

## ASHURST BIKE CLUB - T30 (30min) TEST SESSION - Easy/Med Warm-Up

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

Dist	Rep	Rec	Comments	Distance	Total
200	1	40s	FC L1 EASY	200	200
100	2	20s	FC - COUNT STROKES PER LENGTH - REDUCE BY 1 STROKE FOR EACH 25 WITHIN EACH REP	200	400

### DRILL SET - AIM TO PROMOTE A LONG SMOOTH RELAXED STROKE FOR T30 TEST

Dist	Rep	Rec	Comments	Distance	Total
50	2	20s	50 SINGLE ARM DRILL (USE FLOAT ON LEAD ARM FOR SUPPORT IF REQ) - ALTERNATE ARMS EACH 25	100	500
50	4	20s	50 FC L2 BILATERAL BREATHING - FOCUS ON POPEYE BREATHING & BODY ROLL	200	700
50	2	20s	50 FC 3/4 CATCH-UP STROKE - FOCUS FRONT QUADRANT SWIMMING (AVOID A WINDMILL STROKE)	100	800

### MAIN SET - T30 TEST - AIM TO PROVIDE A BENCH MARK FOR THE YEAR & TO UNDERSTAND YOUR CAPABILITIES

Dist	Rep	Rec	Comments	Distance	Total
XXX	1	3min	T30 (30 min) DISTANCE TEST FC L2/L3 PACE	XXX	XXX

**ONE SWIMMER PER LANE TO TAKE TIMING RESPONSIBILITY**  
**STRONGEST SWIMMER OFF FIRST**  
**LEAVE 5 SECONDS BETWEEN SWIMMERS TO MINIMISE INITIAL DRAFTING**  
**COUNT YOUR OWN LENGTHS / COUNT STROKES FOR VARYING LENGTHS**  
**BE AWARE OF THE SWIMMER BEHIND YOU - LET THROUGH AT END OF LENGTH IF TAPPED ON FEET**  
**(IF REST IS REQUIRED - STAND CLEAR OF OTHER SWIMMERS)**

**TAKE 3 MINUTES RECOVERY - REGROUP & WRITE DOWN DISTANCE & STROKE COUNT**

### SPEED SET - AIM TO PROMOTE STROKE CONTROL AT SPEED

Dist	Rep	Rec	Comments	Distance	Total
25	4	20s	SWIM FC LEVEL 8 - FOCUS ON FAST ARM TURNOVER AND MAINTAIN GOOD DISTANCE PER STROKE	100	900
				<b>+ T30 DISTANCE</b>	

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	20s	SWIM 50 BS L1 / SWIM 50 FC L1 - RECOVERY SET	200	1100
				<b>+ T30 DISTANCE</b>	

## ASHURST BIKE CLUB - T30 (30 min) TEST SESSION - Medium/Hard Warm-Up

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

Dist	Rep	Rec	Comments	Distance	Total
200	1	40s	FC L1 EASY	200	200
100	4	20s	FC - COUNT STROKES PER LENGTH - REDUCE BY 1 STROKE FOR EACH 25 WITHIN EACH REP	400	600

### DRILL SET - AIM TO PROMOTE A LONG SMOOTH RELAXED STROKE FOR T30 TEST

Dist	Rep	Rec	Comments	Distance	Total
50	4	15s	50 SINGLE ARM DRILL (USE FLOAT ON LEAD ARM FOR SUPPORT IF REQ) - ALTERNATE ARMS EACH 25	200	800
50	4	15s	50 FC L2 BILATERAL BREATHING - FOCUS ON POPEYE BREATHING & BODY ROLL	200	1000
50	4	15s	50 FC 3/4 CATCH-UP STROKE - FOCUS FRONT QUADRANT SWIMMING (AVOID A WINDMILL STROKE)	200	1200

### MAIN SET - T30 TEST - AIM TO PROVIDE A BENCH MARK FOR THE YEAR & TO UNDERSTAND YOUR CAPABILITIES

Dist	Rep	Rec	Comments	Distance	Total
XXX	1	3min	T30 (30 min) DISTANCE TEST FC L2/L3 PACE	XXX	XXX

**ONE SWIMMER PER LANE TO TAKE TIMING RESPONSIBILITY**  
**STRONGEST SWIMMER OFF FIRST**  
**LEAVE 5 SECONDS BETWEEN SWIMMERS TO MINIMISE INITIAL DRAFTING**  
**COUNT YOUR OWN LENGTHS / COUNT STROKES FOR VARIOUS LENGTHS**  
**BE AWARE OF THE SWIMMER BEHIND YOU - LET THROUGH AT END OF LENGTH IF TAPPED ON FEET**  
**(IF REST IS REQUIRED - STAND CLEAR OF OTHER SWIMMERS)**

**TAKE 3 MINUTES RECOVERY - REGROUP & WRITE DOWN DISTANCE & STROKE COUNT**

### SPEED SET - AIM TO PROMOTE STROKE CONTROL AT SPEED

Dist	Rep	Rec	Comments	Distance	Total
25	6	20s	SWIM FC LEVEL 8 - FOCUS ON FAST ARM TURNOVER AND MAINTAIN GOOD DISTANCE PER STROKE	150	1350
				<b>+ T30 DISTANCE</b>	

### COOL DOWN

Dist	Rep	Rec	Comments	Distance	Total
100	2	20s	SWIM 50 BS L1 / SWIM 50 FC L1 - RECOVERY SET	200	1550
				<b>+ T30 DISTANCE</b>	