

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 1 2300M (SET 6-1)

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
400	1	60s	SWIM FC BUILDING FROM L1-L4 OVER EACH 100m	400	400
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	700

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	800

MAIN SET - SHORT FAST REPS WITH LONG RECOVERY - HOLD FORM AS THE PACE INCREASES

Dist	Rep	Rec	Comments	Distance	Total
100	2	60s	SWIM FC L5	200	1000
25	8	20s	SWIM FC L6	200	1200
75	6	40s	SWIM FC BUILDING FROM L5-L7 FOR LENGTHS 1-3	450	1650
25	8	20s	SWIM FC L6 WITH A FOCUS ON MAXIMUM STROKE RATE BUT NO REDUCTION IN STROKE LENGTH	200	1850
50	6	30s	SWIM FC L6 TURNING AT END OF LENGTH WITHOUT TOUCHING WALL, ACCELERATE FROM STATIONAR	300	2150
25	6	20s	SWIM 12.5M HEAD DOWN SPRINT / SWIM 12.5M HEAD UP SPRINT (WATER POLO STYLE)	150	2300

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	SWIM 50 BS / 50M FS L2	300	2300

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 2 2600M (SET 6-1)

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
400	1	60s	SWIM FC BUILDING FROM L1-L4 OVER EACH 100m	400	400
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	700

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

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	800

MAIN SET - SHORT FAST REPS WITH LONG RECOVERY - HOLD FORM AS THE PACE INCREASES

Dist	Rep	Rec	Comments	Distance	Total
100	2	60s	SWIM FC L5	200	1000
25	8	20s	SWIM FC L6	200	1200
75	8	40s	SWIM FC BUILDING FROM L5-L7 FOR LENGTHS 1-3	600	1800
25	8	20s	SWIM FC L6 WITH A FOCUS ON MAXIMUM STROKE RATE BUT NO REDUCTION IN STROKE LENGTH	200	2000
50	8	30s	SWIM FC L6 TURNING AT END OF LENGTH WITHOUT TOUCHING WALL, ACCELERATE FROM STATIONAR	400	2400
25	8	20s	SWIM 12.5M HEAD DOWN SPRINT / SWIM 12.5M HEAD UP SPRINT (WATER POLO STYLE)	200	2600

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	SWIM 50 BS / 50M FS L2	300	2600

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 3 2850M (SET 6-1)

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
400	1	60s	SWIM FC BUILDING FROM L1-L4 OVER EACH 100m	400	400
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	700

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

Dist	Rep	Rec	Comments	Distance	Total
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	100	800

MAIN SET - SHORT FAST REPS WITH LONG RECOVERY - HOLD FORM AS THE PACE INCREASES

Dist	Rep	Rec	Comments	Distance	Total
100	3	40s	SWIM FC L5	300	1100
25	10	15s	SWIM FC L6	250	1350
75	8	30s	SWIM FC BUILDING FROM L5-L7 FOR LENGTHS 1-3	600	1950
25	10	15s	SWIM FC L6 WITH A FOCUS ON MAXIMUM STROKE RATE BUT NO REDUCTION IN STROKE LENGTH	250	2200
50	8	20s	SWIM FC L6 TURNING AT END OF LENGTH WITHOUT TOUCHING WALL, ACCELERATE FROM STATIONAR	400	2600
25	10	15s	SWIM 12.5M HEAD DOWN SPRINT / SWIM 12.5M HEAD UP SPRINT (WATER POLO STYLE)	250	2850

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	SWIM 50 BS / 50M FS L2	300	2850

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 4 3300M (SET 6-1)

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
400	1	60s	SWIM FC BUILDING FROM L1-L4 OVER EACH 100m	400	400
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	700

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

Dist	Rep	Rec	Comments	Distance	Total
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	100	800

MAIN SET - SHORT FAST REPS WITH LONG RECOVERY - HOLD FORM AS THE PACE INCREASES

Dist	Rep	Rec	Comments	Distance	Total
100	5	40s	SWIM FC L5	500	1300
25	10	15s	SWIM FC L6	250	1550
75	10	30s	SWIM FC BUILDING FROM L5-L7 FOR LENGTHS 1-3	750	2300
25	10	15s	SWIM FC L6 WITH A FOCUS ON MAXIMUM STROKE RATE BUT NO REDUCTION IN STROKE LENGTH	250	2550
50	10	20s	SWIM FC L6 TURNING AT END OF LENGTH WITHOUT TOUCHING WALL, ACCELERATE FROM STATIONAR	500	3050
25	10	15s	SWIM 12.5M HEAD DOWN SPRINT / SWIM 12.5M HEAD UP SPRINT (WATER POLO STYLE)	250	3300

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	SWIM 50 BS / 50M FS L2	300	3300