

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 1 2400M (SET 5-4)

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 BILATERAL BREATHING	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 USE OF FAST PACE KICK FOR SPEED WORK

Dist	Rep	Rec	Comments	200	600
25	8	15s	25 FC KICK HARD WITH 6 BEAT KICK - GLIDE WITH RELAXED ARMS		

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

Dist	Rep	Rec	Comments	1600	2200
400	4	90s	REP 1: 4 x 100 FC L5 WITH 10s REC BETWEEN EACH 100 REP 2: 1 x 200 PLUS 2 X 100 FC L5 WITH 10s REC BETWEEN THE 200 & EACH 100 REP 3: 2 x 100 PLUS 4 x 50 FC L5 WITH 5s REC BETWEEN EACH 100 & 50 REP 4: 8 x 50 FC L5 WITH 5s REC BETWEEN EACH 50		

COOL DOWN

Dist	Rep	Rec	Comments	200	2400
200	1	-	ALTERNATE BETWEEN 25 BS L1 / 25 FC L1 RECOVERY		

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 2 2750M (SET 5-4)

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
100	2	20s	100 FC L2 BILATERAL BREATHING	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 USE OF FAST PACE KICK FOR SPEED WORK

Dist	Rep	Rec	Comments	Distance	Total
25	8	15s	25 FC KICK HARD WITH 6 BEAT KICK - GLIDE WITH RELAXED ARMS	200	600

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

Dist	Rep	Rec	Comments	Distance	Total
400	5	90s	REP 1: 4 x 100 FC L5 WITH 10s REC BETWEEN EACH 100 REP 2: 1 x 200 PLUS 2 X 100 FC L5 WITH 10s REC BETWEEN THE 200 & EACH 100 REP 3: 2 x 100 PLUS 4 x 50 FC L5 WITH 5s REC BETWEEN EACH 100 & 50 REP 4: 8 x 50 FC L5 WITH 5s REC BETWEEN EACH 50 REP 5: 4 x 50 PLUS 8 x 25 FC L5 WITH 5s REC BETWEEN EACH 50 & 25	2000	2600

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
150	1	-	ALTERNATE BETWEEN 25 BS L1 / 25 FC L1 RECOVERY	150	2750

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 3 3150M (SET 5-4)

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 BILATERAL BREATHING	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 USE OF FAST PACE KICK FOR SPEED WORK

				Distance	Total
Dist	Rep	Rec	Comments		
25	8	15s	25 FC KICK HARD WITH 6 BEAT KICK - GLIDE WITH RELAXED ARMS	200	600

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

				Distance	Total
Dist	Rep	Rec	Comments		
400	6	90s	REP 1: 2 x 200 FC L5 WITH 10s REC BETWEEN EACH 200 REP 2: 4 x 100 FC L5 WITH 10s REC BETWEEN EACH 100 REP 3: 1 x 300 PLUS 1 X 100 FC L5 WITH 5s REC BETWEEN THE 300 & 100 REP 4: 2 x 100 PLUS 4 x 50 FC L5 WITH 5s REC BETWEEN EACH 100 & 50 REP 5: 8 x 50 FC L5 WITH 5s REC BETWEEN EACH 50 REP 6: 4 x 50 PLUS 8 x 25 FC L5 WITH 5s REC BETWEEN EACH 50 & 25	2400	3000

COOL DOWN

				Distance	Total
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 5-4)



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
100	2	20s	100 FC L2 BILATERAL BREATHING	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 USE OF FAST PACE KICK FOR SPEED WORK

Dist	Rep	Rec	Comments	Distance	Total
25	8	15s	25 FC KICK HARD WITH 6 BEAT KICK - GLIDE WITH RELAXED ARMS	200	600

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

Dist	Rep	Rec	Comments	Distance	Total
400	7	90s	REP 1: 2 x 200 FC L5 WITH 10s REC BETWEEN EACH 200 REP 2: 4 x 100 FC L5 WITH 10s REC BETWEEN EACH 100 REP 3: 1 x 300 PLUS 1 X 100 FC L5 WITH 5s REC BETWEEN THE 300 & 100 REP 4: 1 x 200 PLUS 2 X 100 FC L5 WITH 10s REC BETWEEN THE 200 & EACH 100 REP 5: 2 x 100 PLUS 4 x 50 FC L5 WITH 5s REC BETWEEN EACH 100 & 50 REP 6: 8 x 50 FC L5 WITH 5s REC BETWEEN EACH 50 REP 7: 4 x 50 PLUS 8 x 25 FC L5 WITH 5s REC BETWEEN EACH 50 & 25	2800	3400

COOL DOWN

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