



TRAINING SET EXAMPLES

La Prod Lactate Production

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|---|---|
| <p>1 8 x 50 #1 stroke on 4:00
Easy Swim between Reps</p> <p>2 12 x 75 on 4:00 - 1 Max, 1 Easy</p> <p>3 25/ 50/ 75/ 100/ 75/ 50/ 25
On 1 min/ 2min/ 3 min/ 4 min</p> <p>4 5 x [2 x 50 Max + 100 easy]</p> <p>5 3 x [75/ 25 (100 Easy)
50/ 50 (200 Easy)]</p> | <p>Max Effort & Speed</p> <p>Max Speed for 75</p> <p>Max Effort & Speed</p> <p>Use Speed Charts</p> <p>Target 100 or Faster</p> |
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La Tol Lactate Tolerance

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|---|--|
| <p>1 5 x 100 #1 stroke on 4:00</p> <p>2 4 x 150 on 5:00</p> <p>3 8 x 75 on 3:00</p> <p>4 3 x [25/ 50/ 75/ 100]</p> <p>5 4 x [4 x 50
100 Easy
2 x 100 @ 50 BBM]</p> | <p>Max Effort</p> <p>Max Effort</p> <p>Aim for > 100 Pace</p> <p>Max Effort</p> <p>Max Effort</p> |
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B Sp Basic Speed

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|---|--|
| <p>1 10 x 25 Max (+ 25 easy) on 2:00</p> <p>2 3 x [4 x 25 as 12½ Max 12½ easy]</p> <p>3 4 x [15/20/25/30 Sprints]</p> <p>4 Dive starts to 15/ 20/ 25/ 30m
Turns from 10m In to 10m Out</p> <p>5 3 x [Broken 100]: 30/40/30
20/30/30/20
40/30/20/10</p> | <p>Max Speed</p> <p>Max Speed</p> <p>Use Speed Charts</p> <p>Race Speed + Faster</p> <p>Faster than Race 100
Use Speed Charts
Longer Rest than La Prod</p> |
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TRAINING SET EXAMPLES

A2 Aerobic Maintenance

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|---|---|----------------|
| 1 | 4 x 800 F/C or Choice + 30 Rest | HR = 50 BBM |
| 2 | 8 x 400 IM Drill to Swim + 30 Rest | HR = 50 BBM |
| 3 | 1500/ 800/ 400/ 200/ 100 + 30 Rest
* Effort remains constant, speed increases slightly | HR = 50/40 BBM |
| 4 | 2500m Swim or 20/ 30 minutes swim | HR = 50/40 BBM |
| 5 | 10 x 300 as 1 Swim/ 1 Kick/ 1 Pull | HR = 50 BBM |
| 6 | 3 x [400/ 300/ 200/ 100] F/C or IM | HR = 50 BBM |

[T] Threshold

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|---|---|----------------|
| 1 | 24 x 100 F/C + 20/30 Rest | HR = 30 BBM |
| 2 | 6 x 400 + 30 Rest | HR = 30 BBM |
| 3 | 12 x 200 + 30 Rest | HR = 30 BBM |
| 4 | 2000m Maximum, even pace | HR = 30/25 BBM |
| 5 | 3 x [2 x 100 on 1:30
2 x 200 on 2:45
2 x 100 on 1:20] | HR = 30 BBM |

VO₂ Maximal Aerobic

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|---|--|---|
| 1 | 20 x 100 No. 1 stroke on 2 min | HR = 5 to 15 BBM |
| 2 | 8 x 200 + 60 Rest | HR = 5 to 15 BBM |
| 3 | 24 x 75 as 5 Max, 1 Steady | HR = 5 to 15 BBM |
| 4 | 3 x [3 x 100
2 x 75 (+ 25 Steady)
4 x 50] | HR = 5 to 15 BBM |
| 5 | 12 x 150 No 1/ F/C / No 1 | HR = 5 to 15 BBM |
| 6 | 4 x [200 on 3:30
2 x 100 on 2:00
4 x 50 on 70] | HR = 10 to 20 BBM
HR = 10 to 20 BBM
Alt 400/ 200 Pace |