

SWIMMING TRAINING CLASSIFICATION

Description and Training Intensity Measurements

Training Zones	Maglischo	Description	HR (bpm)	LA (mM)	RPE
Zone 1	EN1	Aerobic Low Intensity Base conditioning and technical training. <i>Recruit and provoke adaptation in slow twitch fibres.</i>	>50	< 2	<9
		Aerobic Maintenance / Development Base aerobic training. <i>Improves cardiovascular system. Enhances Lactate Removal.</i>	40 - 50	2 - 4	10-11
Zone 2	EN2	Aerobic Development Good balance between cardiovascular conditioning and the resultant fatigue. <i>Very good intensity for aerobic development.</i>	30 - 40	3 - 5	12-13
		Anaerobic Threshold Maximal Lactate Steady State where Lactate production = Lactate removal <i>Optimal intensity for aerobic development.</i>	20 - 30	3 - 6	14 -15
Zone 3	EN3	Aerobic Overload High intensity work at the level of VO_{2max} . This type of training includes Heart Rate sets. <i>Improves the %VO_{2max} of that can be maintained during long duration workouts.</i>	10 - 20	6 -12	16-19
Zone 4	SP2	Lactate Production Training intensity results in near maximal lactate build up (Peak Lactate). This type of training includes Race Pace training. <i>Enhance glycolytic rate of energy production.</i>	0 - 10	8-20	17-20
	SP1	Lactate Tolerance High intensity work with short rest to promote lactate utilisation. <i>Developing the ability to tolerate and utilise lactate</i>	0 - 10	6-15	17-20
Zone 5	SP 3	Speed High intensity short duration exercise. <i>Designed to improve alactic energy production (ATP-CP), neuromuscular coordination and muscle fibre recruitment.</i>	N/A	N/A	N/A