
50	8	10s	50 FC L5	400	3050

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
150	1	20s	25 BS L1 / 25 FC L1 - RECOVERY	150	3200

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 4 3650M (SET 5-1)

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
100	2	20s	100 FC L2	200	200
100	2	20s	25 FISTS WITH HIGH ELBOW ELBOW RECOVERY / 25 FC L2 BILATERAL - REPEAT TWICE PER REP	200	400
100	2	20s	25 FINGER DRAG WITH HIGH ELBOW RECOVERY / 25 FC L2 BILATERAL - REPEAT TWICE PER REP	200	600

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

Dist	Rep	Rec	Comments	Distance	Total
25	8	15	12.5 KICK ON LEFT SIDE / 12.5 KICK ON RIGHT SIDE TAKE 4 STROKES TO CHANGE FROM LEFT SIDE TO RIGHT SIDE	200	800

MAIN SET - SHORT REPS AND SHORT RECOVERY - ENSURE SUBTLE CHANGES IN SPEED ARE NOTICEABLE

Dist	Rep	Rec	Comments	Distance	Total
100	5	10s	25 FC L3 / 25 FC L4 / 25 FC L5 / 25 FC L6	500	1300
200	1	40s	200 FC WITH PULL BUOY L2	200	1500
100	5	10s	25 FC L5 KICK HARD / 25 FC L5 KICK EASY / 25 FC L5 KICK HARD / 25 FC L5 KICK EASY	500	2000
200	1	40s	200 FC WITH PULL BUOY L2	200	2200
75	8	10s	25 FC L5 / 25 FC L2 / 25 FC L5	600	2800
200	1	40s	200 FC WITH PULL BUOY L2	200	3000
50	10	10s	50 FC L5	500	3500

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
150	1	20s	25 BS L1 / 25 FC L1 - RECOVERY	150	3650