Your Critical Swim Speed (CSS)

Your calculated CSS Pace is:	/ 100m	/ 50m	/ 25m	
	01:59.74	**00:59.87**	**00:29.93**	INFO **29.93 / 25m (M1 - stay with beep)**

Your diesel status

By comparing your 400m and 200m times, we can get an indication of how well trained you are for distance swimming.

The drop-off between your 200m and 400m speed is 7.4%

Result: Sprint Machine - You need some more CSS / Endurance training to get better over longer distances

Your pacing skills

By taking your 100m split during the 400m we can get a good indication of your ability to pace yourself out in the water.

We rate your pacing skills as: Your Pacing is Really Holding You Back

Your speed over the first 100m was 01:42.5 and you swam 01:54.5 / 100m for the remaining 300m. That means you would have been 35.8 seconds faster if you sustained that initial speed. Or put another way, you would have been 31.3m further ahead come the end of the swim.

Performance predictions

From your CSS pace we predict the following performances over different distances.

	Predicted time	Pace / 100m	
750m:	**14:40**	**01:57.3**	INFO **29.34 / 25m (M1 - stay with beep)**
1000m:	**19:48**	**01:58.8**	INFO **29.70 / 25m (M1 - stay with beep)**

	Predicted time	Pace / 100m	
1500m:	29:56	01:59.7	INFO 29.93 / 25m (M1 - stay with beep)
1900m / ~1.2 mile:	38:34	02:01.8	INFO 30.44 / 25m (M1 - stay with beep)
3800m / ~2.4 mile:	01:19:38	02:05.7	INFO 31.43 / 25m (M1 - stay with beep)
5km:	01:47:46	02:09.3	INFO 32.33 / 25m (M1 - stay with beep)
10km:	03:44:31	02:14.7	INFO 33.68 / 25m (M1 - stay with beep)

Take The 10 Week CSS Challenge

One of our training plans you might like to undertake is the 10 Week Challenge. Each week the beeper gets very slightly quicker (it's barely perceptible) but this adds up to a signficant improvement in fitness over 10 weeks.

	Pace / 100m
Week 1:	00:29.93
Week 2:	00:29.79
Week 3:	00:29.61
Week 4:	00:29.46
Week 5:	00:29.31
Week 6:	00:29.16
Week 7:	00:28.99
Week 8:	00:28.90
Week 9:	00:28.82
Week 10:	00:28.76

Starting CSS / 100m:	01:59.74
Finishing CSS / 100m:	01:55.03
1500m improvement:	01:11
1900m improvement:	01:29
3800m improvement:	02:59
5km improvement:	03:55
10km improvement:	07:51

Your Red Mist paces

Your Red Mist Cycle pace is calculated from your CSS pace - it's a little slower and used over longer aerobic endurance sets.

Your calculated Red Mist Paces are:	/ 100m	/ 50m	
RM Cycle 2:	**02:03.74**	**01:01.87**	 **RM Cycle 2 1:02 / 50m (M2 - beat the beep)**
RM Cycle 4:	**02:07.74**	**01:03.87**	 **RM Cycle 4 1:04 / 50m (M2 - beat the beep)**
RM Cycle 6:	**02:11.74**	**01:05.87**	 **RM Cycle 6 1:06 / 50m (M2 - beat the beep)**
RM Cycle 8:	**02:15.74**	**01:07.87**	 **RM Cycle 8 1:08 / 50m (M2 - beat the beep)**
RM Cycle 10:	**02:19.74**	**01:09.87**	 **RM Cycle 10 1:10 / 50m (M2 - beat the beep)**