


Your Critical Swim Speed (CSS)

Your calculated CSS Pace is:	/ 100m	/ 50m	/ 25m	
	02:04.20	01:02.10	00:31.05	 31.05 / 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 **1.0%**

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: Good Age-Group Standard Pacing

Your speed over the first 100m was 02:00.0 and you swam 02:03.9 / 100m for the remaining 300m. That means you would have been **11.7** seconds faster if you sustained that initial speed. Or put another way, you would have been **9.4m** 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:	15:13	02:01.7	 30.43 / 25m (M1 - stay with beep)
1000m:	20:32	02:03.2	 30.80 / 25m (M1 - stay with beep)

	Predicted time	Pace / 100m		
1500m:	31:03	02:04.2		31.05 / 25m (M1 - stay with beep)
1900m / ~1.2 mile:	40:00	02:06.3		31.58 / 25m (M1 - stay with beep)
3800m / ~2.4 mile:	01:22:36	02:10.4		32.60 / 25m (M1 - stay with beep)
5km:	01:51:47	02:14.1		33.53 / 25m (M1 - stay with beep)
10km:	03:52:52	02:19.7		34.93 / 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:	00:31.05	Starting CSS / 100m:	02:04.20
Week 2:	00:30.89	Finishing CSS / 100m:	01:59.32
Week 3:	00:30.71	1500m improvement:	01:13
Week 4:	00:30.56	1900m improvement:	01:33
Week 5:	00:30.40	3800m improvement:	03:05
Week 6:	00:30.25	5km improvement:	04:04
Week 7:	00:30.07	10km improvement:	08:08
Week 8:	00:29.98		
Week 9:	00:29.89		
Week 10:	00:29.83		

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:	02:08.20	01:04.10	 RM Cycle 2 1:05 / 50m (M2 - beat the beep)
RM Cycle 4:	02:12.20	01:06.10	 RM Cycle 4 1:07 / 50m (M2 - beat the beep)
RM Cycle 6:	02:16.20	01:08.10	 RM Cycle 6 1:09 / 50m (M2 - beat the beep)
RM Cycle 8:	02:20.20	01:10.10	 RM Cycle 8 1:11 / 50m (M2 - beat the beep)
RM Cycle 10:	02:24.20	01:12.10	 RM Cycle 10 1:13 / 50m (M2 - beat the beep)