

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 1 2400M (SET 5-2)

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

				Distance	Total
Dist	Rep	Rec	Comments		
100	2	20s	100 FC L2 - LENGTHS 1&3 = 2 BEAT KICK / LENGTHS 2&4 = 6 BEAT KICK	200	200
100	2	20s	BUILD PACE AS 25 FC L2 / 25 FC L3 / 25 FC L4 / 25 FC L5	200	400

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

Dist	Rep	Rec	Comments		
50	4	15s	FRONT BALANCE KICK - BREATH TO FRONT / 25 FC L2 EASY	200	600

MAIN SET - LONG REPS BROKEN INTO SHORT EFFORTS WITH SHORT RECOVERY - MAINTAIN CONSISTENT PACE

Dist	Rep	Rec	Comments		
300	3	90s	SWIM EACH REP AS 3 x 100 FC L5 with 5s REC BETWEEN EACH 100 & 90s REC BETWEEN EACH REP	900	1500
250	3	60s	SWIM EACH REP AS 5 x 50 FC L5 with 5s REC BETWEEN EACH 50 & 60s REC BETWEEN EACH REP	750	2250

COOL DOWN

Dist	Rep	Rec	Comments		
150	1	-	ALTERNATE BETWEEN 25 BS L1 / 25 FC L1 RECOVERY	150	2400

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

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

				Distance	Total
Dist	Rep	Rec	Comments		
100	2	20s	100 FC L2 - LENGTHS 1&3 = 2 BEAT KICK / LENGTHS 2&4 = 6 BEAT KICK	200	200
100	2	20s	BUILD PACE AS 25 FC L2 / 25 FC L3 / 25 FC L4 / 25 FC L5	200	400

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

Dist	Rep	Rec	Comments		
50	4	15s	FRONT BALANCE KICK - BREATH TO FRONT / 25 FC L2 EASY	200	600

MAIN SET - LONG REPS BROKEN INTO SHORT EFFORTS WITH SHORT RECOVERY - MAINTAIN CONSISTENT PACE

Dist	Rep	Rec	Comments		
400	3	90s	SWIM EACH REP AS 4 x 100 FC L5 with 5s REC BETWEEN EACH 100 & 90s REC BETWEEN EACH REP	1200	1800
250	3	60s	SWIM EACH REP AS 5 x 50 FC L5 with 5s REC BETWEEN EACH 50 & 60s REC BETWEEN EACH REP	750	2550

COOL DOWN

Dist	Rep	Rec	Comments		
150	1	-	ALTERNATE BETWEEN 25 BS L1 / 25 FC L1 RECOVERY	150	2700

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 3 3150M (SET 5-2)

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

				Distance	Total
Dist	Rep	Rec	Comments		
100	2	20s	100 FC L2 - LENGTHS 1&3 = 2 BEAT KICK / LENGTHS 2&4 = 6 BEAT KICK	200	200
100	2	20s	BUILD PACE AS 25 FC L2 / 25 FC L3 / 25 FC L4 / 25 FC L5	200	400

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

Dist	Rep	Rec	Comments		
50	4	15s	FRONT BALANCE KICK - BREATH TO FRONT / 25 FC L2 EASY	200	600

MAIN SET - LONG REPS BROKEN INTO SHORT EFFORTS WITH SHORT RECOVERY - MAINTAIN CONSISTENT PACE

Dist	Rep	Rec	Comments		
400	3	90s	SWIM EACH REP AS 4 x 100 FC L5 with 5s REC BETWEEN EACH 100 & 90s REC BETWEEN EACH REP	1200	1800
300	4	60s	SWIM EACH REP AS 6 x 50 FC L5 with 5s REC BETWEEN EACH 50 & 60s REC BETWEEN EACH REP	1200	3000

COOL DOWN

Dist	Rep	Rec	Comments		
150	1	-	ALTERNATE BETWEEN 25 BS L1 / 25 FC L1 RECOVERY	150	3150

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 4 3550M (SET 5-2)

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

				Distance	Total
Dist	Rep	Rec	Comments		
100	2	20s	100 FC L2 - LENGTHS 1&3 = 2 BEAT KICK / LENGTHS 2&4 = 6 BEAT KICK	200	200
100	2	20s	BUILD PACE AS 25 FC L2 / 25 FC L3 / 25 FC L4 / 25 FC L5	200	400

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

Dist	Rep	Rec	Comments		
50	4	15s	FRONT BALANCE KICK - BREATH TO FRONT / 25 FC L2 EASY	200	600

MAIN SET - LONG REPS BROKEN INTO SHORT EFFORTS WITH SHORT RECOVERY - MAINTAIN CONSISTENT PACE

Dist	Rep	Rec	Comments		
400	4	90s	SWIM EACH REP AS 4 x 100 FC L5 with 5s REC BETWEEN EACH 100 & 90s REC BETWEEN EACH REP	1600	2200
300	4	60s	SWIM EACH REP AS 6 x 50 FC L5 with 5s REC BETWEEN EACH 50 & 60s REC BETWEEN EACH REP	1200	3400

COOL DOWN

Dist	Rep	Rec	Comments		
150	1	-	ALTERNATE BETWEEN 25 BS L1 / 25 FC L1 RECOVERY	150	3550