

BRITISH SWIMMING ENERGY SYSTEMS & TRAINING ZONES

Training Zone	Sweetenham & Atkinson	Description	HR (BBM)	RPE (6-20)	Olbrecht
1	A1	<i>Low intensity aerobic swimming. Used for warm up, swim down and skill development.</i>	>50	<9	AERC
	A2	<i>Base aerobic training. Improves fitness and enhances Lactate Removal.</i>	40-50	10-12	
2	AT	<i>Maximal Lactate Steady State. Improves the ability to swim with equilibrium of Lactate Production & Removal.</i>	20-30	14-15	
3	MVO2	<i>High intensity work at approximately VO2max (the highest rate of oxygen consumption attainable during maximal or exhaustive exercise). Improves VO2max and Aerobic Power.</i>	5-20	17-19	AERP
4	LP	<i>Training intensity results in the maximal speed of lactate build up. Enhances the ability to produce lactic acid.</i>	0-10	17-19	ANC
	LT	<i>High intensity work with medium rest to improve buffering. Used to develop the ability to tolerate lactic acid in the muscles.</i>	0-10	19-20	ANP
5	Basic Speed	<i>Sprint swimming. Used to improve ATP-PC energy production and fast-twitch muscle fibre recruitment.</i>	N/A	N/A	SPRINT