

Chart I

GEAR/SPEED	DURATION OF A SET	FREE/BACK CADENCE	FLY/BREAST CADENCE	FEELING / HEART RATE	RANGE OF STROKES OVER BEST
WARM-UP	10' TO 20' minutes	AAAAAA-111111	AA-111111111	Your ultimate BBDPS. The best balanced style you can swim. You can sing when stopping. HR < 100	"PASSION FOR PERFECTION". The best technique you've learned to pay attention to.
OVERDISTANCE or SUBAEROBIC	40' TO 90'	AAAAA-11111	AA-1111111	Can converse when stopping. HR 100+ to <130 +/-	1½ to 3 strokes <u>OB</u>
ANAEROBIC THRESHOLD or SUPERAEROBIC	25' TO 45'	AAAA-1111	AA-11111	More intense breathing, 3 to 5 deep breaths, can speak when restarting. HR 130 to <160 +/-	3 to 4 strokes <u>OB</u>
VO ₂ max	12' TO 20'	AAA-111	AA-111	During the first 2 or 3 breaths, after the swim, it seems like you cannot breathe as deep as you need it. Muscles tingle a bit. HR 160 - <180 +/-.	4½ to 5½ <u>OB</u> (caution, elite swimmers may be at VO2max on 4½ - 5 and lactate tolerance at 5½)
LACTATE SETS	50's to 300's efforts at 95-99%, with plenty of rest	AA-11	AA-11	Breathing burns like when you race, muscles get tight. HR 180 & up	6 to 7 <u>OB</u> (caution, some elite swimmers may not be able to turn over this high)
SPRINT SETS or ALACTIC TRAINING	110% efforts lasting 6" to 18" all out-no breath	A-1	A-1	Great feeling of power, fast breathing at end HR not important.	Neuromuscular exercises, turn over as fast as you can, little attention to technique