

**Pacing 13.12.2011**

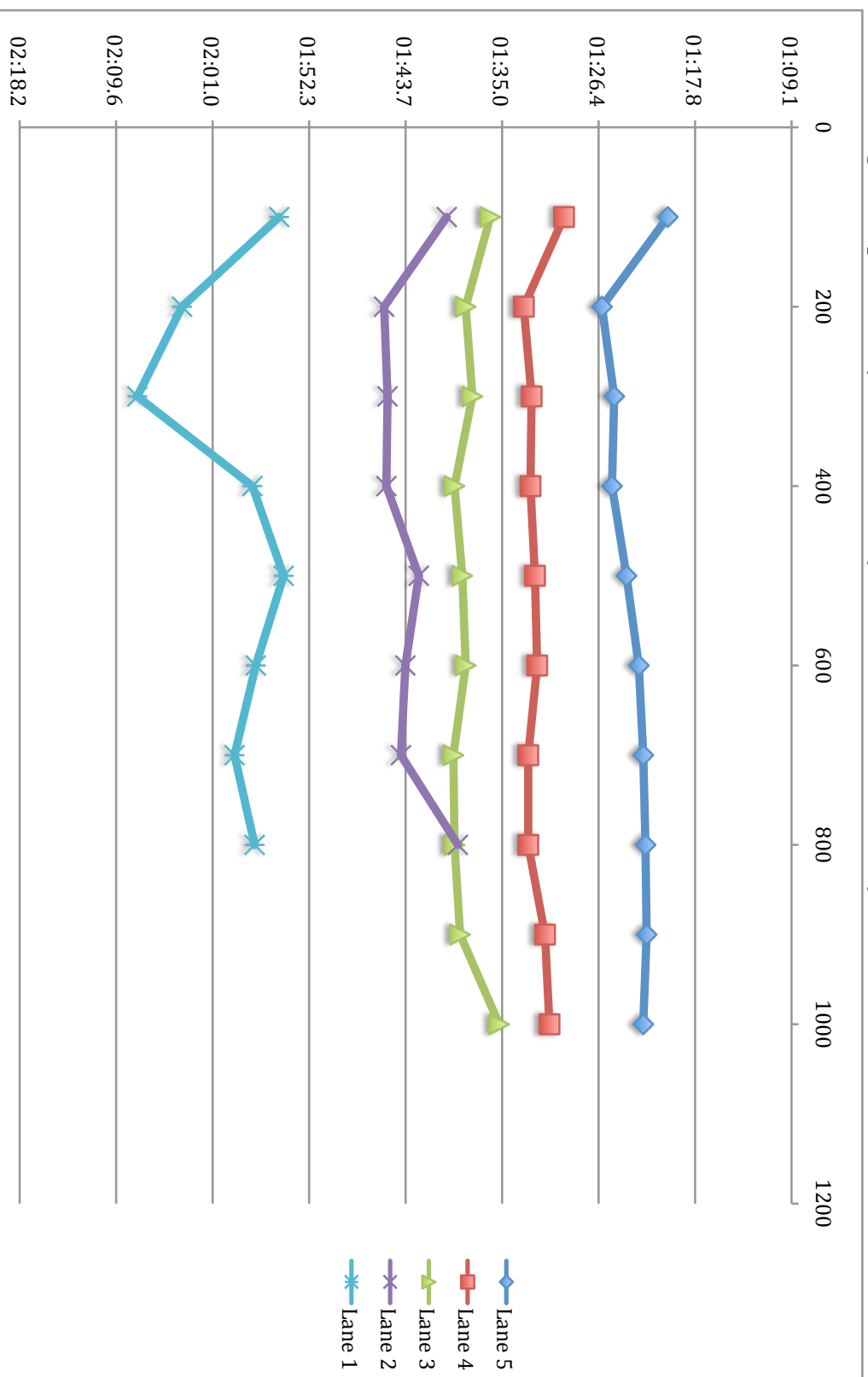
5.30am					
Distance	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
100	01:20.2	01:29.5	01:36.1	01:40.0	01:55.0
200	01:26.1	01:33.1	01:38.3	01:45.6	02:03.7
300	01:25.0	01:32.4	01:37.7	01:45.3	02:07.7
400	01:25.2	01:32.5	01:39.3	01:45.4	01:57.4
500	01:23.9	01:32.1	01:38.6	01:42.5	01:54.6
600	01:22.8	01:31.9	01:38.3	01:43.7	01:57.1
700	01:22.4	01:32.7	01:39.4	01:44.1	01:59.0
800	01:22.2	01:32.7	01:39.3	01:39.0	01:57.2
900	01:22.1	01:31.2	01:38.8		
1000	01:22.4	01:30.8	01:35.3		
<b>Average</b>	<b>01:23.2</b>	<b>01:31.9</b>	<b>01:38.1</b>	<b>01:43.2</b>	<b>01:59.0</b>

6.30am - Round 1					
Distance	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
100	01:28.3	01:39.4	01:47.7	02:04.3	02:03.0
200	01:35.3	01:44.3	01:53.1	01:59.2	02:10.0
300	01:31.2	01:41.0	01:53.1	02:01.6	02:23.0
400	01:31.6	01:43.6	01:53.1	01:59.8	02:11.9
500	01:31.2	01:42.9	01:57.8	02:00.4	02:19.8
600	01:35.4	01:39.3	01:49.2	02:00.8	02:24.0
700	01:31.3	01:38.4	01:52.9	01:59.9	02:27.0
800	01:34.7	01:38.7	01:51.7	02:05.8	02:32.0
900	01:31.5	01:40.8			
1000	01:30.1	01:35.0			
<b>Average</b>	<b>01:32.1</b>	<b>01:40.3</b>	<b>01:52.3</b>	<b>02:01.5</b>	<b>02:18.8</b>

6.30am - Round 2					
Distance	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
100	01:30.5	01:32.4	01:51.3	02:01.7	02:17.3
200	01:32.8	01:41.9	01:53.6	02:00.0	02:19.4
300	01:32.9	01:42.2	01:52.5	01:59.4	02:24.4
400	01:32.4	01:41.4	01:54.4	02:01.4	02:18.0
500	01:33.9	01:39.5	01:53.3	02:06.6	02:12.0
600	01:30.5	01:40.2	01:55.2	02:06.8	02:16.0
700	01:30.6	01:40.6	01:53.3	02:11.8	02:18.0
800	01:29.0	01:39.6	01:50.7	02:09.6	02:24.4
900	01:26.8				
1000	01:18.7				
<b>Average</b>	<b>01:29.8</b>	<b>01:39.7</b>	<b>01:53.0</b>	<b>02:04.7</b>	<b>02:18.7</b>

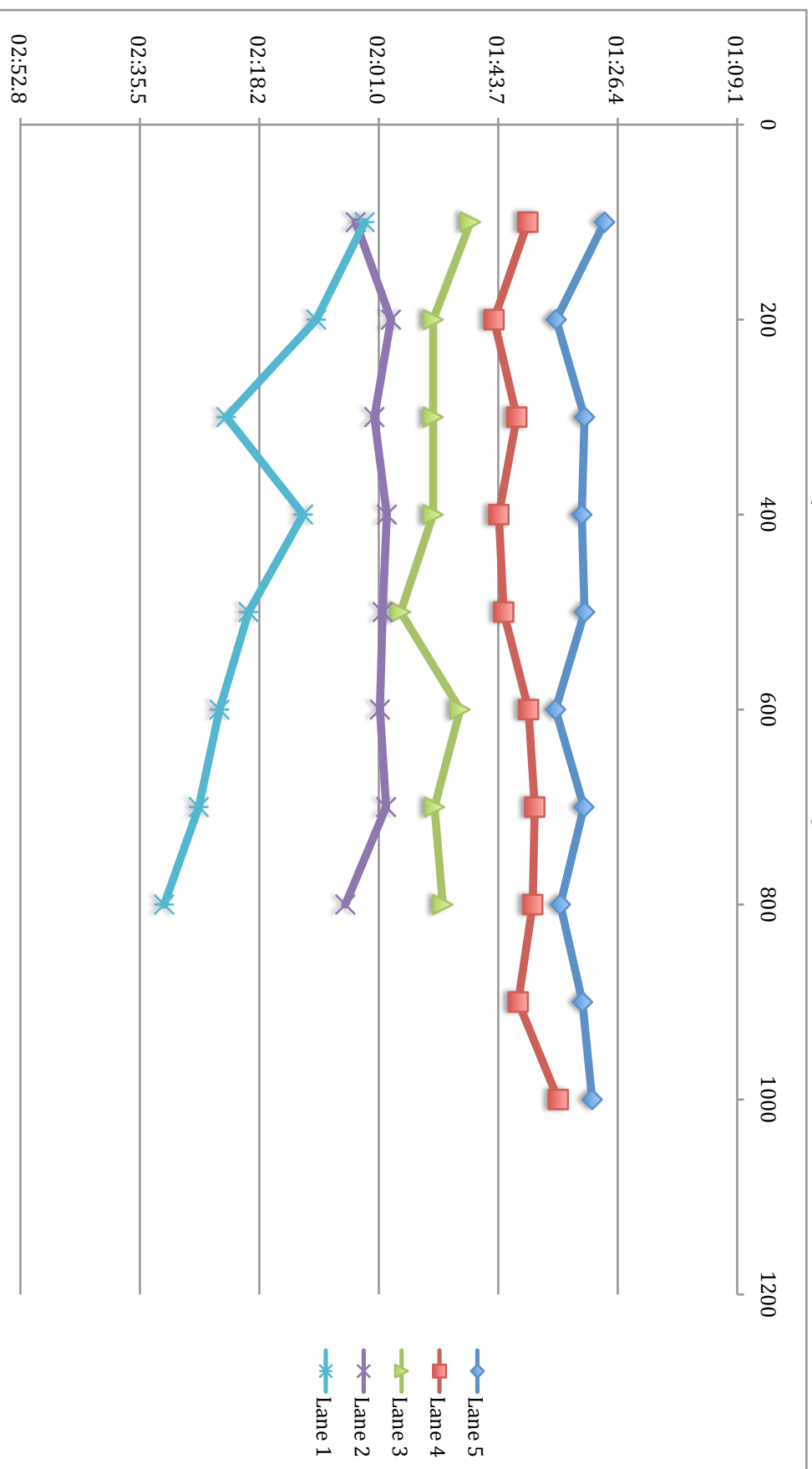
## Tuesday Morning 13<sup>th</sup> December 2011 – Pacing During Endurance Session

### 5.30am – Negative Split 800m / 1000m Swim (Lanes 4 & 5 were in Lane 4)



## Tuesday Morning 13<sup>th</sup> December 2011 – Pacing During Endurance Session

6.30am – Continuous Swim at 75% effort (Lanes 1 & 2 were in Lane 1)



## Tuesday Morning 13<sup>th</sup> December 2011 – Pacing During Endurance Session

6.30am – Negative Split 800m / 1000m Swim (Lanes 1 & 2 were in Lane 1)

