

## ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 1 2500M (SET 5-8)

Aerobic Recovery	<b>L1</b>	<i>Light swimming for recovery purposes or technical focus</i>
Aerobic Maintenance	<b>L2</b>	<i>Moderate intensity aerobic swimming for aerobic base development</i>
Aerobic Development	<b>L3</b>	<i>Sustained aerobic work at intensity equivalent to 1500-2000m time trial effort</i>
Anaerobic Threshold	<b>L4</b>	<i>Pace equivalent to 1000m time trial effort</i>
Aerobic Capacity	<b>L5</b>	<i>Pace equivalent to 400m time trial effort, used to develop VO2 max</i>
Lactate Production	<b>L6</b>	<i>Short, high intensity swimming to generate high levels of lactate</i>
Lactate Tolerance	<b>L7</b>	<i>Teaches the muscles how to tolerate high lactate levels whilst swimming</i>
Peak Lactate	<b>L8</b>	<i>50-200m race pace (generally not for triathletes)</i>
Speed	<b>L9</b>	<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	<b>REP 1:</b> 100 FC <b>L2</b> BILATERAL; <b>REP 2:</b> 100 FC <b>L2</b> POPEYE BREATHING	200	200
50	6	20s	<b>REPS 1-2:</b> 25 FINGER DRAG / 25 FC <b>L1</b> <b>REPS 3-4:</b> 25 3/4 CATCH UP / 25 FC <b>L1</b> <b>REPS 5-6:</b> 25 FISTS / 25 FC <b>L1</b>	300	500

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

Dist	Rep	Rec	Comments	Distance	Total
50	2	15	25 FRONT BALANCE KICK - <b>BREATHE TO FRONT</b> / 25 FC <b>L2</b> EASY	100	600

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

Dist	Rep	Rec	Comments	Distance	Total
250	3	60s	SWIM EACH REP <b>FC L5</b> 2 x 125m with <b>15s REC</b> BETWEEN EACH 125m	750	1350
200	3	60s	SWIM EACH REP <b>FC L5</b> 2 x 100m with <b>15s REC</b> BETWEEN EACH 100m	600	1950
150	3	30s	SWIM EACH REP <b>FC L5</b> 2 x 75m with <b>15s REC</b> BETWEEN EACH 75m	450	2400

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	1	-	ALTERNATE BETWEEN 25 BS <b>L1</b> / 25 FC <b>L1 RECOVERY</b>	100	2500

## ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 2 2700M (SET 5-8)

Aerobic Recovery	<b>L1</b>	<i>Light swimming for recovery purposes or technical focus</i>
Aerobic Maintenance	<b>L2</b>	<i>Moderate intensity aerobic swimming for aerobic base development</i>
Aerobic Development	<b>L3</b>	<i>Sustained aerobic work at intensity equivalent to 1500-2000m time trial effort</i>
Anaerobic Threshold	<b>L4</b>	<i>Pace equivalent to 1000m time trial effort</i>
Aerobic Capacity	<b>L5</b>	<i>Pace equivalent to 400m time trial effort, used to develop VO2 max</i>
Lactate Production	<b>L6</b>	<i>Short, high intensity swimming to generate high levels of lactate</i>
Lactate Tolerance	<b>L7</b>	<i>Teaches the muscles how to tolerate high lactate levels whilst swimming</i>
Peak Lactate	<b>L8</b>	<i>50-200m race pace (generally not for triathletes)</i>
Speed	<b>L9</b>	<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	<b>REP 1:</b> 100 FC <b>L2</b> BILATERAL; <b>REP 2:</b> 100 FC <b>L2</b> POPEYE BREATHING	200	200
50	6	20s	<b>REPS 1-2:</b> 25 FINGER DRAG / 25 FC <b>L1</b> <b>REPS 3-4:</b> 25 3/4 CATCH UP / 25 FC <b>L1</b> <b>REPS 5-6:</b> 25 FISTS / 25 FC <b>L1</b>	300	500

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

Dist	Rep	Rec	Comments	Distance	Total
50	2	15	25 FRONT BALANCE KICK - <b>BREATHE TO FRONT</b> / 25 FC <b>L2</b> EASY	100	600

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

Dist	Rep	Rec	Comments	Distance	Total
250	3	60s	SWIM EACH REP <b>FC L5</b> 2 x 125m with <b>10s REC</b> BETWEEN EACH 125m	750	1350
200	4	60s	SWIM EACH REP <b>FC L5</b> 2 x 100m with <b>10s REC</b> BETWEEN EACH 100m	800	2150
150	3	30s	SWIM EACH REP <b>FC L5</b> 2 x 75m with <b>10s REC</b> BETWEEN EACH 75m	450	2600

### COOL DOWN

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

## ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 3 3050M (SET 5-8)

Aerobic Recovery	<b>L1</b>	<i>Light swimming for recovery purposes or technical focus</i>
Aerobic Maintenance	<b>L2</b>	<i>Moderate intensity aerobic swimming for aerobic base development</i>
Aerobic Development	<b>L3</b>	<i>Sustained aerobic work at intensity equivalent to 1500-2000m time trial effort</i>
Anaerobic Threshold	<b>L4</b>	<i>Pace equivalent to 1000m time trial effort</i>
Aerobic Capacity	<b>L5</b>	<i>Pace equivalent to 400m time trial effort, used to develop VO2 max</i>
Lactate Production	<b>L6</b>	<i>Short, high intensity swimming to generate high levels of lactate</i>
Lactate Tolerance	<b>L7</b>	<i>Teaches the muscles how to tolerate high lactate levels whilst swimming</i>
Peak Lactate	<b>L8</b>	<i>50-200m race pace (generally not for triathletes)</i>
Speed	<b>L9</b>	<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	<b>REP 1:</b> 100 FC <b>L2</b> ; <b>REP 2:</b> 100 FC <b>L2</b> BILATERAL; <b>REP 3:</b> 100 FC <b>L2</b> POPEYE BREATHING	300	300
50	6	20s	<b>REPS 1-2:</b> 25 FINGER DRAG / 25 FC <b>L1</b> <b>REPS 3-4:</b> 25 3/4 CATCH UP / 25 FC <b>L1</b> <b>REPS 5-6:</b> 25 FISTS / 25 FC <b>L1</b>	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 - <b>BREATHE TO FRONT</b> / 25 FC <b>L2</b> EASY	200	800

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

Dist	Rep	Rec	Comments	Distance	Total
250	3	60s	SWIM EACH REP <b>FC L5</b> 2 x 125m with <b>5s REC</b> BETWEEN EACH 125m	750	1550
200	4	40s	SWIM EACH REP <b>FC L5</b> 2 x 100m with <b>5s REC</b> BETWEEN EACH 100m	800	2350
150	4	20s	SWIM EACH REP <b>FC L5</b> 2 x 75m with <b>5s REC</b> BETWEEN EACH 75m	600	2950

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	1	-	ALTERNATE BETWEEN 25 BS <b>L1</b> / 25 FC <b>L1 RECOVERY</b>	100	<b>3050</b>

## ASHURST BIKE CLUB - LEVEL 5 AEROBIC CAPACITY - LANE 4 3500M (SET 5-8)

Aerobic Recovery	<b>L1</b>	<i>Light swimming for recovery purposes or technical focus</i>
Aerobic Maintenance	<b>L2</b>	<i>Moderate intensity aerobic swimming for aerobic base development</i>
Aerobic Development	<b>L3</b>	<i>Sustained aerobic work at intensity equivalent to 1500-2000m time trial effort</i>
Anaerobic Threshold	<b>L4</b>	<i>Pace equivalent to 1000m time trial effort</i>
Aerobic Capacity	<b>L5</b>	<i>Pace equivalent to 400m time trial effort, used to develop VO2 max</i>
Lactate Production	<b>L6</b>	<i>Short, high intensity swimming to generate high levels of lactate</i>
Lactate Tolerance	<b>L7</b>	<i>Teaches the muscles how to tolerate high lactate levels whilst swimming</i>
Peak Lactate	<b>L8</b>	<i>50-200m race pace (generally not for triathletes)</i>
Speed	<b>L9</b>	<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	<b>REP 1:</b> 100 FC <b>L2</b> ; <b>REP 2:</b> 100 FC <b>L2</b> BILATERAL; <b>REP 3:</b> 100 FC <b>L2</b> POPEYE BREATHING	300	300
50	6	20s	<b>REPS 1-2:</b> 25 FINGER DRAG / 25 FC <b>L1</b> <b>REPS 3-4:</b> 25 3/4 CATCH UP / 25 FC <b>L1</b> <b>REPS 5-6:</b> 25 FISTS / 25 FC <b>L1</b>	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 - <b>BREATHE TO FRONT</b> / 25 FC <b>L2</b> EASY	200	800

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

Dist	Rep	Rec	Comments	Distance	Total
250	4	60s	SWIM EACH REP <b>FC L5</b> 2 x 125m with <b>5s REC</b> BETWEEN EACH 125m	1000	1800
200	5	40s	SWIM EACH REP <b>FC L5</b> 2 x 100m with <b>5s REC</b> BETWEEN EACH 100m	1000	2800
150	4	20s	SWIM EACH REP <b>FC L5</b> 2 x 75m with <b>5s REC</b> BETWEEN EACH 75m	600	3400

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	1	-	ALTERNATE BETWEEN 25 BS <b>L1</b> / 25 FC <b>L1 RECOVERY</b>	100	<b>3500</b>