


Your Critical Swim Speed (CSS)

Your calculated CSS Pace is:	/ 100m	/ 50m	/ 25m	
	01:53.82	00:56.91	00:28.46	 28.46 / 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 **1.9%**

Result: Diesel Engine - Well done! Keep doing what you're doing

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 **01:43.8** and you swam **01:54.3 / 100m** for the remaining 300m. That means you would have been **31.6** seconds faster if you sustained that initial speed. Or put another way, you would have been **27.6m** 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:	13:57	01:51.5	 27.89 / 25m (M1 - stay with beep)
1000m:	18:49	01:52.9	 28.23 / 25m (M1 - stay with beep)

	Predicted time	Pace / 100m		
1500m:	28:27	01:53.8		28.46 / 25m (M1 - stay with beep)
1900m / ~1.2 mile:	36:39	01:55.8		28.94 / 25m (M1 - stay with beep)
3800m / ~2.4 mile:	01:15:41	01:59.5		29.88 / 25m (M1 - stay with beep)
5km:	01:42:26	02:02.9		30.73 / 25m (M1 - stay with beep)
10km:	03:33:25	02:08.0		32.01 / 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 significant improvement in fitness over 10 weeks.

	Pace / 100m		
Week 1:	00:28.46	Starting CSS / 100m:	01:53.82
Week 2:	00:28.31	Finishing CSS / 100m:	01:49.35
Week 3:	00:28.14	1500m improvement:	01:07
Week 4:	00:28.00	1900m improvement:	01:25
Week 5:	00:27.86	3800m improvement:	02:50
Week 6:	00:27.72	5km improvement:	03:44
Week 7:	00:27.56	10km improvement:	07:27
Week 8:	00:27.47		
Week 9:	00:27.39		
Week 10:	00:27.34		

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 / 100m / 50m
are:

RM Cycle 2:	01:57.82	00:58.91	 INFO	RM Cycle 2 0:59 / 50m (M2 - beat the beep)
RM Cycle 4:	02:01.82	01:00.91	 INFO	RM Cycle 4 1:01 / 50m (M2 - beat the beep)
RM Cycle 6:	02:05.82	01:02.91	 INFO	RM Cycle 6 1:03 / 50m (M2 - beat the beep)
RM Cycle 8:	02:09.82	01:04.91	 INFO	RM Cycle 8 1:05 / 50m (M2 - beat the beep)
RM Cycle 10:	02:13.82	01:06.91	 INFO	RM Cycle 10 1:07 / 50m (M2 - beat the beep)