

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 1 2200M (SET 6-4)

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	20s	100 FC L2 BILATERAL / 100 FC L2 POPEYE / 100 FC L2 BILATERAL / 100 FC L2 POPEYE	400	400
100	1	20s	BUILD PACE AS 25 FC L3 / 25 FC L4 / 25 FC L5 / 25 FC L6	100	500

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

Dist	Rep	Rec	Comments	Distance	Total
50	2	15s	FRONT BALANCE KICK - BREATH TO FRONT / 25 FC L2 EASY	100	600

MAIN SET - SHORT FAST REPS WITH LONG RECOVERY - HOLD FORM THROUGHOUT SET

Dist	Rep	Rec	Comments	Distance	Total
100	2	40s	SWIM FC L6	200	800
50	8	30s	SWIM 12.5M L8 HEAD DOWN SPRINT / CRUISE 12.5M L6	400	1200
50	8	30s	SWIM FC L4 INCREASING TO L6 & MAXIMUM STROKE RATE - No reduction in form or stroke length	400	1600
25	8	15s	START FROM OPEN WATER SCULLING POSITION, NO PUSH OFF : ACCELERATE TO 12.5m, CRUISE 12.5m Take 90s Recovery	200	1800
25	8	15s	SWIM 12.5M L8 HEAD DOWN SPRINT / SWIM 12.5M HEAD UP SPRINT (WATER POLO STYLE)	200	2000

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	30s	SWIM 50 BS / 50M FS L2	200	2200

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 2 2500M (SET 6-4)

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	20s	100 FC L2 BILATERAL / 100 FC L2 POPEYE / 100 FC L2 BILATERAL / 100 FC L2 POPEYE	400	400
100	2	20s	BUILD PACE AS 25 FC L3 / 25 FC L4 / 25 FC L5 / 25 FC L6	200	600

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

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

MAIN SET - SHORT FAST REPS WITH LONG RECOVERY - HOLD FORM THROUGHOUT SET

Dist	Rep	Rec	Comments	Distance	Total
100	2	40s	SWIM FC L6	200	1000
50	8	30s	SWIM 12.5M L8 HEAD DOWN SPRINT / CRUISE 12.5M L6	400	1400
50	8	30s	SWIM FC L4 INCREASING TO L6 & MAXIMUM STROKE RATE - No reduction in form or stroke length	400	1800
25	10	15s	START FROM OPEN WATER SCULLING POSITION, NO PUSH OFF : ACCELERATE TO 12.5m, CRUISE 12.5m Take 90s Recovery	250	2050
25	10	15s	SWIM 12.5M L8 HEAD DOWN SPRINT / SWIM 12.5M HEAD UP SPRINT (WATER POLO STYLE)	250	2300

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	30s	SWIM 50 BS / 50M FS L2	200	2500

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 3 2800M (SET 6-4)

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

				Distance	Total
Dist	Rep	Rec	Comments		
400	1	20s	100 FC L2 BILATERAL / 100 FC L2 POPEYE / 100 FC L2 BILATERAL / 100 FC L2 POPEYE	400	400
100	2	20s	BUILD PACE AS 25 FC L3 / 25 FC L4 / 25 FC L5 / 25 FC L6	200	600

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

Dist	Rep	Rec	Comments		
50	4	15s	FRONT BALANCE KICK - BREATH TO FRONT / 25 FC L2 EASY	200	800

MAIN SET - SHORT FAST REPS WITH LONG RECOVERY - HOLD FORM THROUGHOUT SET

Dist	Rep	Rec	Comments		
100	4	40s	SWIM FC L6	400	1200
50	8	30s	SWIM 12.5M L8 HEAD DOWN SPRINT / CRUISE 12.5M L6	400	1600
50	8	30s	SWIM FC L4 INCREASING TO L6 & MAXIMUM STROKE RATE - No reduction in form or stroke length	400	2000
25	12	15s	START FROM OPEN WATER SCULLING POSITION, NO PUSH OFF : ACCELERATE TO 12.5m, CRUISE 12.5m Take 90s Recovery	300	2300
25	12	15s	SWIM 12.5M L8 HEAD DOWN SPRINT / SWIM 12.5M HEAD UP SPRINT (WATER POLO STYLE)	300	2600

COOL DOWN

Dist	Rep	Rec	Comments		
100	2	30s	SWIM 50 BS / 50M FS L2	200	2800

ASHURST BIKE CLUB - LEVEL 6 LACTATE TOLERANCE - LANE 4 3200M (SET 6-4)

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

				Distance	Total
Dist	Rep	Rec	Comments		
400	1	20s	100 FC L2 BILATERAL / 100 FC L2 POPEYE / 100 FC L2 BILATERAL / 100 FC L2 POPEYE	400	400
100	2	20s	BUILD PACE AS 25 FC L3 / 25 FC L4 / 25 FC L5 / 25 FC L6	200	600

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

Dist	Rep	Rec	Comments		
50	4	15s	FRONT BALANCE KICK - BREATH TO FRONT / 25 FC L2 EASY	200	800

MAIN SET - SHORT FAST REPS WITH LONG RECOVERY - HOLD FORM THROUGHOUT SET

Dist	Rep	Rec	Comments		
100	4	40s	SWIM FC L6	400	1200
50	10	30s	SWIM 12.5M L8 HEAD DOWN SPRINT / CRUISE 12.5M L6	500	1700
50	10	30s	SWIM FC L4 INCREASING TO L6 & MAXIMUM STROKE RATE - No reduction in form or stroke length	500	2200
25	16	15s	START FROM OPEN WATER SCULLING POSITION, NO PUSH OFF : ACCELERATE TO 12.5m, CRUISE 12.5m Take 90s Recovery	400	2600
25	16	15s	SWIM 12.5M L8 HEAD DOWN SPRINT / SWIM 12.5M HEAD UP SPRINT (WATER POLO STYLE)	400	3000

COOL DOWN

Dist	Rep	Rec	Comments		
100	2	30s	SWIM 50 BS / 50M FS L2	200	3200