

RCA System of Training Intensity

INTENSITY CATEGORY	APPROX. HEART RATE RANGE	DURATION ONE PIECE (MIN)	RATIO WORK : REST	GOALS OF THE TRAINING INTENSITY	PRACTICAL EXAMPLES	LACTATE LEVEL (MMOL/L)
I	Maximum Heart Rate	0.5 - 1.5	1 : 4 - 1 : 5	<ul style="list-style-type: none"> Anaerobic capacity Transportation = development of cardiopulmonary system Ability and feeling at start 	<ul style="list-style-type: none"> Interval training (short pieces) of 30 - 60 strokes or series 1 - 2 min. Stroke Rate: greater than race Stroke Rate 	> 10
II	Maximum Heart Rate	2 - 7	1 : 2 - 1 : 3	<ul style="list-style-type: none"> Race Endurance Transportation = development of cardiopulmonary system Race speed feeling 	<ul style="list-style-type: none"> Race over 1500 - 2000m 6 x 2 min 3 x 1000m 5 x 750m 	8 - 14
III	Maximum Heart Rate	6 - 10	2 : 2 - 1 : 2	<ul style="list-style-type: none"> Development of aerobic capacity Strength endurance Tactics Technique 	<ul style="list-style-type: none"> 4 x 7 min 3 x 2000m constant speed 5 x 5 min strength endurance water 	5 - 8
IV	165 - 175	10 - 45	4 : 1	<ul style="list-style-type: none"> Anaerobic threshold Development of aerobic capacity Efficiency Strength endurance 	<ul style="list-style-type: none"> 2 x 20 min with Stroke Rate change 3 x 5km time - control 10km head - race 3 x 12 min strength endurance water 	~ 4
V	150 - 165	30 - 90	-	<ul style="list-style-type: none"> Basic endurance Utilization of aerobic capacity Maintenance Technique 	<ul style="list-style-type: none"> 30 - 90 min steady rate Stroke Rate: 10 - 12 less than race Stroke Rate 	~ 3
VI	135 - 150	> 45	-	<ul style="list-style-type: none"> Utilization of aerobic capacity Regeneration Maintenance Technique 	<ul style="list-style-type: none"> 45 - 120 min steady rate Stroke Rate: 18 - 24 / min 	< 2

*From V. Nolte / A. Morrow / B. Richardson / A. Roaf