

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 1 2450M (SET 5-3)

| | | |
|---------------------|-----------|--|
| 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

| | | | | 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 |
| 50 | 6 | 20s | REPS 1-2: 25 FINGER DRAG / 25 FC L1 REPS 3-4: 25 3/4 CATCH UP / 25 FC L1 REPS 5-6: 25 FISTS / 25 FC L1 | 300 | 500 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 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 | 700 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 400 | 2 | 90s | SWIM EACH REP AS 2 x 150 FC L5 with 10s REC BETWEEN EACH 150 PLUS 100 FC L2 PULL BUOY REC | 800 | 1500 |
| 250 | 3 | 60s | SWIM EACH REP AS 2 x 100 FC L5 with 5s REC BETWEEN EACH 100 PLUS 50 FC L2 PULL BUOY REC | 750 | 2250 |

COOL DOWN

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------------|
| Dist | Rep | Rec | Comments | | |
| 100 | 2 | 30s | 100 FC L2 - AIM TO REDUCED STROKE COUNT BY 1 EACH TIME | 200 | 2450 |

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 2 2800M (SET 5-3)

| | | |
|---------------------|-----------|--|
| 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

| | | | | 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 |
| 50 | 6 | 20s | REPS 1-2: 25 FINGER DRAG / 25 FC L1 REPS 3-4: 25 3/4 CATCH UP / 25 FC L1 REPS 5-6: 25 FISTS / 25 FC L1 | 300 | 500 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 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 | 700 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 500 | 2 | 90s | SWIM EACH REP AS 2 x 200 FC L5 with 10s REC BETWEEN EACH 200 PLUS 100 FC L2 PULL BUOY REC | 1000 | 1700 |
| 300 | 3 | 60s | SWIM EACH REP AS 2 x 100 FC L5 with 5s REC BETWEEN EACH 100 PLUS 100 FC L2 PULL BUOY REC | 900 | 2600 |

COOL DOWN

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------------|
| Dist | Rep | Rec | Comments | | |
| 100 | 2 | 30s | 100 FC L2 - AIM TO REDUCED STROKE COUNT BY 1 EACH TIME | 200 | 2800 |

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 3 3100M (SET 5-3)

| | | |
|---------------------|-----------|--|
| 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

| | | | | 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 |
| 50 | 6 | 20s | REPS 1-2: 25 FINGER DRAG / 25 FC L1 REPS 3-4: 25 3/4 CATCH UP / 25 FC L1 REPS 5-6: 25 FISTS / 25 FC L1 | 300 | 500 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 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 | 700 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 500 | 2 | 60s | SWIM EACH REP AS 2 x 200 FC L5 with 10s REC BETWEEN EACH 200 PLUS 100 FC L2 PULL BUOY REC | 1000 | 1700 |
| 400 | 3 | 60s | SWIM EACH REP AS 2 x 150 FC L5 with 5s REC BETWEEN EACH 150 PLUS 100 FC L2 PULL BUOY REC | 1200 | 2900 |

COOL DOWN

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------------|
| Dist | Rep | Rec | Comments | | |
| 100 | 2 | 30s | 100 FC L2 - AIM TO REDUCED STROKE COUNT BY 1 EACH TIME | 200 | 3100 |

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 4 3600M (SET 5-3)

| | | |
|---------------------|-----------|--|
| 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

| | | | | 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 |
| 50 | 6 | 20s | REPS 1-2: 25 FINGER DRAG / 25 FC L1 REPS 3-4: 25 3/4 CATCH UP / 25 FC L1 REPS 5-6: 25 FISTS / 25 FC L1 | 300 | 500 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 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 | 700 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 500 | 3 | 60s | SWIM EACH REP AS 2 x 200 FC L5 with 10s REC BETWEEN EACH 200 PLUS 100 FC L2 PULL BUOY REC | 1500 | 2200 |
| 400 | 3 | 60s | SWIM EACH REP AS 2 x 150 FC L5 with 5s REC BETWEEN EACH 150 PLUS 100 FC L2 PULL BUOY REC | 1200 | 3400 |

COOL DOWN

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------------|
| Dist | Rep | Rec | Comments | | |
| 100 | 2 | 30s | 100 FC L2 - AIM TO REDUCED STROKE COUNT BY 1 EACH TIME | 200 | 3600 |