Group CSS Analysis for Thurday Squads

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@evolveendurance.co.uk 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.

Area to Improve - Based on the test results, this is the recommended area for this individual swimmer to work on their weakness. Ask me for more detials.

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?	Area to Improve
Sarah Dunne	01:32	06:15	01:33.8	01:34.3	00:02.3	7.5	Good Age-Group Standard	02:59	01:38.0	00:24.5	4.53%	PETROL	Speed
Phil Cornforth	01:41	07:13	01:48.2	01:50.7	00:09.7	26.8	Pacing is Really Holding You Back!	03:27	01:53.0	00:28.2	4.39%	PETROL	Speed
Helen Hindmarch	01:41	07:08	01:47.0	01:49.0	00:08.0	22.4	Average Squad Swimmer	03:26	01:51.0	00:27.8	3.74%	DIESEL	Speed
Martin Robson	01:39	07:01	01:45.2	01:47.3	00:08.3	23.8	Pacing is Really Holding You Back!	03:23	01:49.0	00:27.2	3.56%	DIESEL	Speed
Mark Rowland	01:43	07:12	01:48.0	01:49.7	00:06.7	18.5	Average Squad Swimmer	03:22	01:55.0	00:28.7	6.48%	PETROL	Endurance
Lauren Pritchard	01:38	07:14	01:48.5	01:52.0	00:14.0	38.7	Pacing Needs Some SERIOUS attention!	03:34	01:50.0	00:27.5	1.38%	DIESEL	Speed
Loretta Robson	01:50	07:43	01:55.8	01:57.7	00:07.7	19.9	Average Squad Swimmer	03:50	01:56.5	00:29.1	0.65%	DIESEL	Speed
Rachel Spencer	01:49	07:51	01:57.8	02:00.7	00:11.7	29.7	Pacing is Really Holding You Back!	04:00	01:55.5	00:28.9	-1.91%	DIESEL	Speed
Amanda Pritchard	01:48	07:45	01:56.3	01:59.0	00:11.0	28.4	Pacing is Really Holding You Back!	03:40	02:02.5	00:30.6	5.38%	PETROL	Endurance
Jamie Heselden	01:56	08:01	02:00.2	02:01.7	00:05.7	14.1	Average Squad Swimmer	03:49	02:06.0	00:31.5	4.78%	PETROL	Speed
Lisa Evans	02:06	08:32	02:08.0	02:08.7	00:02.7	6.2	Good Age-Group Standard	04:09	02:11.5	00:32.9	2.73%	DIESEL	Speed
Tessa Hill	02:08	08:40	02:10.0	02:10.7	00:02.7	6.2	Good Age-Group Standard	04:14	02:13.0	00:33.2	2.31%	DIESEL	Speed
Anna Lycett	02:15	09:36	02:24.0	02:27.0	00:12.0	25.0	Pacing is Really Holding You Back!	04:35	02:30.5	00:37.6	4.51%	PETROL	Speed
John Staveley	02:13	09:42	02:25.5	02:29.7	00:16.7	34.4	Pacing Needs Some SERIOUS attention!	04:48	02:27.0	00:36.7	1.03%	DIESEL	Speed
Lauren Holbrook	02:13	09:47	02:26.8	02:31.3	00:18.3	37.5	Pacing Needs Some SERIOUS attention!	04:50	02:28.5	00:37.1	1.19%	DIESEL	Speed
Denise Crispin-Bailey	02:20	09:41	02:25.3	02:27.0	00:07.0	14.5	Average Squad Swimmer	04:40	02:30.5	00:37.6	3.61%	DIESEL	Speed
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			
										#VALUE!			