

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 1 2150M (SET 6-3)

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

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 THROUGHOUT SET

Dist	Rep	Rec	Comments	Distance	Total
100	2	30s	SWIM FC L6	200	1000
100	1	30s	SWIM FC L2 WITH PULL BUOY - RECOVERY	100	1100
50	8	20-5s	SWIM FC L6 WITH DESCENDING RECOVERIES - Split as 4x50 @ 20s; 4x50 @ 15s; 4x50 @ 10s; 4x50 @ 5s	400	1500
25	8	30s	SWIM FC L6 WITH A FOCUS ON MAXIMUM STROKE RATE BUT NO REDUCTION IN STROKE LENGTH	200	1700
25	6	30s	START FROM OPEN WATER SCULLING POSITION, NO PUSH OFF: ACCELERATE TO 12.5m L8 , CRUISE 12.	150	1850
25	4	30s	SWIM FC SPRINT L8 - Breathe every 4th stroke to the front, head up in open water sighting style	100	1950

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	30s	SWIM 50 BS / 50M FS L2	200	2150

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 2 2500M (SET 6-3)

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

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 THROUGHOUT SET

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	SWIM FC L6	300	1100
100	1	30s	SWIM FC L2 WITH PULL BUOY - RECOVERY	100	1200
50	8	20-5s	SWIM FC L6 WITH DESCENDING RECOVERIES - Split as 4x50 @ 20s; 4x50 @ 15s; 4x50 @ 10s; 4x50 @ 5s	400	1600
25	8	30s	SWIM FC L6 WITH A FOCUS ON MAXIMUM STROKE RATE BUT NO REDUCTION IN STROKE LENGTH	200	1800
25	8	30s	START FROM OPEN WATER SCULLING POSITION, NO PUSH OFF: ACCELERATE TO 12.5m L8 , CRUISE 12.	200	2000
25	8	30s	SWIM FC SPRINT L8 - Breathe every 4th stroke to the front, head up in open water sighting style	200	2200

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	SWIM 50 BS / 50M FS L2	300	2500

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 3 2950M (SET 6-3)

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

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 THROUGHOUT SET

Dist	Rep	Rec	Comments	Distance	Total
100	4	30s	SWIM FC L6	400	1200
100	1	30s	SWIM FC L2 WITH PULL BUOY - RECOVERY	100	1300
50	12	20-5s	SWIM FC L6 WITH DESCENDING RECOVERIES - Split as 4x50 @ 20s; 4x50 @ 15s; 4x50 @ 10s; 4x50 @ 5s	600	1900
25	10	30s	SWIM FC L6 WITH A FOCUS ON MAXIMUM STROKE RATE BUT NO REDUCTION IN STROKE LENGTH	250	2150
25	10	30s	START FROM OPEN WATER SCULLING POSITION, NO PUSH OFF: ACCELERATE TO 12.5m L8 , CRUISE 12.	250	2400
25	10	30s	SWIM FC SPRINT L8 - Breathe every 4th stroke to the front, head up in open water sighting style	250	2650

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	SWIM 50 BS / 50M FS L2	300	2950

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 4 3150M (SET 6-3)

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

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 THROUGHOUT SET

Dist	Rep	Rec	Comments	Distance	Total
100	4	30s	SWIM FC L6	400	1200
100	1	30s	SWIM FC L2 WITH PULL BUOY - RECOVERY	100	1300
50	16	20-5s	SWIM FC L6 WITH DESCENDING RECOVERIES - Split as 4x50 @ 20s; 4x50 @ 15s; 4x50 @ 10s; 4x50 @ 5s	800	2100
25	10	30s	SWIM FC L6 WITH A FOCUS ON MAXIMUM STROKE RATE BUT NO REDUCTION IN STROKE LENGTH	250	2350
25	10	30s	START FROM OPEN WATER SCULLING POSITION, NO PUSH OFF: ACCELERATE TO 12.5m L8 , CRUISE 12.	250	2600
25	10	30s	SWIM FC SPRINT L8 - Breathe every 4th stroke to the front, head up in open water sighting style	250	2850

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	SWIM 50 BS / 50M FS L2	300	3150