

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 2 2450M (SET 5-6)

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	REP 1: 100 FC L2 ; REP 2: 100 FC L2 BILATERAL; REP 3: 100 FC L2 POPEYE BREATHING	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

Dist	Rep	Rec	Comments	Distance	Total
50	4	15	25 FRONT BALANCE KICK - BREATHE TO FRONT / 25 FC L2 EASY	200	700

MAIN SET - LONG REPS BROKEN INTO PYRAMID EFFORTS WITH REDUCING RECOVERIES -MAINTAIN CONSISTENT PACE

Dist	Rep	Rec	Comments	Distance	Total
450	1	60s	SWIM EACH REP FC L5 as 50m 100m 150m 100m 50m with 20s REC BETWEEN EACH	450	1150
350	2	60s	SWIM EACH REP FC L5 as 50m 75m 100m 75m 50m with 10s REC BETWEEN EACH	700	1850
250	2	60s	SWIM EACH REP FC L5 as 25m 50m 100m 50m 25m with 5s REC BETWEEN EACH	500	2350

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	1	-	ALTERNATE BETWEEN 25 BS L1 / 25 FC L1 RECOVERY	100	2450

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 2 2700M (SET 5-6)

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	REP 1: 100 FC L2 ; REP 2: 100 FC L2 BILATERAL; REP 3: 100 FC L2 POPEYE BREATHING	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

Dist	Rep	Rec	Comments	Distance	Total
50	4	15	25 FRONT BALANCE KICK - BREATHE TO FRONT / 25 FC L2 EASY	200	700

MAIN SET - LONG REPS BROKEN INTO PYRAMID EFFORTS WITH REDUCING RECOVERIES -MAINTAIN CONSISTENT PACE

Dist	Rep	Rec	Comments	Distance	Total
450	1	60s	SWIM EACH REP FC L5 as 50m 100m 150m 100m 50m with 20s REC BETWEEN EACH	450	1150
350	2	60s	SWIM EACH REP FC L5 as 50m 75m 100m 75m 50m with 10s REC BETWEEN EACH	700	1850
250	3	60s	SWIM EACH REP FC L5 as 25m 50m 100m 50m 25m with 5s REC BETWEEN EACH	750	2600

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	1	-	ALTERNATE BETWEEN 25 BS L1 / 25 FC L1 RECOVERY	100	2700

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 3 3150M (SET 5-6)

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	REP 1: 100 FC L2 ; REP 2: 100 FC L2 BILATERAL; REP 3: 100 FC L2 POPEYE BREATHING	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

Dist	Rep	Rec	Comments	Distance	Total
50	4	15	25 FRONT BALANCE KICK - BREATHE TO FRONT / 25 FC L2 EASY	200	700

MAIN SET - LONG REPS BROKEN INTO PYRIAMID EFFORTS WITH REDUCING RECOVERIES -MAINTAIN CONSISTENT PACE

Dist	Rep	Rec	Comments	Distance	Total
450	2	60s	SWIM EACH REP FC L5 as 50m 100m 150m 100m 50m with 20s REC BETWEEN EACH	900	1600
350	2	60s	SWIM EACH REP FC L5 as 50m 75m 100m 75m 50m with 10s REC BETWEEN EACH	700	2300
250	3	60s	SWIM EACH REP FC L5 as 25m 50m 100m 50m 25m with 5s REC BETWEEN EACH	750	3050

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	1	-	ALTERNATE BETWEEN 25 BS L1 / 25 FC L1 RECOVERY	100	3150

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 4 3600M (SET 5-6)

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	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 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	600

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

Dist	Rep	Rec	Comments	Distance	Total
50	4	15	25 FRONT BALANCE KICK - BREATHE TO FRONT / 25 FC L2 EASY	200	800

MAIN SET - LONG REPS BROKEN INTO PYRIAMID EFFORTS WITH REDUCING RECOVERIES -MAINTAIN CONSISTENT PACE

Dist	Rep	Rec	Comments	Distance	Total
450	2	60s	SWIM EACH REP FC L5 as 50m 100m 150m 100m 50m with 20s REC BETWEEN EACH	900	1700
350	3	60s	SWIM EACH REP FC L5 as 50m 75m 100m 75m 50m with 10s REC BETWEEN EACH	1050	2750
250	3	60s	SWIM EACH REP FC L5 as 25m 50m 100m 50m 25m with 5s REC BETWEEN EACH	750	3500

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	1	-	ALTERNATE BETWEEN 25 BS L1 / 25 FC L1 RECOVERY	100	3600