

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 1 2400M (SET 5-7)

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

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

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

Dist	Rep	Rec	Comments	Distance	Total
25	4	20s	12.5 KICK ON LEFT SIDE / 12.5 KICK ON RIGHT SIDE <i>TAKE 3 STROKES TO CHANGE FROM LEFT SIDE TO RIGHT SIDE</i>	100	600

MAIN SET - LONG REPS WITH LONG RECOVERY - HOLD FORM AND PACE THROUGH ALL REPS

Dist	Rep	Rec	Comments	Distance	Total
250	2	90s	250 FC L5	500	1100
200	1	60s	200 FC WITH PULL BUOY L2	200	1300
200	4	90s	200 FC L5	800	2100
200	1	60s	200 FC WITH PULL BUOY L2	200	2300

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	1	-	100 FC L2 - AIM TO REDUCED STROKE COUNT BY 1 EACH TIME	100	2400

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 2 2750M (SET 5-7)

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

Dist	Rep	Rec	Comments	Distance	Total
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 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 REAR 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**

Dist	Rep	Rec	Comments	Distance	Total
25	4	20s	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 WITH LONG RECOVERY - HOLD FORM AND PACE THROUGH ALL REPS

Dist	Rep	Rec	Comments	Distance	Total
250	3	90s	250 FC L5	750	1350
200	1	60s	200 FC WITH PULL BUOY L2	200	1550
200	4	90s	200 FC L5	800	2350
200	1	60s	200 FC WITH PULL BUOY L2	200	2550

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	-	100 FC L2 - AIM TO REDUCED STROKE COUNT BY 1 EACH TIME	200	2750

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 3 3100M (SET 5-7)

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
100 FC L2 - LENGTHS 1&3 = 2 BEAT KICK / LENGTHS 2&4 = 6 BEAT KICK		
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 REAR 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		

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

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

MAIN SET - LONG REPS WITH LONG RECOVERY - HOLD FORM AND PACE THROUGH ALL REPS

	Distance	Total
Dist	Rep	Rec
Comments		
250	4	90s
250 FC L5		
200	1	60s
200 FC WITH PULL BUOY L2		
200	4	60s
200 FC L5		
200	1	60s
200 FC WITH PULL BUOY L2		

COOL DOWN

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

ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 4 3550M (SET 5-7)

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>
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WARM UP & DRILLS - AIM TO PROMOTE AN UNDERSTANDING AND IMPROVEMENT IN UNDERWATER STROKE

	Distance	Total
Dist	Rep	Rec
Comments		
100	3	20s
100 FC L2 - LENGTHS 1&3 = 2 BEAT KICK / LENGTHS 2&4 = 6 BEAT KICK		
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 REAR 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		

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

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

MAIN SET - LONG REPS WITH LONG RECOVERY - HOLD FORM AND PACE THROUGH ALL REPS

	Distance	Total
Dist	Rep	Rec
Comments		
250	5	90s
250 FC L5		
200	1	60s
200 FC WITH PULL BUOY L2		
200	5	60s
200 FC L5		
200	1	60s
200 FC WITH PULL BUOY L2		

COOL DOWN

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