

BRITISH SWIMMING TRAINING CLASSIFICATION

Description and Training Intensity Measurements

| Training Zones | Name | Description | HR (bpm) | LA ⁴ (mM) | RPE |
|----------------|----------------------------|--|----------|----------------------|---------|
| Zone 1 | A1 | Aerobic Low Intensity Base conditioning and technical training; warm-up and warm-down <i>Predominantly Fat Metabolism; largely slow-twitch fiber recruitment</i> | >50 | < 2 | <9 |
| | A2 | Aerobic Maintenance/ Development Base aerobic training <i>Improves cardio-respiratory system; enhances Lactate Removal</i> | 40 - 50 | 2 - 4 | 10 - 12 |
| Zone 2 | AT | Anaerobic Threshold Maximal Lactate Steady State where Lactate production = Lactate removal <i>Optimal intensity for development of aerobic capacity</i> | 20 - 30 | 3 - 6 | 14 - 15 |
| Zone 3 | V _{O₂} | Aerobic Overload High intensity work at approximately VO _{2max} This type of training includes Heart Rate and Vcrit sets <i>Improves VO_{2max} and aerobic power</i> | 5 - 20 | 6 - 12 | 17 - 19 |
| Zone 4 | LP | Lactate Production Training intensity results in the maximal speed of lactate build up This type of training includes Race Pace training <i>Enhances rate of glycolytic energy production</i> | 5 - 15 | 8 - 15 | 17 - 19 |
| | LT | Lactate Tolerance High intensity work with medium rest to improve buffering <i>Developing the ability to tolerate lactate/ acidity in the muscle</i> | 0 - 10 | 12 - 20 | 19 - 20 |
| Zone 5 | Speed | Sprinting – ATP-PC High intensity, short duration, long rest repeats <i>Designed to improve alactic energy production (ATP-PC), neuromuscular coordination and fast-twitch muscle fiber recruitment</i> | N/A | N/A | N/A |