

Group CSS Analysis for Wednesday 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
Richard Clarke	01:25	06:18	01:34.5	01:37.7	00:12.7	40.2	Pacing is Really Holding You Back!	03:05	01:36.5	00:24.1	2.12%	DIESEL	Threshold
Lee Bibby	01:31	06:29	01:37.3	01:39.3	00:08.3	25.7	Pacing is Really Holding You Back!	03:07	01:41.0	00:25.3	3.86%	DIESEL	Threshold
Lynne Hargreave	01:32	06:30	01:37.5	01:39.3	00:07.3	22.6	Average Squad Swimmer	03:07	01:41.5	00:25.4	4.10%	PETROL	Threshold
Liz Wrigglesworth	01:36	06:46	01:41.5	01:43.3	00:07.3	21.7	Average Squad Swimmer	03:20	01:43.0	00:25.8	1.48%	DIESEL	Speed
Jeremy Smith	01:36	06:44	01:41.0	01:42.7	00:06.7	19.8	Average Squad Swimmer	03:18	01:43.0	00:25.8	1.98%	DIESEL	Threshold
Nick Wright	01:36	06:49	01:42.3	01:44.3	00:08.3	24.4	Pacing is Really Holding You Back!	03:20	01:44.5	00:26.1	2.20%	DIESEL	Threshold
Jonny Sharp	01:36	07:06	01:46.5	01:50.0	00:14.0	39.4	Pacing Needs Some SERIOUS attention!	03:30	01:48.0	00:27.0	1.41%	DIESEL	Speed
James Dean	01:41	07:03	01:45.7	01:47.3	00:06.3	18.0	Average Squad Swimmer	03:19	01:52.0	00:28.0	5.91%	PETROL	Endurance
Laura Holden	01:43	07:26	01:51.5	01:54.3	00:11.3	30.5	Pacing is Really Holding You Back!	03:38	01:54.0	00:28.5	2.24%	DIESEL	Threshold
Katherine Firmin	01:41	07:28	01:52.0	01:55.7	00:14.7	39.3	Pacing Needs Some SERIOUS attention!	03:40	01:54.0	00:28.5	1.79%	DIESEL	Threshold
Ben Jackson	01:42	07:13	01:48.2	01:50.3	00:08.3	23.1	Pacing is Really Holding You Back!	03:20	01:56.5	00:29.1	7.62%	PETROL	Endurance
Tom Castle	01:43	07:45	01:56.3	02:00.7	00:17.7	45.6	Pacing Needs Some SERIOUS attention!	03:51	01:57.0	00:29.3	0.65%	DIESEL	Speed
Morag Robertson	01:48	07:42	01:55.5	01:58.0	00:10.0	26.0	Pacing is Really Holding You Back!	03:40	02:01.0	00:30.3	4.76%	PETROL	Threshold
Angelo Deplano	01:42	07:49	01:57.2	02:02.3	00:20.3	52.0	Pacing Needs Some SERIOUS attention!	03:46	02:01.5	00:30.4	3.62%	DIESEL	Threshold
Hannah Corne	01:47	07:40	01:55.0	01:57.7	00:10.7	27.8	Pacing is Really Holding You Back!	03:35	02:02.5	00:30.6	6.52%	PETROL	Endurance
Kirsty Haynes	01:54	07:58	01:59.5	02:01.3	00:07.3	18.4	Average Squad Swimmer	03:52	02:03.0	00:30.7	2.93%	DIESEL	Threshold
Linda Harris	01:55	08:00	02:00.0	02:01.7	00:06.7	16.7	Average Squad Swimmer	03:53	02:03.5	00:30.9	2.92%	DIESEL	Threshold
Lisa Akroyd	01:55	08:04	02:01.0	02:03.0	0.80:00	19.8	Average Squad Swimmer	03:56	02:04.0	00:31.0	2.48%	DIESEL	Threshold
Julie Smith	01:55	07:59	01:59.8	02:01.3	00:06.3	15.9	Average Squad Swimmer	03:51	02:04.0	00:31.0	3.55%	DIESEL	Threshold
Andrew Lees	01:43	07:25	01:51.3	01:54.0	00:11.0	29.7	Pacing is Really Holding You Back!	03:16	02:04.5	00:31.1	11.91%	PETROL	Endurance
Deborah Wall	02:00	08:45	02:11.3	02:15.0	00:15.0	34.3	Pacing Needs Some SERIOUS attention!	04:12	02:16.5	00:34.1	4.00%	DIESEL	Threshold
Simon Peacock	02:01	08:38	02:09.5	02:12.3	00:11.3	26.3	Pacing is Really Holding You Back!	04:02	02:18.0	00:34.5	6.56%	PETROL	Endurance
Kerry Flemming	02:00	08:37	02:09.2	02:12.3	00:12.3	28.6	Pacing is Really Holding You Back!	03:59	02:19.0	00:34.8	7.54%	PETROL	Endurance
Richard Yeomans	01:59	08:40	02:10.0	02:13.7	00:14.7	33.8	Pacing Needs Some SERIOUS attention!	04:01	02:19.5	00:34.9	7.31%	PETROL	Endurance
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