

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

| | | |
|---------------------|-----------|--|
| 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 - AIM TO PROMOTE AN UNDERSTANDING AND IMPROVEMENT IN UNDERWATER STROKE

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 100 | 2 | 20s | REP 1: 100 FC L2 ; REP 2: 100 FC L2 POPEYE BREATHING | 200 | 200 |
| 50 | 6 | 20s | REPS 1-2: 25 FRONT SCULL DRILL / 25 FC L1 - Use pull buoy or light kick with fins, breathe to front Both arms fully extended, elbows above hands, move hands from in to out as if over a ball, feel water pressure against palms REPS 3-4: 25 BACK SCULL DRILL / 25 FC L1 - Use pull buoy or light kick with fins, breathe to front Keep both elbows tucked into sides, pushing back from 90 degrees to fully extended, feel power generated in final part of stroke REPS 5-6: 25 DOGGY PADDLE - HEAD UP / 25 FC L1 - Normal light kick, swim with head up Swim in doggy paddle style to practice the catch of the stroke, arm recovery with palm facing up underwater | 300 | 500 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 25 | 4 | 15 | 12.5 KICK ON LEFT SIDE / 12.5 KICK ON RIGHT SIDE TAKE 3 STROKES TO CHANGE FROM LEFT SIDE TO RIGHT SIDE | 100 | 600 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 400 | 3 | 60s | SWIM EACH REP AS 2 x 150 FC L5 with 20s REC BETWEEN EACH 150 PLUS 100 FC L2 PULL BUOY REC | 1200 | 1800 |
| 300 | 2 | 60s | SWIM EACH REP AS 2 x 100 FC L5 with 20s REC BETWEEN EACH 100 PLUS 100 FC L2 PULL BUOY REC | 600 | 2400 |

COOL DOWN

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------------|
| Dist | Rep | Rec | Comments | | |
| 100 | 1 | - | 100 FC L2 - AIM TO REDUCED STROKE COUNT BY 1 EACH TIME | 100 | 2500 |

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

| | | |
|---------------------|-----------|--|
| 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 - AIM TO PROMOTE AN UNDERSTANDING AND IMPROVEMENT IN UNDERWATER STROKE

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 100 | 3 | 20s | REP 1: 100 FC L2 ; REP 2: 100 FC L2 BILATERAL; REP 3: 100 FC L2 POPEYE BREATHING | 300 | 300 |
| 50 | 6 | 20s | REPS 1-2: 25 FRONT SCULL DRILL / 25 FC L1 - Use pull buoy or light kick with fins, breathe to front Both arms fully extended, elbows above hands, move hands from in to out as if over a ball, feel water pressure against palms REPS 3-4: 25 BACK SCULL DRILL / 25 FC L1 - Use pull buoy or light kick with fins, breathe to front Keep both elbows tucked into sides, pushing back from 90 degrees to fully extended, feel power generated in final part of stroke REPS 5-6: 25 DOGGY PADDLE - HEAD UP / 25 FC L1 - Normal light kick, swim with head up Swim in doggy paddle style to practice the catch of the stroke, arm recovery with palm facing up underwater | 300 | 600 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 25 | 4 | 15 | 12.5 KICK ON LEFT SIDE / 12.5 KICK ON RIGHT SIDE TAKE 3 STROKES TO CHANGE FROM LEFT SIDE TO RIGHT SIDE | 100 | 700 |

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

| | | | | Distance | Total |
|-------------|------------|------------|--|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 400 | 3 | 60s | SWIM EACH REP AS 2 x 150 FC L5 with 20s REC BETWEEN EACH 150 PLUS 100 FC L2 PULL BUOY REC | 1200 | 1900 |
| 400 | 2 | 60s | SWIM EACH REP AS 3 x 100 FC L5 with 20s REC BETWEEN EACH 100 PLUS 100 FC L2 PULL BUOY REC | 800 | 2700 |

COOL DOWN

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

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 3 3250M (SET 5-5)

| | | |
|---------------------|-----------|--|
| 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 - AIM TO PROMOTE AN UNDERSTANDING AND IMPROVEMENT IN UNDERWATER STROKE

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 100 | 3 | 20s | REP 1: 100 FC L2 ; REP 2: 100 FC L2 BILATERAL; REP 3: 100 FC L2 POPEYE BREATHING | 300 | 300 |
| 50 | 6 | 20s | REPS 1-2: 25 FRONT SCULL DRILL / 25 FC L1 - Use pull buoy or light kick with fins, breathe to front Both arms fully extended, elbows above hands, move hands from in to out as if over a ball, feel water pressure against palms REPS 3-4: 25 BACK SCULL DRILL / 25 FC L1 - Use pull buoy or light kick with fins, breathe to front Keep both elbows tucked into sides, pushing back from 90 degrees to fully extended, feel power generated in final part of stroke REPS 5-6: 25 DOGGY PADDLE - HEAD UP / 25 FC L1 - Normal light kick, swim with head up Swim in doggy paddle style to practice the catch of the stroke, arm recovery with palm facing up underwater | 300 | 600 |

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

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 25 | 4 | 15 | 12.5 KICK ON LEFT SIDE / 12.5 KICK ON RIGHT SIDE TAKE 3 STROKES TO CHANGE FROM LEFT SIDE TO RIGHT SIDE | 100 | 700 |

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

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 550 | 3 | 60s | SWIM EACH REP AS 3 x 150 FC L5 with 20s REC BETWEEN EACH 150 PLUS 100 FC L2 PULL BUOY REC | 1650 | 2350 |
| 400 | 2 | 60s | SWIM EACH REP AS 3 x 100 FC L5 with 20s REC BETWEEN EACH 100 PLUS 100 FC L2 PULL BUOY REC | 800 | 3150 |

COOL DOWN

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------------|
| Dist | Rep | Rec | Comments | | |
| 100 | 1 | - | 100 FC L2 - AIM TO REDUCED STROKE COUNT BY 1 EACH TIME | 100 | 3250 |

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

| | | |
|---------------------|-----------|--|
| 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 - AIM TO PROMOTE AN UNDERSTANDING AND IMPROVEMENT IN UNDERWATER STROKE

| | | | | Distance | Total |
|-------------|------------|------------|---|----------|-------|
| Dist | Rep | Rec | Comments | | |
| 100 | 3 | 20s | REP 1: 100 FC L2 ; REP 2: 100 FC L2 BILATERAL; REP 3: 100 FC L2 POPEYE BREATHING | 300 | 300 |
| 50 | 6 | 20s | REPS 1-2: 25 FRONT SCULL DRILL / 25 FC L1 - Use pull buoy or light kick with fins, breathe to front Both arms fully extended, elbows above hands, move hands from in to out as if over a ball, feel water pressure against palms REPS 3-4: 25 BACK SCULL DRILL / 25 FC L1 - Use pull buoy or light kick with fins, breathe to front Keep both elbows tucked into sides, pushing back from 90 degrees to fully extended, feel power generated in final part of stroke REPS 5-6: 25 DOGGY PADDLE - HEAD UP / 25 FC L1 - Normal light kick, swim with head up Swim in doggy paddle style to practice the catch of the stroke, arm recovery with palm facing up underwater | 300 | 600 |

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

| Dist | Rep | Rec | Comments | | |
|-------------|------------|------------|--|-----|-----|
| 25 | 4 | 15 | 12.5 KICK ON LEFT SIDE / 12.5 KICK ON RIGHT SIDE TAKE 3 STROKES TO CHANGE FROM LEFT SIDE TO RIGHT SIDE | 100 | 700 |

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

| Dist | Rep | Rec | Comments | | |
|-------------|------------|------------|--|------|------|
| 550 | 3 | 60s | SWIM EACH REP AS 3 x 150 FC L5 with 20s REC BETWEEN EACH 150 PLUS 100 FC L2 PULL BUOY REC | 1650 | 2350 |
| 400 | 3 | 60s | SWIM EACH REP AS 3 x 100 FC L5 with 20s REC BETWEEN EACH 100 PLUS 100 FC L2 PULL BUOY REC | 1200 | 3550 |

COOL DOWN

| Dist | Rep | Rec | Comments | | |
|-------------|------------|------------|---|-----|-------------|
| 100 | 1 | - | 100 FC L2 - AIM TO REDUCED STROKE COUNT BY 1 EACH TIME | 100 | 3650 |