***Anaerobic Threshold / Lactic Acid Tolerance Training***

***Splits –*** *100% take your final time and subtract the rest time; you should be at or around your personal**best*

6 x 200 @ 4:00 (10 sec rest at 50’s)

 3 free, 3 IM

Easy 100 @ 3:00

6 x 100 @ 2:00 – (split 10 sec at 50, 5 at 75)

 Your primary stroke – adjust lanes as needed.

**Super 500**

(25’s are always fly, 50’s are always back/breast, 75’s are always free)

*Intervals: 25 @ 30, 50 @ 1:00, 75 @ 1:30*

All swims are 85% effort – anaerobic threshold – MIN/MAX

25, 25, 50, 75, 25, 50, 50, 25, 75, 50, 25, 25

***Texas Kick Set:***

6 x 100 @ 2:05 – all fly kick on back with fins

 \*this set will be done a specific way – UW SL fly kick to surface, drop arms to side while above

 Water, backstroke turn at wall. The entire 100 is all out.

 You will get plenty of rest on this – it is all about your effort.

**Distance Set: Others:**

1 x 400 @ 6:00 – negative split

40 x 25 @ 50 – All out – no explanation necessary. Power and speed set

8 x 50 @ 40 – Hold ultimate pace

 **2 rounds**

***28 x 50 @ 1:00*** – Sprint to Lines (14 lines – explain)

**Best Average Set:** Choose which one you want to do…if you typically swim 200 or more go to option A.

Option B

8 x 100 @ 2:00 – hold best average

100 easy

16 x 50 @ 1:05 – hold best average

100 easy

Option A

4 x 200 @ 4:00 – hold best average

200 easy

8 x 100 @ 2:00 – hold best average

200 easy

* For both sets you can do whatever stroke you want, but you need to do them all that stroke or at least half that stroke. The goal is to hold your fastest possible average time. 49/47

*Controled Anaerobic Threshold training:*

**Distance:**

5 x 200 @ 2:40 – keep around a 160-170bpm pace

 Focus on fast turns and good UW’s

**Free/Back:**

10 x 100 @ 1:30 free / 1:40 Back – keep around a 170-180 bpm pace

 Focus on fast turns and good UW’s

**Fly/Breast:**

12 x 75 @ 1:20 – keep around a 170 – 180 bpm pace

 Focus on fast turns and good UW’s

 \*every 3rd one is free – just make

Get your fins on:

12 x 50 – Kick with fins – just make

 Odds @ 40

 Evens @ 50 3100

Keep your fins on and add paddles:

5 x 200 @ 3:00 – Progression Free @ 3:20

Easy 100 @ 3:00

5 x 100 @ 1:40 – Progression Free @ 1:40

Easy 100 @ 3:000

5 x 100 @ 1:50 – Progression Stk @ 1:50