

Group CSS Analysis for Thurday Afternoon Squad

Here are your test results! This spreadsheet is deisgned to give you real insight into your current swim ability. If you have any questions please email me morgan@coachmorg.com but check out the key below:

Pacing Ability - This is calculated from the difference between your first 100m pace and your avegrage pace for the full 400m. Did you go out too fast?

Distance in Meters behind your virtual self - This is how far ahead you would have been if you'd held the pace you went out at for the 1st 100m of the 400m.

CSS Pace /100m & /25m - This is the pace setting we will use to base our sessions around using the Tempo Trainer Pro. Theorectically this is the pace you should be able to swim a 1500m open water swim in!

Aerobic/Anaerobic Drop-off - This the percentage your pace dropped by when swimming the 400m compared to the 200m

Petrol or Diesel - Based on the drop-off in pace we can classify you as having a "diesel" or "petrol" engine. A large drop-off (>4%) indicates more of a sprint or 'petrol' physiology. A low drop-off (<4%) indicates a good endurance or 'diesel' physiology.

Extra Session - Based on the test results, this is the recommended session for this individual swimmer to work on their weakness. Ask me for more detials.

Lane/Group Allocation - This is the mini squad you'll work in within your lane. We may play around woth this as we see further improvements or if your result wasn't a true reflection of your actual ability.

meters <- Select whether you are using a meter or yard pool

Swimmer Name	Time for first 100m of 400m	Time 400m Timetrial	Average Pace /100m	Average Pace /100m for last 300m	Pacing drop- off: First 100m vs. last 300m	Distance in m behind "virtual" self based on first 100m	Pacing Ability	Time 200m Timetrial	CSS Pace /100m	CSS Pace /25m	% Aerobic / Anaerobic Drop-off	Petrol or Diesel?	Extra Session
Tom Derry	01:18	05:43	01:25.8	01:28.3	00:10.3	36.2	Pacing is Really Holding You Back!	02:46	01:28.5	00:22.1	3.21%	DIESEL	Threshold
Morag Robertson	01:46	07:36	01:54.0	01:56.7	00:10.7	28.1	Pacing is Really Holding You Back!	03:39	01:58.5	00:29.6	3.95%	DIESEL	Threshold
Richard Tarrega	01:35	06:58	01:44.5	01:47.7	00:12.7	36.4	Pacing is Really Holding You Back!	03:25	01:46.5	00:26.6	1.91%	DIESEL	Threshold
Ben Powell	01:42	07:29	01:52.3	01:55.7	00:13.7	36.5	Pacing Needs Some SERIOUS attention!	03:34	01:57.5	00:29.4	4.68%	PETROL	Threshold
Rachel Spencer	01:50	07:48	01:57.0	01:59.3	00:09.3	23.9	Pacing is Really Holding You Back!	03:48	02:00.0	00:30.0	2.56%	DIESEL	Threshold
Marie Moss	02:25	10:16	02:34.0	02:37.0	00:12.0	23.4	Pacing is Really Holding You Back!	05:09	02:33.5	00:38.4	-0.32%	DIESEL	Speed
Helen Hindmarch	01:43	07:32	01:53.0	01:56.3	00:13.3	35.4	Pacing Needs Some SERIOUS attention!	03:39	01:56.5	00:29.1	3.10%	DIESEL	Threshold
Mike Bosomworth	02:39	11:23	02:50.7	02:54.7	00:15.7	27.5	Pacing Needs Some SERIOUS attention!	05:51	02:46.0	00:41.5	-2.78%	DIESEL	Speed
Melanie Johnson	02:03	08:53	02:13.3	02:16.7	00:13.7	30.8	Pacing Needs Some SERIOUS attention!	04:19	02:17.0	00:34.2	2.81%	DIESEL	Threshold
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