

Swim Smooth Perth Squad CSS Testing November 2013

Name	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
	1st 100m/ 400m	400m time	Average Pace/ 100m	Average Pace/ 100m for last 300m	Pacing drop-off: 1st 100m vs. last 300m	Distance behind your "virtual" self based on 1st 100m	1st 100m/ 200m	200m time	Average Pace/ 100m	Pacing drop-off between your 1st and last 100m of the 200m TT	CSS Pace/ 100m	Aerobic / Anaerobic Drop-off	True Reflection ?	Extra Session	Technique Advice
Aaron R	01:22.0	05:32.0	01:23.0	01:23.3	-00:01.3	-5	01:18.0	02:38.0	01:19.0	-00:01.0	01:27.0	-00:04.0	1	Th	4
Adam W	01:29.0	06:51.0	01:42.8	01:47.3	-00:18.3	-54	01:29.0	03:14.0	01:37.0	-00:08.0	01:48.5	-00:05.8	2	En	5
Adam Y	01:33.0	06:15.0	01:33.8	01:34.0	-00:01.0	-3	01:29.0	03:00.0	01:30.0	-00:01.0	01:37.5	-00:03.8	1	Th	4
Adele R	01:17.0	05:32.0	01:23.0	01:25.0	-00:08.0	-29	01:15.0	02:39.0	01:19.5	-00:04.5	01:26.5	-00:03.5	2	Th	4
Alan T	01:43.0	07:33.0	01:53.2	01:56.7	-00:13.7	-36	01:42.0	03:35.0	01:47.5	-00:05.5	01:59.0	-00:05.7	2	En	1
Amanda N	01:34.0	06:58.0	01:44.5	01:48.0	-00:14.0	-40	01:33.0	03:17.0	01:38.5	-00:05.5	01:50.5	-00:06.0	2	En	1
Andrée C (Pu)	01:50.0	07:40.0	01:55.0	01:56.7	-00:06.7	-17	01:52.0	03:48.0	01:54.0	-00:02.0	01:56.0	-00:01.0	5	Th	1
Andrew G	01:13.0	05:14.0	01:18.5	01:20.3	-00:07.3	-28	01:12.0	02:28.0	01:14.0	-00:02.0	01:23.0	-00:04.5	3	Th	4
Andrew Ho	01:45.0	07:25.0	01:51.3	01:53.3	-00:08.3	-22	01:47.0	03:38.0	01:49.0	-00:02.0	01:53.5	-00:02.3	2	Sp	5
Anka F	01:51.0	07:39.0	01:54.8	01:56.0	-00:05.0	-13	01:47.0	03:38.0	01:49.0	-00:02.0	02:00.5	-00:05.8	4	Th	5
Anna-lee H (Pu)	01:23.0	05:38.0	01:24.5	01:25.0	-00:02.0	-7	01:20.0	02:39.0	01:19.5	00:00.5	01:29.5	-00:05.0	5	En	4
Anne-Marie D'A	01:38.0	07:01.0	01:45.3	01:47.7	-00:09.7	-28	01:37.0	03:19.0	01:39.5	-00:02.5	01:51.0	-00:05.8	2	En	3
Annette VH	01:45.0	07:28.0	01:52.0	01:54.3	-00:09.3	-25	01:49.0	03:45.0	01:52.5	-00:03.5	01:51.5	00:00.5	2	Sp	5
Ari H	01:30.0	06:27.0	01:36.8	01:39.0	-00:09.0	-28	01:28.0	03:06.0	01:33.0	-00:05.0	01:40.5	-00:03.8	2	Th	4
Ashlan W	01:16.0	05:11.0	01:17.7	01:18.3	-00:02.3	-9	01:13.0	02:30.0	01:15.0	-00:02.0	01:20.5	-00:02.8	1	Th	3
Barrie E	01:46.0	07:18.0	01:49.5	01:50.7	-00:04.7	-13	01:45.0	03:30.0	01:45.0	00:00.0	01:54.0	-00:04.5	1	Th	2
Bec E	01:32.0	06:38.0	01:39.5	01:42.0	-00:10.0	-30	DNA	DNA	01:35.0	DNA	01:44.0	-00:04.5	2	Th	3
Ben D	01:47.0	07:58.0	01:59.5	02:03.7	-00:16.7	-42	01:45.0	03:40.0	01:50.0	-00:05.0	02:09.0	-00:09.5	2	En	1
Bill C	01:37.0	07:41.0	01:55.3	02:01.3	-00:24.3	-63	01:45.0	03:49.0	01:54.5	-00:09.5	01:56.0	-00:00.8	2	Th	1
Bill M	01:31.0	06:27.0	01:36.8	01:38.7	-00:07.7	-24	01:28.0	03:06.0	01:33.0	-00:05.0	01:40.5	-00:03.8	2	Th	2
Bob E	01:58.0	08:05.0	02:01.3	02:02.3	-00:04.3	-11	01:51.0	03:48.0	01:54.0	-00:03.0	02:08.5	-00:07.3	2	En	1
Brad R	01:24.0	05:32.0	01:23.0	01:22.7	-00:01.3	5	01:21.0	02:41.0	01:20.5	00:00.5	01:25.5	-00:02.5	1	Sp	4
Brenton J	01:19.0	05:39.0	01:24.8	01:26.7	-00:07.7	-27	01:17.0	02:41.0	01:20.5	-00:03.5	01:29.0	-00:04.2	2	Th	3
Bronwyn F	01:22.0	06:01.0	01:30.2	01:33.0	-00:11.0	-37	01:23.0	02:54.0	01:27.0	-00:04.0	01:33.5	-00:03.2	2	Th	2
Caroline C	01:38.0	07:03.0	01:45.7	01:48.3	-00:10.3	-29	01:38.0	03:23.0	01:41.5	-00:03.5	01:50.0	-00:04.2	2	Th	5
Carrie A	01:38.0	07:00.0	01:45.0	01:47.3	-00:09.3	-27	01:39.0	03:24.0	01:42.0	-00:03.0	01:48.0	-00:03.0	2	Th	6
Chris McK	01:27.0	05:50.0	01:27.5	01:27.7	-00:00.7	-2	01:16.0	02:40.0	01:20.0	-00:04.0	01:35.0	-00:07.5	1	En	2
Cobie R	01:43.0	07:13.0	01:48.2	01:50.0	-00:07.0	-19	DNA	DNA	01:45.0	DNA	01:51.5	-00:03.2	1	Th	6
Cobie R	01:47.0	07:20.0	01:50.0	01:51.0	-00:04.0	-11	01:46.0	03:33.0	01:46.5	-00:00.5	01:53.5	-00:03.5	1	Th	6
Cobie R	01:51.0	07:39.0	01:54.8	01:56.0	-00:05.0	-13	01:48.0	03:40.0	01:50.0	-00:02.0	01:59.5	-00:04.8	4	Th	6
Derek C (W)	01:08.0	04:37.0	01:09.3	01:09.7	-00:01.7	-7	01:05.0	02:12.0	01:06.0	-00:01.0	01:12.5	-00:03.3	5	Th	2
Diane O	01:44.0	07:24.0	01:51.0	01:53.3	-00:09.3	-25	01:44.0	03:41.0	01:50.5	-00:06.5	01:51.5	-00:00.5	2	Th	6
Dominic T	01:34.0	06:23.0	01:35.8	01:36.3	-00:02.3	-7	01:31.0	03:02.0	01:31.0	00:00.0	01:40.5	-00:04.8	1	Th	5
Ed N	01:43.0	07:13.0	01:48.2	01:50.0	-00:07.0	-19	DNA	DNA	01:42.5	DNA	01:54.0	-00:05.7	2	En	2
Edward P	01:27.0	06:36.0	01:39.0	01:43.0	-00:16.0	-48	01:27.0	03:05.0	01:32.5	-00:05.5	01:45.5	-00:06.5	2	En	1
Elliot C	01:18.0	05:32.0	01:23.0	01:24.7	-00:06.7	-24	01:16.0	02:40.0	01:20.0	-00:04.0	01:26.0	-00:03.0	2	Th	3
Elvria S	01:27.0	06:24.0	01:36.0	01:39.0	-00:12.0	-38	01:27.0	03:05.0	01:32.5	-00:05.5	01:39.5	-00:03.5	2	Th	4
Emily L	01:19.0	05:31.0	01:22.7	01:24.0	-00:05.0	-18	01:21.0	02:46.0	01:23.0	-00:02.0	01:22.5	00:00.2	2	Sp	3
Emmy P	01:43.0	07:28.0	01:52.0	01:55.0	-00:12.0	-32	01:45.0	03:41.0	01:50.5	-00:05.5	01:53.5	-00:01.5	3	Th	6
Ernie R	DNA	06:55.0	01:43.8	DNA	DNA	DNA	01:33.0	03:14.0	01:37.0	-00:04.0	01:50.5	-00:06.8	2	En	6
Gavin McK	01:20.0	05:25.0	01:21.2	01:21.7	-00:01.7	-6	01:17.0	02:34.0	01:17.0	00:00.0	01:25.5	-00:04.3	1	Th	4
Geoff I	01:21.0	05:56.0	01:29.0	01:31.7	-00:10.7	-36	01:21.0	02:52.0	01:26.0	-00:05.0	01:32.0	-00:03.0	2	Th	2
Georgia S	01:23.0	05:50.0	01:27.5	01:29.0	-00:06.0	-21	01:24.0	02:51.0	01:25.5	-00:01.5	01:29.5	-00:02.0	2	Sp	6
Gillian E	01:47.0	07:24.0	01:51.0	01:52.3	-00:05.3	-14	01:45.0	03:41.0	01:50.5	-00:05.5	01:51.5	-00:00.5	1	Sp	6
Glenn Ma (Pu)	01:29.0	06:11.0	01:32.7	01:34.0	-00:05.0	-16	01:28.0	03:02.0	01:31.0	-00:03.0	01:34.5	-00:01.7	5	Th	6
Graham C	01:31.0	06:20.0	01:35.0	01:36.3	-00:05.3	-17	01:30.0	03:08.0	01:34.0	-00:04.0	01:36.0	-00:01.0	2	Sp	2
Grant H	01:26.0	05:50.0	01:27.5	01:28.0	-00:02.0	-7	01:22.0	02:46.0	01:23.0	-00:01.0	01:32.0	-00:04.5	1	Th	4
Guy VH	01:44.0	07:15.0	01:48.8	01:50.3	-00:06.3	-17	01:45.0	03:31.0	01:45.5	-00:00.5	01:52.0	-00:03.3	1	Th	1
Jaim H	01:29.0	06:22.0	01:35.5	01:37.7	-00:08.7	-27	DNA	DNA	01:33.5	DNA	01:37.5	-00:02.0	2	Sp	2
James F	01:15.0	05:19.0	01:19.8	01:21.3	-00:06.3	-24	01:15.0	02:34.0	01:17.0	-00:02.0	01:22.5	-00:02.8	3	Sp	4
Jane C	01:28.0	06:19.0	01:34.8	01:37.0	-00:09.0	-28	01:27.0	02:59.0	01:29.5	-00:02.5	01:40.0	-00:05.2	2	En	6
Jane D (Co)	01:42.0	07:10.0	01:47.5	01:49.3	-00:07.3	-20	01:42.0	03:30.0	01:45.0	-00:03.0	01:50.0	-00:02.5	3	Sp	6
Janine K	01:49.0	07:48.0	01:57.0	01:59.7	-00:10.7	-27	01:44.0	03:40.0	01:50.0	-00:06.0	02:04.0	-00:07.0	2	En	2
Janine W	01:19.0	05:46.0	01:25.0	01:29.0	-00:10.0	-35	01:18.0	02:46.0	01:23.0	-00:05.0	01:30.0	-00:03.5	2	Th	4
Jeff D	01:21.0	06:01.0	01:30.2	01:33.3	-00:12.3	-41	01:23.0	02:54.0	01:27.0	-00:04.0	01:33.5	-00:03.2	2	Th	3
Jens B	01:33.0	07:24.0	01:51.0	01:57.0	-00:24.0	-65	01:37.0	03:31.0	01:45.5	-00:08.5	01:56.5	-00:05.5	2	En	1
Jill B	01:47.0	07:55.0	01:58.7	02:02.7	-00:15.7	-40	01:48.0	03:48.0	01:54.0	-00:06.0	02:03.5	-00:04.8	2	Th	6
Jo VR	01:35.0	07:01.0	01:45.3	01:48.7	-00:13.7	-39	01:35.0	03:21.0	01:40.5	-00:05.5	01:50.0	-00:04.8	2	Th	6
John E	01:27.0	06:03.0	01:30.8	01:32.0	-00:05.0	-17	01:28.0	02:59.0	01:29.5	-00:01.5	01:32.0	-00:01.3	1	Sp	4
John H	01:25.0	06:05.0	01:31.3	01:33.3	-00:08.3	-27	01:27.0	03:01.0	01:30.5	-00:03.5	01:32.0	-00:00.8	2	Th	1
John T (JT)	01:28.0	06:14.0	01:33.5	01:35.3	-00:07.3	-24	01:27.0	02:58.0	01:29.0	-00:02.0	01:38.0	-00:04.5	2	Th	4
Jonathan C	01:26.0	06:07.0	01:31.8	01:33.7	-00:07.7	-25	01:27.0	02:55.0	01:27.5	-00:00.5	01:36.0	-00:04.3	2	Th	4
Jude M	01:51.0	07:59.0	01:59.8	02:02.7	-00:11.7	-29	DNA	DNA	01:56.0	DNA	02:03.5	-00:03.8	2	Th	2
Justine M	DNA	05:55.0	01:28.8	DNA	DNA	DNA	DNA	02:55.0	01:27.5	DNA	01:30.0	-00:01.3	1	Sp	6
Kay F	01:36.0	06:57.0	01:44.3	01:47.0	-00:11.0	-32	01:35.0	03:16.0	01:38.0	-00:03.0	01:50.5	-00:06.3	2	En	6
Kerry T	01:49.0	07:28.0	01:52.0	01:53.0	-00:04.0	-11	01:42.0	03:36.0	01:48.0	-00:06.0	01:56.0	-00:04.0	1	Th	6
Kim C	01:37.0	06:47.0	01:41.7	01:43.3	-00:06.3	-19	01:33.0	03:13.0	01:36.5	-00:03.5	01:47.0	-00:05.2	1	Th	6
Kim S	01:23.0	05:58.0	01:29.5	01:31.7	-00:08.7	-29	01:24.0	02:52.0	01:26.0	-00:02.0	01:33.0	-00:03.5	2	Th	2
Kym M	01:37.0	07:16.0	01:49.0	01:53.0	-00:16.0	-44	01:35.0	03:27.0	01:43.5	-00:08.5	01:54.5	-00:05.5	2	En	6
Linda M	01:29.0	06:30.0	01:37.5	01:40.3	-00:11.3	-35	01:27.0	03:02.0	01:31.0	-00:04.0	01:44.0	-00:06.5	2	En	2
Lindsey S	01:43.0	07:17.0	01:49.3	01:51.3	-00:08.3	-23	01:39.0	03:31.0	01:45.5	-00:06.5	01:53.0	-00:03.8</			

Swim Smooth Perth Squad CSS Testing November 2013

Name	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
	1st 100m/400m	400m time	Average Pace/100m	Average Pace/100m for last 300m	Pacing drop-off: 1st 100m vs. last 300m	Distance behind your "virtual" self based on 1st 100m	1st 100m/200m	200m time	Average Pace/100m	Pacing drop-off between your 1st and last 100m of the 200m TT	CSS Pace/100m	Aerobic / Anaerobic Drop-off	True Reflection ?	Extra Session	Technique Advice
Rory T	DNA	05:52.0	01:28.0	DNA	DNA	DNA	DNA	02:53.0	01:26.5	DNA	01:29.5	-00:01.5	1	Sp	4
Roxanne G	01:51.0	07:40.0	01:55.0	01:56.3	-00:05.3	-14	01:50.0	03:39.0	01:49.5	00:00.5	02:00.5	-00:05.5	2	Th	6
Rupert H	01:32.0	06:34.0	01:38.5	01:40.7	-00:08.7	-26	01:32.0	03:16.0	01:38.0	-00:06.0	01:39.0	-00:00.5	2	Th	6
Sally M	01:27.0	06:25.0	01:36.3	01:39.3	-00:12.3	-38	01:26.0	03:05.0	01:32.5	-00:06.5	01:40.0	-00:03.8	2	Th	4
Sally St	01:47.0	07:32.0	01:53.0	01:55.0	-00:08.0	-21	01:47.0	03:39.0	01:49.5	-00:02.5	01:56.5	-00:03.5	2	Sp	6
Saskia L (S)	01:37.0	06:34.0	01:38.5	01:39.0	-00:02.0	-6	01:35.0	03:12.0	01:36.0	-00:01.0	01:41.0	-00:02.5	3	Sp	4
Sean W	01:29.0	06:18.0	01:34.5	01:36.3	-00:07.3	-23	01:28.0	03:06.0	01:33.0	-00:05.0	01:36.0	-00:01.5	2	Th	2
Shane H	DNA	06:39.0	01:39.8	DNA	DNA	DNA	01:31.0	03:08.0	01:34.0	-00:03.0	01:45.5	-00:05.8	2	En	1
Simon B	01:21.0	05:33.0	01:23.3	01:24.0	-00:03.0	-11	01:17.0	02:39.0	01:19.5	-00:02.5	01:27.0	-00:03.8	1	Th	4
Simon D	01:18.0	05:42.0	01:25.5	01:28.0	-00:10.0	-35	01:15.0	02:41.0	01:20.5	-00:05.5	01:30.5	-00:05.0	2	En	4
Stacey W	01:33.0	07:31.0	01:52.7	01:59.3	-00:26.3	-70	01:40.0	03:24.0	01:42.0	-00:02.0	02:03.5	-00:10.7	2	En	1
Steve G	01:19.0	05:53.0	01:28.3	01:31.3	-00:12.3	-42	01:22.0	02:50.0	01:25.0	-00:03.0	01:31.5	-00:03.2	2	Th	3
Stijn Z	01:33.0	06:30.0	01:37.5	01:39.0	-00:06.0	-18	01:32.0	03:09.0	01:34.5	-00:02.5	01:40.5	-00:03.0	1	Th	2
Sue O	01:58.0	08:11.0	02:02.8	02:04.3	-00:06.3	-15	01:54.0	03:53.0	01:56.5	-00:02.5	02:09.0	-00:06.2	4	En	6
Suzanne N	01:24.0	05:55.0	01:28.8	01:30.3	-00:06.3	-21	01:24.0	02:55.0	01:27.5	-00:03.5	01:30.0	-00:01.3	2	Sp	6
Suzi S (Pu)	01:24.0	05:49.0	01:27.3	01:28.3	-00:04.3	-15	01:24.0	02:53.0	01:26.5	-00:02.5	01:28.0	-00:00.8	3	Sp	6
Tim B	01:41.0	07:18.0	01:49.5	01:52.3	-00:11.3	-31	01:41.0	03:28.0	01:44.0	-00:03.0	01:55.0	-00:05.5	2	En	5
Tony B	01:47.0	07:37.0	01:54.3	01:56.7	-00:09.7	-25	DNA	03:30.0	01:45.0	DNA	02:03.5	-00:09.2	2	En	1
Trevor M	01:34.0	06:43.0	01:40.8	01:43.0	-00:09.0	-27	01:32.0	03:13.0	01:36.5	-00:04.5	01:45.0	-00:04.2	2	Th	6
Will H	01:39.0	07:16.0	01:49.0	01:52.3	-00:13.3	-37	01:41.0	03:29.0	01:44.5	-00:03.5	01:53.5	-00:04.5	2	Th	5

E: Pacing Drop-off 1st 100m vs. last 300m:

<2.0	Elite Level Pacing
2.0-4.9	Good Age-Group Standard Pacing
5.0-7.9	Average Squad Swimmer Pacing
8.0-12.9	Your Pacing is Really Holding You Back!
>13.0	Your Pacing Needs Some SERIOUS attention!

M: True Reflection of Your Current Ability?

- Yes, well done!
- No, your pacing is the main cause for concern here. Don't cry - act now & do something about it!
- No, you were sick, injured, on the comeback-trail or got cold during the test
- No, you were simply having an off day - don't panic, we all have them!
- No, you were using a pull buoy, wetsuit or fins - these items will seriously skew your results, be warned!

N: Can You Fit An Extra Session In By Yourself Per Week, If So, This Type Of Session Would Be Recommended For You:

- En** Endurance: 10 x 400m with 30s rest. Do 4 @ CSS+6", 3 @ CSS+5", 2 @ CSS +4", 1 @ CSS+3". Reduce each stage by 1s/100m every 2 weeks
- Th** Threshold: 4 x 100m, 1 x 200m, 4 x 100m, 1 x 300m, 4 x 100m, 1 x 400m - all at CSS pace with 1 beep recovery (set at 25m interval)
- Sp** Speed: 6 x 50m "all-out" effort +30s rest between each, 3 x 100m "all-out" effort +45s rest between each. Now repeat all with fins.

O: Technique Advice - Things For You To Be Working On In Your Stroke For Better Efficiency:

- Exhalation / Relaxation / Body Position:** focus on controlling your breathing with deep sighs/exhalation. **Drill:** 6/1/6 & Breathe Every 5 with control
USEFUL LINKS: <http://www.swimsmooth.com/breathing.html> and <http://www.swimsmooth.com/swimming-balance.html>
- Cross-overs / Sweep Under Body:** focus on good alignment / posture by not allowing hands to extend across midline upon entry. **Drill:** Side Kick / Javelin
USEFUL LINKS: <http://www.feelforthewater.com/search?q=posture>
- Hand Entry:** focus on avoiding a thumb-first entry into the water and/or applying the brakes as you reach forwards. **Drill:** Freestyler/Agility Paddles & Sculling
USEFUL LINKS: <http://www.swimsmooth.com/injury.php>
- Catch & Pull:** focus on developing a better feel for the water with a bent elbow pull through. **Drill:** Sculling, Doggy Paddle, Fists, Agility Paddles
USEFUL LINKS: <http://www.feelforthewater.com/search?q=Becky>
- Rhythm & Timing:** your stroke rate is a little slow and/or erratic. **Drill:** Use a Tempo Trainer in Mode 3 to focus on consistency of rhythm
USEFUL LINKS: <http://www.feelforthewater.com/search?q=overglider>
- Rotation / Recovery:** you're quite stiff/rigid in your back/shoulders. Rotate to 45-60° on each stroke and use a higher/straighter arm recovery. **Drill:** Broken Arrow
USEFUL LINKS: <http://www.swimsmooth.com/rotation.html>

Column Glossary:

- A** The time you took to complete the 1st 100m during the 400m Time Trial (TT), in 80% of the case, WAY too fast! Even a 400m swim needs to be paced properly!
- B** Your total 400m, adjusted for any starting delays etc
- C** Your average pace per 100m for the 400m Time Trial - note how much this varies to your 1st 100m in most cases!
- D** The average pace per 100m for the last 300m of the 400m TT, this obviously varies massively with your 100m time if you set off too quick! How much are you losing?
- E** The time differential in seconds between your 1st 100m and the average pace of the last 300m of the 400m TT.
- F** The above result demonstrated in the actual distance you would have been behind your "virtual" self had you maintained your pace properly. Some people are >50m!
- G** The time you took to complete the 1st 100m during the 200m TT. This pace will often be slower than Column A if you really blew-up on the 400m TT!
- H** Your total 200m, adjusted for any starting delays etc
- I** Your average pace per 100m for the 200m Time Trial.
- J** Pacing drop-off between your 1st and last 100m of the 200m TT in seconds.
- K** Your newly calculated CSS pace - before you get disappointed though, see Column M, especially with regards Pace Awareness.
- L** Your Aerobic:Anaerobic Ratio: the lower the number, typically the better at long distance freestyle you are & the higher the number the more endurance work you need
- M** Is this a true reflection on your current ability or more a reflection on: pacing, sickness/injury, an off day, use of pull buoy etc?
- N** If you could fit one extra Solo swim session in per week, this would be your recommendation: from **Endurance** (>5.0), **Threshold** (2.5-4.9), **Speed** (<2.5)*.
- O** 1 of 6 technique pointers from what the coaches have observed in your stroke over the last 2-3 weeks.
- DNA** Data not available - very sorry, something mucked up during the timing process - let me know if you want a re-trial! Cobie did, times 3! :-)

* Any swimmer whose session suggestion in Column N is listed in **RED** has been manipulated by Paul if he felt the general rules shouldn't apply to your specific situ

Swim Smooth Perth Squad Pacing Ability, November 2013

	E	F		E	F
Name	Pacing drop-off: 1st 100m vs. last 300m	Distance behind your "virtual" self based on 1st 100m	Name	Pacing drop-off: 1st 100m vs. last 300m	Distance behind your "virtual" self based on 1st 100m
Ermie R	DNA	DNA	Jonathan C	-00:07.7	-25
Justine M	DNA	DNA	Robyn A (Pu)	-00:07.7	-21
Rory T	DNA	DNA	Brenton J	-00:07.7	-27
Shane H	DNA	DNA	Bill M	-00:07.7	-24
Brad R	00:01.3	5	Adele R	-00:08.0	-29
Matt McC	-00:00.7	-2	Lorraine D	-00:08.0	-23
Chris McK	-00:00.7	-2	Sally St	-00:08.0	-21
Adam Y	-00:01.0	-3	John H	-00:08.3	-27
Aaron R	-00:01.3	-5	Lindsey S	-00:08.3	-23
Gavin McK	-00:01.7	-6	Ric C	-00:08.3	-25
Derek C (W)	-00:01.7	-7	Andrew Ho	-00:08.3	-22
Grant H	-00:02.0	-7	Jaim H	-00:08.7	-27
Anna-lee H (Pu)	-00:02.0	-7	Kim S	-00:08.7	-29
Saskia L (S)	-00:02.0	-6	Rupert H	-00:08.7	-26
Ashan W	-00:02.3	-9	Jane C	-00:09.0	-28
Dominic T	-00:02.3	-7	Trevor M	-00:09.0	-27
Pirmin C	-00:02.7	-9	Ari H	-00:09.0	-28
Simon B	-00:03.0	-11	Annette VH	-00:09.3	-25
Nathan T	-00:03.7	-11	Carrie A	-00:09.3	-27
Cobie R	-00:04.0	-11	Diane O	-00:09.3	-25
Kerry T	-00:04.0	-11	Tony B	-00:09.7	-25
Luke C	-00:04.0	-14	Anne-Marie D'A	-00:09.7	-28
Bob E	-00:04.3	-11	Rachel B	-00:10.0	-27
Suzi S (Pu)	-00:04.3	-15	Janine W	-00:10.0	-35
Barrie E	-00:04.7	-13	Simon D	-00:10.0	-35
Glenn Ma (Pu)	-00:05.0	-16	Bec E	-00:10.0	-30
Anka F	-00:05.0	-13	Mark W	-00:10.3	-36
Cobie R	-00:05.0	-13	Caroline C	-00:10.3	-29
Emily L	-00:05.0	-18	Geoff I	-00:10.7	-36
John E	-00:05.0	-17	Janine K	-00:10.7	-27
Rob F	-00:05.3	-17	Paul P	-00:10.7	-28
Gillian E	-00:05.3	-14	Bronwyn F	-00:11.0	-37
Graham C	-00:05.3	-17	Kay F	-00:11.0	-32
Megan S	-00:05.3	-17	Tim B	-00:11.3	-31
Ray S	-00:05.3	-17	Linda M	-00:11.3	-35
Roxanne G	-00:05.3	-14	Jude M	-00:11.7	-29
Lotti VM	-00:05.7	-19	Elvria S	-00:12.0	-38
Martin L	-00:06.0	-20	Emmy P	-00:12.0	-32
Georgia S	-00:06.0	-21	Mark B	-00:12.0	-34
Stijn Z	-00:06.0	-18	Jeff D	-00:12.3	-41
Sue O	-00:06.3	-15	Steve G	-00:12.3	-42
Guy VH	-00:06.3	-17	Sally M	-00:12.3	-38
James F	-00:06.3	-24	Liz B (Co)	-00:13.0	-32
Kim C	-00:06.3	-19	Will H	-00:13.3	-37
Suzanne N	-00:06.3	-21	Alan T	-00:13.7	-36
Elliot C	-00:06.7	-24	Jo VR	-00:13.7	-39
Andrée C (Pu)	-00:06.7	-17	Paul McQ	-00:13.7	-35
Matt I	-00:06.7	-21	Amanda N	-00:14.0	-40
Pete A	-00:06.7	-21	Jill B	-00:15.7	-40
Michael S	-00:07.0	-23	Edward P	-00:16.0	-48
Cobie R	-00:07.0	-19	Kym M	-00:16.0	-44
Ed N	-00:07.0	-19	Lizzie D	-00:16.3	-42
Rhian C	-00:07.0	-19	Ben D	-00:16.7	-42
Sean W	-00:07.3	-23	Adam W	-00:18.3	-54
John T (JT)	-00:07.3	-24	Jens B	-00:24.0	-65
Andrew G	-00:07.3	-28	Bill C	-00:24.3	-63
Jane D (Co)	-00:07.3	-20	Stacey W	-00:26.3	-70
Mark McK	-00:07.3	-27			

Swim Smooth Perth CSS Times (RANKED), November 2013

	K		K		K
Name	CSS Pace/ 100m	Name	CSS Pace/ 100m	Name	CSS Pace/ 100m
Derek C (W)	01:12.5	Ari H	01:40.5	Anka F	02:00.5
Ashan W	01:20.5	Bill M	01:40.5	Paul P	02:00.5
Emily L	01:22.5	Dominic T	01:40.5	Roxanne G	02:00.5
James F	01:22.5	Stijn Z	01:40.5	Stacey W	02:03.5
Andrew G	01:23.0	Megan S	01:41.0	Tony B	02:03.5
Mark McK	01:25.0	Pete A	01:41.0	Jill B	02:03.5
Brad R	01:25.5	Saskia L (S)	01:41.0	Jude M	02:03.5
Gavin McK	01:25.5	Ric C	01:43.0	Janine K	02:04.0
Elliot C	01:26.0	Bec E	01:44.0	Liz B (Co)	02:06.0
Adele R	01:26.5	Linda M	01:44.0	Bob E	02:08.5
Aaron R	01:27.0	Trevor M	01:45.0	Ben D	02:09.0
Luke C	01:27.0	Edward P	01:45.5	Sue O	02:09.0
Simon B	01:27.0	Shane H	01:45.5	Paul McQ	DNS
Suzi S (Pu)	01:28.0	Kim C	01:47.0		
Brenton J	01:29.0	Carrie A	01:48.0		
Georgia S	01:29.5	Adam W	01:48.5		
Anna-lee H (Pu)	01:29.5	Nathan T	01:48.5		
Rory T	01:29.5	Lorraine D	01:49.0		
Janine W	01:30.0	Caroline C	01:50.0		
Pirmin C	01:30.0	Rhian C	01:50.0		
Justine M	01:30.0	Jane D (Co)	01:50.0		
Suzanne N	01:30.0	Jo VR	01:50.0		
Simon D	01:30.5	Amanda N	01:50.5		
Matt McC	01:31.0	Ermie R	01:50.5		
Steve G	01:31.5	Kay F	01:50.5		
Michael S	01:32.0	Anne-Marie D'A	01:51.0		
Geoff I	01:32.0	Cobie R	01:51.5		
Grant H	01:32.0	Annette VH	01:51.5		
John E	01:32.0	Diane O	01:51.5		
John H	01:32.0	Gillian E	01:51.5		
Kim S	01:33.0	Guy VH	01:52.0		
Bronwyn F	01:33.5	Mark B	01:52.5		
Jeff D	01:33.5	Lindsey S	01:53.0		
Mark W	01:33.5	Cobie R	01:53.5		
Rob F	01:33.5	Emmy P	01:53.5		
Martin L	01:34.5	Will H	01:53.5		
Glenn Ma (Pu)	01:34.5	Andrew Ho	01:53.5		
Chris McK	01:35.0	Barrie E	01:54.0		
Sean W	01:36.0	Ed N	01:54.0		
Jonathan C	01:36.0	Kym M	01:54.5		
Graham C	01:36.0	Tim B	01:55.0		
Lotti VM	01:36.5	Kerry T	01:56.0		
Matt I	01:36.5	Bill C	01:56.0		
Jaim H	01:37.5	Andrée C (Pu)	01:56.0		
Adam Y	01:37.5	Jens B	01:56.5		
John T (JT)	01:38.0	Rachel B	01:56.5		
Ray S	01:38.5	Sally St	01:56.5		
Rupert H	01:39.0	Lizzie D	01:57.0		
Elvria S	01:39.5	Robyn A (Pu)	01:58.0		
Jane C	01:40.0	Alan T	01:59.0		
Sally M	01:40.0	Cobie R	01:59.5		

Swim Smooth Perth Squad Recommendation of an Extra Weekly Swim by Session Type

Name	Group that needs SPEED		Name	Group that needs THRESHOLD		Name	Group that needs ENDURANCE	
	Aerobic / Anaerobic Drop-off	Extra Session		Aerobic / Anaerobic Drop-off	Extra Session		Aerobic / Anaerobic Drop-off	Extra Session
Annette VH	00:00.5	Sp	Ashan W	-00:02.8	En	Anna-lee H (Pu)	-00:05.0	En
Emily L	00:00.2	Sp	James F	-00:02.8	Sp	Simon D	-00:05.0	En
Rob F	-00:00.5	Th	Martin L	-00:03.0	En	Megan S	-00:05.0	En
Gillian E	-00:00.5	Sp	Elliot C	-00:03.0	Th	Rachel B	-00:05.0	En
Diane O	-00:00.5	Th	Lorraine D	-00:03.0	Th	Kim C	-00:05.2	Th
Rupert H	-00:00.5	En	Carrie A	-00:03.0	Th	Lotti VM	-00:05.2	En
Suzi S (Pu)	-00:00.8	Sp	Geoff I	-00:03.0	Th	Jane C	-00:05.2	En
John H	-00:00.8	Th	Pirmin C	-00:03.0	Th	Tim B	-00:05.5	En
Lizzie D	-00:00.8	Th	Stijn Z	-00:03.0	Th	Kym M	-00:05.5	En
Bill C	-00:00.8	En	Cobie R	-00:03.2	Th	Mark B	-00:05.5	En
Luke C	-00:01.0	Sp	Bronwyn F	-00:03.2	Th	Jens B	-00:05.5	En
Graham C	-00:01.0	Sp	Jeff D	-00:03.2	Th	Roxanne G	-00:05.5	Th
Andrée C (Pu)	-00:01.0	Th	Steve G	-00:03.2	Th	Ed N	-00:05.7	En
John E	-00:01.3	Sp	Derek C (W)	-00:03.3	Th	Alan T	-00:05.7	En
Justine M	-00:01.3	Sp	Guy VH	-00:03.3	En	Shane H	-00:05.8	En
Suzanne N	-00:01.3	Sp	Cobie R	-00:03.5	Th	Nathan T	-00:05.8	En
Matt McC	-00:01.5	Sp	Mark McK	-00:03.5	Th	Anka F	-00:05.8	Th
Sean W	-00:01.5	Th	Adele R	-00:03.5	Th	Anne-Marie D'A	-00:05.8	En
Emmy P	-00:01.5	Th	Kim S	-00:03.5	Th	Adam W	-00:05.8	En
Rory T	-00:01.5	Sp	Elvria S	-00:03.5	Th	Pete A	-00:06.0	En
Matt I	-00:01.5	Th	Janine W	-00:03.5	Th	Amanda N	-00:06.0	En
Michael S	-00:01.7	Sp	Ray S	-00:03.5	Th	Sue O	-00:06.2	En
Glenn Ma (Pu)	-00:01.7	En	Sally St	-00:03.5	Sp	Robyn A (Pu)	-00:06.3	En
Rhian C	-00:01.7	Th	Adam Y	-00:03.8	Th	Kay F	-00:06.3	En
Ric C	-00:01.7	En	Simon B	-00:03.8	Th	Edward P	-00:06.5	En
Georgia S	-00:02.0	Sp	Bill M	-00:03.8	Th	Linda M	-00:06.5	En
Jaim H	-00:02.0	Sp	Lindsey S	-00:03.8	Th	Ermie R	-00:06.8	En
Andrew Ho	-00:02.3	Sp	Ari H	-00:03.8	Th	Paul McQ	DNS	En
Liz B (Co)	-00:02.3	Sp	Sally M	-00:03.8	Th	Janine K	-00:07.0	En
Brad R	-00:02.5	Sp	Jude M	-00:03.8	Th	Bob E	-00:07.3	En
Saskia L (S)	-00:02.5	Sp	Aaron R	-00:04.0	Th	Chris McK	-00:07.5	En
Jane D (Co)	-00:02.5	Sp	Kerry T	-00:04.0	Th	Paul P	-00:07.5	En
			Trevor M	-00:04.2	Th	Mark W	-00:07.7	En
			Caroline C	-00:04.2	Th	Tony B	-00:09.2	En
			Brenton J	-00:04.2	Th	Ben D	-00:09.5	En
			Gavin McK	-00:04.3	Th	Stacey W	-00:10.7	En
			Jonathan C	-00:04.3	Th			
			Barrie E	-00:04.5	Th			
			John T (JT)	-00:04.5	Th			
			Bec E	-00:04.5	Th			
			Will H	-00:04.5	Th			
			Grant H	-00:04.5	Th			
			Andrew G	-00:04.5	Th			
			Dominic T	-00:04.8	Th			
			Cobie R	-00:04.8	Th			
			Jo VR	-00:04.8	Th			
			Jill B	-00:04.8	Th			

En, Th, Sp If you are marked up in Column N as such, the coaching recommendation would be to follow as suggested for you specifically despite what the results / calculations show for that Group. This is the ART of coaching and knowing you as an athlete and what your physiological requirements are above what the SCIENCE appears to show.