

Training Type	Description	Training Effect
Aerobic Endurance	Swimming for sustained periods with very little rest period around 50 bpm below max race pace.	To maintain max heart rate around 50 bpm below max
Sprint Training	Partial recovery between swims to stimulate overload. Repeat of individual distances. Heart rate high. Active recovery between sets.	Developing energy supply and neuromuscular patterning for specific race requirements. Max speed training for short distances
Maximum Aerobic Training (Heart Rate Sets VO2)	Max aerobic capacity can only be maintained for a few minutes. Aerobic supply is at its limit and heart rate is max. Low volume of work. High stress for 3-5 minutes with active recovery.	This training is stressful and requires recovery.
Lactate Tolerance Training	Swimmer attempts to swim close to peak at start of swim. Body relies heavily on anaerobic supply.	Produces high level of Lactic acid. Swimmer will experience muscle burning and soreness.
Quality (Technique, Starts, Turns, Relays, Stroke Correction)	Learn and practice all strokes	