

ASHURST BIKE CLUB - HYPOXIC SESSION - LANE 1 2200m (SET H-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

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	50 FC L2 / 50 FC L2 BILATERAL / 50 FC L2 POPEYE BREATHING / 50 FC L2	200	200
50	2	20s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	300
50	2	20s	25 3/4 CATCH UP STROKE / 25 FC L2	100	400

KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH - USE FINS IF REQUIRED

Dist	Rep	Rec	Comments	Distance	Total
50	2	30s	50 KICK - WITH BOARD	100	500
50	2	30s	25 KICK - HANDS IN FRONT (GLIDE POSITION) - NO BOARD / 25 FC L2	100	600
50	2	30s	25 KICK - HANDS IN POCKETS - NO BOARD / 25 FC L2	100	700

MAIN SET - HYPOXIC SET - TAKE 1 MINUTE REC BETWEEN EACH SET

Dist	Rep	Rec	Comments	Distance	Total
50	5	20s	FC L3 - BREATHE BILATERAL EVERY 7 STROKES	250	950
100	3	40s	FC L3 - BREATHE BILATERAL EVERY 5 STROKES	300	1250
200	1	60s	FC L3 - BREATHE BILATERAL EVERY 3 STROKES	200	1450
100	3	40s	FC L3 - BREATHE BILATERAL EVERY 5 STROKES	300	1750
50	5	20s	FC L3 - BREATHE BILATERAL EVERY 7 STROKES	250	2000

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	30s	50 BS L1 / 50 FC L1 - RECOVERY	200	2200

ASHURST BIKE CLUB - HYPOXIC SESSION - LANE 2 2500m (SET H-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

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	50 FC L2 / 50 FC L2 BILATERAL / 50 FC L2 POPEYE BREATHING / 50 FC L2	200	200
50	2	20s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	300
50	2	20s	25 3/4 CATCH UP STROKE / 25 FC L2	100	400

KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH - USE FINS IF REQUIRED

Dist	Rep	Rec	Comments	Distance	Total
50	2	30s	50 KICK - WITH BOARD	100	500
50	2	30s	25 KICK - HANDS IN FRONT (GLIDE POSITION) - NO BOARD / 25 FC L2	100	600
50	2	30s	25 KICK - HANDS IN POCKETS - NO BOARD / 25 FC L2	100	700

MAIN SET - HYPOXIC SET - TAKE 1 MINUTE REC BETWEEN EACH SET

Dist	Rep	Rec	Comments	Distance	Total
50	5	20s	FC L3 - BREATHE BILATERAL EVERY 7 STROKES	250	950
100	4	40s	FC L3 - BREATHE BILATERAL EVERY 5 STROKES	400	1350
200	1	60s	FC L3 - BREATHE BILATERAL EVERY 3 STROKES	200	1550
100	4	40s	FC L3 - BREATHE BILATERAL EVERY 5 STROKES	400	1950
50	5	20s	FC L3 - BREATHE BILATERAL EVERY 7 STROKES	250	2200

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	30s	50 BS L1 / 50 FC L1 - RECOVERY	300	2500

ASHURST BIKE CLUB - HYPOXIC SESSION - LANE 3 2800m (SET H-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

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	50 FC L2 / 50 FC L2 BILATERAL / 50 FC L2 POPEYE BREATHING / 50 FC L2	200	200
50	2	15s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	300
50	2	15s	25 3/4 CATCH UP STROKE / 25 FC L2	100	400

KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH - USE FINS IF REQUIRED

Dist	Rep	Rec	Comments	Distance	Total
50	2	30s	50 KICK - WITH BOARD	100	500
50	2	20s	25 KICK - HANDS IN FRONT (GLIDE POSITION) - NO BOARD / 25 FC L2	100	600
50	2	20s	25 KICK - HANDS IN POCKETS - NO BOARD / 25 FC L2	100	700

MAIN SET - HYPOXIC SET - TAKE 1 MINUTE REC BETWEEN EACH SET

Dist	Rep	Rec	Comments	Distance	Total
50	6	15s	FC L3 - BREATHE BILATERAL EVERY 7 STROKES	300	1000
100	4	30s	FC L3 - BREATHE BILATERAL EVERY 5 STROKES	400	1400
200	2	40s	FC L3 - BREATHE BILATERAL EVERY 3 STROKES	400	1800
100	4	30s	FC L3 - BREATHE BILATERAL EVERY 5 STROKES	400	2200
50	6	15s	FC L3 - BREATHE BILATERAL EVERY 7 STROKES	300	2500

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	50 BS L1 / 50 FC L1 - RECOVERY	300	2800

ASHURST BIKE CLUB - HYPOXIC SESSION - LANE 4 3200m (SET H-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

Dist	Rep	Rec	Comments	Distance	Total
200	1	30s	50 FC L2 / 50 FC L2 BILATERAL / 50 FC L2 POPEYE BREATHING / 50 FC L2	200	200
50	2	15s	25 SINGLE ARM RIGHT / 25 SINGLE ARM LEFT	100	300
50	2	15s	25 3/4 CATCH UP STROKE / 25 FC L2	100	400

KICK SET - AIM TO PROMOTE IMPROVEMENTS IN KICK STRENGTH AND CORE STRENGTH - USE FINS IF REQUIRED

Dist	Rep	Rec	Comments	Distance	Total
50	2	30s	50 KICK - WITH BOARD	100	500
50	2	20s	25 KICK - HANDS IN FRONT (GLIDE POSITION) - NO BOARD / 25 FC L2	100	600
50	2	20s	25 KICK - HANDS IN POCKETS - NO BOARD / 25 FC L2	100	700

MAIN SET - HYPOXIC SET - TAKE 1 MINUTE REC BETWEEN EACH SET

Dist	Rep	Rec	Comments	Distance	Total
50	6	15s	FC L3 - BREATHE BILATERAL EVERY 7 STROKES	300	1000
100	5	30s	FC L3 - BREATHE BILATERAL EVERY 5 STROKES	500	1500
200	3	40s	FC L3 - BREATHE BILATERAL EVERY 3 STROKES	600	2100
100	5	30s	FC L3 - BREATHE BILATERAL EVERY 5 STROKES	500	2600
50	6	15s	FC L3 - BREATHE BILATERAL EVERY 7 STROKES	300	2900

COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	3	20s	50 BS L1 / 50 FC L1 - RECOVERY	300	3200