

# Training programme Interpretation: Annex

## ABBREVIATIONS

- CAP1 is **Core Aerobic Power** at 60-75% maximum power
- CAP2 is **Core Aerobic Power** at 75-85% maximum power (ie 10000m+ pace)
- THR is **anaerobic Threshold** training at 85-90% maximum power (ie 2000m pace)
- SRP1 is **Sub-Race Pace** training at 90-95% maximum power (ie 1000m pace)
- SRP2 is **Sub-Race Pace** training at 95%+ maximum power (ie 200m pace)
- RP is **Race Pace**. The SR and HR intensity will depend on the distance of the event
- MP is **Max Power** training at 100%+ maximum power for every effort

## INTERPRETATION

The following code for a training session **SRP1: 4(5',3',1'/1'r)/3'r; SR=80-95; %HR=85-95%** is interpreted as 4 sets of 5 minutes of effort, followed by 3 minutes of effort and 1 minute of effort with 1 minute rest between each effort and 3 minutes rest between sets. The Stroke Rate should be between 80-95 strokes per minute (counting on each side) and the Heart Rate should be between 85% and 95%.