SWIM TESTING	**ANAEROBIC TEST** 3x100m on 3min							**AEROBIC TEST** - 400m						**LACTATE TOLERANCE TEST** 3x100m							
Warm up 400m,400 drill, 6x50m on 60sec, 300m HVO	This test measures speed (similar to the start of a race) and the ability to maintain speed in repeated efforts.Use a dive start. *Rest time-6min; include 150m easy swim.*							This is a measure of the maximum speed you can maintain for 4 – 6min. It is close to VO_2-max. pace. *No warm down, rest=4min max*						This is a test of your ability to produce good times, while tolerating the effect of accumulated lactic acid. *Warm Down – 1km easy swim when training finishes.*							
NAME _____ **DATE**	Effort Time 3x 100m on 3min			H.R. after 3rd	S.R. in 3rd	Total Time	Average Time 1	Start Time	Finish Time	Effort Time	Heart Rate	Stroke Rate		Effort Time 3x 100m on 2min			H.R. after 3rd	S.R. in 3rd	Total Time	Av 2 Time	Time 2 - 1
	1	2	3											1	2	3					

BOARD TESTING	**ANAEROBIC TEST** 3x150m on 3min							**AEROBIC TEST** - 1km						**LACTATE TOLERANCE TEST** 3x150m							
Warm up 5x1min building to 85%; 5min of 20fast/ 20s slow, strokes	This test measures speed (similar to the start of a race) and the ability to maintain speed in repeated efforts. *Rest time-6min; include 3min easy paddling.*							This is a measure of the maximum speed you can maintain for 6 – 8min. It is close to VO_2-max. pace. *No warm down, rest=6min max*						This is a test of your ability to produce good times, while tolerating the effect of accumulated lactic acid. *Warm Down – 15min easy paddle when training finishes.*							
DATE	Effort Time 3x 150m on 3min			H.R. after 3rd	S.R. in 3rd	Total Time	Average Time 1	Start Time	Finish Time	Effort Time	Heart Rate	Stroke Rate		Effort Time 3x 150m on 2min			H.R. after 3rd	S.R. in 3rd	Total Time	Av 2 Time	Time 2 - 1
	1	2	3											1	2	3					

BOAT & SKI TEST	**ANAEROBIC TEST** 3x200m on 3min							**AEROBIC TEST** - 1km						**LACTATE TOLERANCE TEST** 3x200m							
Warm up 5x1min building to 85%; 5min of 20fast/ 20s slow, strokes	This test measures speed (similar to the start of a race) and the ability to maintain speed in repeated efforts. *Rest time-6min; include 3min easy paddling.*							This is a measure of the maximum speed you can maintain for 5 – 6min. It is close to VO_2-max. pace. *No warm down, rest=5min max*						This is a test of your ability to produce good times, while tolerating the effect of accumulated lactic acid. *Warm Down – 15min easy paddle when training finishes.*							
DATE	Effort Time 3x 200m on 3min			H.R. after 3rd	S.R. in 3rd	Total Time	Average Time 1	Start Time	Finish Time	Effort Time	Heart Rate	Stroke Rate		Effort Time 3x 200m on 2min			H.R. after 3rd	S.R. in 3rd	Total Time	Av 2 Time	Time 2 - 1
	1	2	3											1	2	3					