**BRITISH SWIMMING TRAINING CLASSIFICATION**

**Description and Training Intensity Measurements**

<table>
<thead>
<tr>
<th>Training Zones</th>
<th>Name</th>
<th>Description</th>
<th>HR (bpm)</th>
<th>LA⁺(mM)</th>
<th>RPE</th>
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</table>
| Zone 1         | A1   | **Aerobic Low Intensity**  
Base conditioning and technical training; warm-up and warm-down  
*Predominantly Fat Metabolism; largely slow-twitch fiber recruitment* | >50 | < 2 | <9 |
|                | A2   | **Aerobic Maintenance/ Development**  
Base aerobic training  
*Improves cardio-respiratory system; enhances Lactate Removal* | 40 - 50 | 2 - 4 | 10 - 12 |
| Zone 2         | AT   | **Anaerobic Threshold**  
Maximal Lactate Steady State where Lactate production = Lactate removal  
*Optimal intensity for development of aerobic capacity* | 20 - 30 | 3 - 6 | 14 - 15 |
| Zone 3         | V₀₂  | **Aerobic Overload**  
High intensity work at approximately VO₂ max  
This type of training includes Heart Rate and Vcrit sets  
*Improves VO₂ max and aerobic power* | 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  
*Enhances rate of glycolytic energy production* | 5 - 15 | 8 - 15 | 17 - 19 |
|                | LT   | **Lactate Tolerance**  
High intensity work with medium rest to improve buffering  
*Developing the ability to tolerate lactate/ acidity in the muscle* | 0 - 10 | 12 - 20 | 19 - 20 |
| Zone 5         | Speed | **Sprinting – ATP-PC**  
High intensity, short duration, long rest repeats  
*Designed to improve alactic energy production (ATP-PC), neuromuscular coordination and fast-twitch muscle fiber recruitment* | N/A | N/A | N/A |