

**Training Intensity Table**

Code	Type	Typical repeats	Heart Rate Guideline	% Effort
A1	Aerobic Low Intensity Skills Drills	Any Distance	90 BPM -140 BPM	50-70%
A2	Aerobic End/Maintenance	Generally longer 400m +	140-160 BPM (50-30 BBM)	50-70%
A3	Aerobic Development	100,200,400,800 1500m Repeats	140-180 BPM (50-30 BBM)	60-85%
AT	Aerobic/Anaerobic Threshold	200 - 1500 30%-50% swim time rest intervals	160-180 BPM (30-10BBM)	80-95%
Overload	Aerobic Overload VO2 Max	200 - 1500 5%-10% swim time rest intervals	170-180 BPM (20-10BBM)	Max
Aerobic Overload	Anaerobic Development	100m or shorter	170-190 BPM (20- 0 BBM)	Max
La Prod	Lactate Production	100m or shorter Long rest & Recovery swims	190	Max
LA Tol	Lactate Tolerance	100m or shorter Less rest no recovery swim	190	Max
HVO / MVO	High speed / Max speed	75m or Less	Max	Max
ATCP	Short Burst alactic	25m or less	N/A	Max

**Glossary of Terms**

BPM = Heart Beats measured per minute  
 BBM = Heart Beats Below Maximum Heart Rate  
 Aerobic = Type of exercise using oxygen based energy regeneration  
 Anaerobic = Type of exercise based on energy supplied by muscle stores and glycogen producing lactic acid as a by-product  
 Alactic = Exercise using energy from the Creatine Phosphate system  
 VO2 = Volume of oxygen uptake