

Swim Smooth Perth Squad CSS Times as of 30/03/2012 - goal was 0.5% per week improvement

Lane Allocations	Lane Starting Pace per 100m in Week 1	Name	400m Time	200m Time	Aerobic to Anaerobic Ratio	Current CSS Pace per 100m	CSS Pace per 100m after 10 weeks	400m Time on 28-30/3/12	200m Time on 28-30/3/12	Aerobic to Anaerobic Ratio	Current CSS Pace per 100m	Difference	Percentage Improvement
5:30am Squad													
4.5	1:18	Andrew Graham	04:59.0	02:20.0	6.35%	01:19.5	01:16.0	05:11.0	02:28.0	4.82%	01:21.5	-00:02.0	-2.52%
		Simon Bedbrook	05:19.0	02:38.0	0.94%	01:20.5	01:16.9	05:06.0	02:28.0	3.27%	01:19.0	00:01.5	1.86%
		James Forbes	05:19.0	02:35.0	2.82%	01:22.0	01:18.4	05:09.0	02:29.0	3.56%	01:20.0	00:02.0	2.44%
4	1:26	Scott Pontague	05:20.0	02:30.0	6.25%	01:25.0	01:21.3						
		Anna-lee Hazell	05:36.0	02:43.0	2.98%	01:26.5	01:22.7						
		Olivia Della Martina	05:36.0	02:43.0	2.98%	01:26.5	01:22.7						
		Katrina Mercer	05:39.0	02:42.0	4.42%	01:28.5	01:24.6						
		John Edwards	05:45.0	02:47.0	3.19%	01:29.0	01:25.1	05:57.0	02:58.0	0.28%	01:29.5	-00:00.5	-0.56%
		Andrew Hunt	05:44.0	02:44.0	4.65%	01:30.0	01:26.0						
		Janine Willis	05:53.0	02:52.0	2.55%	01:30.5	01:26.5	05:48.0	02:49.0	2.87%	01:29.5	00:01.0	1.10%
		Paul Downie	06:01.0	02:59.0	0.83%	01:31.0	01:27.0						
		Mark Wallis	05:51.0	02:49.0	3.70%	01:31.0	01:27.0						
		Suzanne Narbey	05:49.0	02:47.0	4.30%	01:31.0	01:27.0						
3	1:32	Eleanor Parsons	05:56.0	02:53.0	2.81%	01:31.5	01:27.5	06:02.0	02:54.0	3.87%	01:34.0	-00:02.5	-2.73%
		Luke Cameron	05:59.0	02:55.0	2.51%	01:32.0	01:27.9						
		Matt McCarney (PB)	05:52.0	02:47.0	5.11%	01:32.5	01:28.4	06:02.0	02:55.0	3.31%	01:33.5	-00:01.0	-1.08%
		Michael Japp	05:59.0	02:54.0	3.06%	01:32.5	01:28.4	05:55.0	02:48.0	5.35%	01:33.5	-00:01.0	-1.08%
		Justine Murphy	05:56.0	02:50.0	4.49%	01:33.0	01:28.9						
		Graham Crocker	06:03.0	02:57.0	2.48%	01:33.0	01:28.9	06:20.0	03:00.0	5.26%	01:40.0	-00:07.0	-7.53%
		Glenn Morris	05:58.0	02:50.0	5.03%	01:34.0	01:29.9						
		Renee Baker	06:03.0	02:53.0	4.68%	01:35.0	01:30.8	05:53.0	02:44.0	7.08%	01:34.5	00:00.5	0.53%
		John Harris	06:04.0	02:53.0	4.95%	01:35.5	01:31.3	06:00.0	DNF				
		Clare Hannavan	06:18.0	03:04.0	2.65%	01:37.0	01:32.7						
2	1:40	Sarah Humphry	06:23.0	03:03.0	4.44%	01:40.0	01:35.6						
		Jane Massey	06:09.0	02:45.0	10.57%	01:42.0	01:37.5						
		Pene Newitt	06:15.0	02:55.0	6.67%	01:40.0	01:35.6						
		Stuart Gicquel	06:23.0	02:59.0	6.53%	01:42.0	01:37.5						
		Chris Foley (L3)	06:31.0	03:06.0	4.86%	01:42.5	01:38.0	06:06.0	02:57.0	3.28%	01:34.5	00:08.0	7.80%
		David Serich	06:20.0	02:55.0	7.89%	01:42.5	01:38.0	06:26.0	03:00.0	6.74%	01:43.0	-00:00.5	-0.49%
		Bill Moody (L3)	06:31.0	03:03.0	6.39%	01:44.0	01:39.4	06:20.0	03:03.0	3.68%	01:38.5	00:05.5	5.29%
		Glenn Martinovich	06:33.0	03:03.0	6.87%	01:45.0	01:40.4	06:37.0	03:08.0	5.29%	01:44.5	00:00.5	0.48%
		Adam Wheeler	06:55.0	03:18.0	4.58%	01:48.5	01:43.7	06:51.0	03:14.0	5.60%	01:48.5	00:00.0	0.00%
		Peter Mannolini	06:46.0	03:07.0	7.88%	01:49.5	01:44.7						
1	1:54	Kay Fuller	06:56.0	03:15.0	6.25%	01:50.5	01:45.6						
		Anna Pascoe	06:53.0	03:13.0	6.54%	01:50.0	01:45.1	06:50.0	03:12.0	6.34%	01:49.0	00:01.0	0.91%
		Nathan Thomson	06:52.0	03:12.0	6.80%	01:50.0	01:45.1	07:01.0	03:18.0	5.94%	01:51.5	-00:01.5	-1.36%
		John Annear	06:56.0	03:14.0	6.73%	01:51.0	01:46.1						
		Jane Day	07:03.0	03:19.0	5.91%	01:52.0	01:47.1	07:02.0	03:22.0	4.27%	01:50.0	00:02.0	1.79%
		Silke Hight	07:26.0	03:36.0	3.14%	01:55.0	01:49.9						
		Bonnie Tollafield	07:33.0	03:37.0	4.19%	01:58.0	01:52.8						
		Serena Wells	07:37.0	DNF									
		Jill Benbow	07:51.0	03:55.0	0.21%	01:58.0	01:52.8						
		Lyndsey Shepherd	07:56.0	03:55.0	1.26%	02:00.5	01:55.2	07:29.0	03:40.0	2.00%	01:54.5	00:06.0	4.98%
Tim Humphry	07:34.0	03:31.0	7.05%	02:01.5	01:56.1	07:40.0	03:47.0	1.30%	01:56.5	00:05.0	4.12%		
James Collett	07:48.0	03:44.0	4.27%	02:02.0	01:56.6								
Buzz Shepherd	08:08.0	04:04.0	0.00%	02:02.0	01:56.6								
Bill Carmody	07:53.0	03:41.0	6.55%	02:06.0	02:00.4	07:22.0	03:35.0	2.71%	01:53.5	00:12.5	9.92%		
Robyn Ahern	08:21.0	04:05.0	2.20%	02:08.0	02:02.4	08:11.0	04:02.0	1.43%	02:04.5	00:03.5	2.73%		

Lane Allocations	Lane Starting Pace per 100m in Week 1	Name	400m Time	200m Time	Aerobic to Anaerobic Ratio	Current CSS Pace per 100m	CSS Pace per 100m after 10 weeks	400m Time on 28-30/3/12	200m Time on 28-30/3/12	Aerobic to Anaerobic Ratio	Current CSS Pace per 100m	Difference	Percentage Improvement
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Swim Smooth Perth Squad CSS Times as of 30/03/2012 - goal was 0.5% per week improvement

6:30am Squad													
4.75	1:22	Wayne Morris	05:12.0	02:30.0	3.85%	01:21.0	01:17.4	05:14.0	02:29.0	5.10%	01:22.5	-00:01.5	-1.85%
		Oystein Grande	05:21.0	02:36.0	2.80%	01:22.5	01:18.9	05:35.0	02:41.0	3.88%	01:27.0	-00:04.5	-5.45%
		Ceinwen Williams	05:16.0	02:28.0	6.33%	01:24.0	01:20.3						
4.5	1:28	Rob Buckle	05:38.0	02:39.0	5.92%	01:29.5	01:25.6						
		Paul Blackburn	05:46.0	02:44.0	5.20%	01:31.0	01:27.0						
		Loretta van Merwyck	05:54.0	02:51.0	3.39%	01:31.5	01:27.5						
		Alberto Lacchini	06:00.0	02:54.0	3.33%	01:33.0	01:28.9						
		Tim Carpenter	05:56.0	02:49.0	5.06%	01:33.5	01:29.4						
4	1:33	Kath Hammond	06:04.0	02:57.0	2.75%	01:33.5	01:29.4						
		Yolande Joubert	05:59.0	02:50.0	5.29%	01:34.5	01:30.3						
		Bec Johnson	06:04.0	02:54.0	4.40%	01:35.0	01:30.8						
		Jess Huston (L4.5)	06:05.0	02:54.0	4.66%	01:35.5	01:31.3	05:51.0	02:51.0	2.56%	01:30.0	00:05.5	5.76%
		Lucas Salter	06:05.0	02:54.0	4.66%	01:35.5	01:31.3						
3	1:38	Matt Illingworth	06:11.0	02:59.0	3.50%	01:36.0	01:31.8	06:05.0	02:58.0	2.47%	01:33.5	00:02.5	2.60%
		John Turner (L4.5)	06:16.0	03:04.0	2.13%	01:36.0	01:31.8	06:07.0	03:02.0	0.82%	01:32.5	00:03.5	3.65%
		Ari Huston	06:21.0	03:05.0	2.89%	01:38.0	01:33.7	06:25.0	03:03.0	4.94%	01:41.0	-00:03.0	-3.06%
		Luke Steffanoni	06:15.0	02:58.0	5.07%	01:38.5	01:34.2						
		Tony Mazza	06:12.0	02:54.0	6.45%	01:39.0	01:34.6						
		Ric Cazzoli	06:25.0	03:06.0	3.38%	01:39.5	01:35.1	06:27.0	03:04.0	4.91%	01:41.5	-00:02.0	-2.01%
		Kim Colero	06:26.0	03:05.0	4.15%	01:40.5	01:36.1						
		Jo Hayes	06:31.0	03:08.0	3.84%	01:41.5	01:37.0						
		Michael Serich (L4.5)	06:20.0	02:54.0	8.42%	01:43.0	01:38.5	06:01.0	02:52.0	4.71%	01:34.5	00:08.5	8.25%
		Kim Anhear	06:54.0	03:26.0	0.48%	01:44.0	01:39.4						
		Anita Cottee	06:42.0	03:14.0	3.48%	01:44.0	01:39.4						
		Vaughn Bisschops	06:22.0	02:52.0	9.95%	01:45.0	01:40.4						
		Ray Steffanoni	06:42.0	03:10.0	5.47%	01:46.0	01:41.3						
		Dan Tarborsky	06:41.0	03:09.0	5.74%	01:46.0	01:41.3						
		Andrew Holmes	06:58.0	03:24.0	2.39%	01:47.0	01:42.3						
Alen Pezzin (L4.5)	06:40.0	03:07.0	6.50%	01:46.5	01:41.8	05:59.0	02:55.0	2.51%	01:32.0	00:14.5	13.62%		
2	1:47	Amanda Nitschke	07:17.0	03:35.0	1.60%	01:51.0	01:46.1	07:00.0	03:24.0	2.86%	01:48.0	00:03.0	2.70%
		Ian Murray	07:12.0	03:24.0	5.56%	01:54.0	01:49.0	06:56.0	03:25.0	1.44%	01:45.5	00:08.5	7.46%
		Trevor Magee	07:27.0	03:39.0	2.01%	01:54.0	01:49.0	06:55.0	03:23.0	2.17%	01:46.0	00:08.0	7.02%
		Chris Jameson	07:13.0	03:24.0	5.77%	01:54.5	01:49.5	06:59.0	03:24.0	2.63%	01:47.5	00:07.0	6.11%
		Ernie Robinson	07:26.0	03:34.0	4.04%	01:56.0	01:50.9						
		Annette van Hazel	07:35.0	03:45.0	1.10%	01:55.0	01:49.9						
		Paul McQueen	07:35.0	03:45.0	1.10%	01:55.0	01:49.9						
		Mike Fischer	07:35.0	03:44.0	1.54%	01:55.5	01:50.4						
		Guy van Hazell	07:27.0	03:34.0	4.25%	01:56.5	01:51.4	07:15.0	03:30.0	3.45%	01:52.5	00:04.0	3.43%
		Lorraine Driscoll	07:11.0	03:13.0	10.44%	01:59.0	01:53.8	07:10.0	03:33.0	0.93%	01:48.5	00:10.5	8.82%
1.5	2:00	Amy Callow (L2)	07:29.0	03:29.0	6.90%	02:00.0	01:54.7	07:15.0	03:26.0	5.29%	01:54.5	00:05.5	4.58%
		Caroline Claydon (L2)	07:46.0	03:45.0	3.43%	02:00.5	01:55.2	07:11.0	03:27.0	3.94%	01:52.0	00:08.5	7.05%
		Sally Steffanoni	07:55.0	03:54.0	1.47%	02:00.5	01:55.2						
		Helen Buckle	07:52.0	03:43.0	5.51%	02:04.5	01:59.0						
		Ben Dundas	07:46.0	03:35.0	7.73%	02:05.5	02:00.0	07:55.0	03:53.0	1.89%	02:01.0	00:04.5	3.59%
1	2:18	Craig Jameson	07:53.0	03:38.0	7.82%	02:07.5	02:01.9	07:44.0	03:45.0	3.02%	01:59.5	00:08.0	6.27%
		Fran Wardell	08:36.0	04:08.0	3.88%	02:14.0	02:08.1						
		Helen McCallion	09:05.0	04:24.0	3.12%	02:20.5	02:14.3						
		Anne Murrell	09:27.0	04:38.0	1.94%	02:24.5	02:18.1	09:17.0	04:36.0	0.90%	02:20.5	00:04.0	2.77%
		Angela McCormack	09:30.0	04:40.0	1.75%	02:25.0	02:18.6						
6:30pm Squad													
2	1:42	Caleb	06:12.0	02:48.0	9.68%	01:42.0	01:37.5						
		Paul M	06:45.0	03:19.0	1.73%	01:43.0	01:38.5						
		Sue	07:03.0	03:28.0	1.65%	01:47.5	01:42.8						
		Jules	06:59.0	03:22.0	3.58%	01:48.5	01:43.7						
		John	07:09.0	03:28.0	3.03%	01:50.5	01:45.6						
1.5	1:55	Richard	07:21.0	03:30.0	4.76%	01:55.5	01:50.4						
		Kerry F	07:29.0	03:32.0	5.57%	01:58.5	01:53.3						
		Simon W	07:51.0	03:45.0	4.46%	02:03.0	01:57.6						
1	2:25	Jacqui	09:40.0	04:50.0	0.00%	02:25.0	02:18.6						

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Lane Allocations	Lane Starting Pace per 100m in Week 1	Name	400m Time	200m Time	Aerobic to Anaerobic Ratio	Current CSS Pace per 100m	CSS Pace per 100m after 10 weeks	400m Time on 28-30/3/12	200m Time on 28-30/3/12	Aerobic to Anaerobic Ratio	Current CSS Pace per 100m	Difference	Percentage Improvement
9:30am Squad													
3.75	1:26	Gavin Mackay	05:38.0	02:41.0	4.73%	01:28.5	01:24.6	05:35.0	02:42.0	3.28%	01:26.5	00:02.0	2.26%
3.5	1:29	Sally Scaffidi	06:02.0	02:55.0	3.31%	01:33.5	01:29.4	06:01.0	02:55.0	3.05%	01:33.0	00:00.5	0.53%
		Suzi Scarff (PB)	06:07.0	03:00.0	1.91%	01:33.5	01:29.4	05:54.0	02:55.0	1.13%	01:29.5	00:04.0	4.28%
3	1:38	Filip Johannsen	06:22.0	03:00.0	5.76%	01:41.0	01:36.5						
		Kristy Fogarty	06:16.0	02:59.0	4.79%	01:38.5	01:34.2						
		John Elliott	06:17.0	02:58.0	5.57%	01:39.5	01:35.1	06:36.0	03:16.0	1.01%	01:40.0	-00:00.5	-0.50%
		Cyndy Hetrick	06:41.0	03:13.0	3.74%	01:44.0	01:39.4	06:28.0	03:06.0	4.12%	01:41.0	00:03.0	2.88%
		Belinda Bennett	06:40.0	03:05.0	7.50%	01:47.5	01:42.8	06:28.0	03:04.0	5.15%	01:42.0	00:05.5	5.12%
2	1:43	Anne-Marie D'Arcy	06:53.0	03:17.0	4.60%	01:48.0	01:43.2	06:42.0	03:16.0	2.49%	01:43.0	00:05.0	4.63%
		Paul McQueen (W)	06:52.0	03:14.0	5.83%	01:49.0	01:44.2						
		Janet Ferguson	07:08.0	03:28.0	2.80%	01:50.0	01:45.1						
		Nicole Klemm	07:11.0	03:30.0	2.55%	01:50.5	01:45.6	06:39.0	03:11.0	4.26%	01:44.0	00:06.5	5.88%
		Suzanne Williams	07:08.0	03:25.0	4.21%	01:51.5	01:46.6						
		Barry Eaves	07:08.0	03:26.5	3.50%	01:50.8	01:45.9	07:01.0	03:23.0	3.56%	01:49.0	00:01.8	1.58%
		Kate Wheadon	07:21.0	03:39.0	0.68%	01:51.0	01:46.1						
		Jane Davis	07:20.0	03:36.0	1.82%	01:52.0	01:47.1	07:00.0	03:24.0	2.86%	01:48.0	00:04.0	3.57%
		Sally Howe	07:16.0	03:27.0	5.05%	01:54.5	01:49.5	07:11.0	03:22.0	6.26%	01:54.5	00:00.0	0.00%
		Brian Bannon	07:16.0	03:26.0	5.50%	01:55.0	01:49.9	07:01.0	03:21.0	4.51%	01:50.0	00:05.0	4.35%
1.75	2:02	Gillian Evans (L2)	07:26.0	03:36.0	3.14%	01:55.0	01:49.9						
		Jenni Kohan	07:33.0	03:40.0	2.87%	01:56.5	01:51.4	07:12.0	03:23.0	6.02%	01:54.5	00:02.0	1.72%
		Lynn Harrop	07:34.0	03:35.0	5.29%	01:59.5	01:54.2						
		Jenny Rogers	07:50.0	03:43.0	5.11%	02:03.5	01:58.1						
		Roxanne Garven	08:10.0	04:03.0	0.82%	02:03.5	01:58.1						
		Marina Wallace	08:10.0	03:59.0	2.45%	02:05.5	02:00.0						
1.5	2:12	Brenda Winning	08:05.0	03:53.0	3.92%	02:06.0	02:00.4						
		Lyne Woodland	08:15.0	04:02.0	2.22%	02:06.5	02:00.9						
1	2:46	Helene Bentzer	08:50.0	04:24.0	0.38%	02:13.0	02:07.1	08:24.0	04:00.0	4.76%	02:12.0	00:01.0	0.75%
		Chimene ?	11:05.0	05:32.0	0.15%	02:46.5	02:39.2						
1-2-1 Swimmers													
		Michelle Newsome	06:35.0	03:10.0	3.80%	01:42.5	01:38.0						
		12/1 and 17/1	06:10.0	03:01.0	2.16%	01:34.5	01:30.3						
		Riaz Khan	07:29.0	03:33.0	5.12%	01:58.0	01:52.8						
Performance Squad 13.12.11													
Performance Squad	N/A	Guy Crawford	04:51.1	02:19.6	4.09%	01:15.7	01:12.4						
		Johan Borg	05:14.6	02:28.3	5.72%	01:23.2	01:19.5						
		Andrew Tyack	05:26.5	02:34.5	5.36%	01:26.0	01:22.2						
		Kate Bevilaqua	05:38.0	02:44.4	2.72%	01:26.8	01:23.0						
		Bill Scanlon	05:27.1	02:31.8	7.18%	01:27.7	01:23.8						
		Lauren Jones	05:54.2	02:56.0	0.62%	01:29.1	01:25.2						
		Mark Luckin	05:40.5	02:42.1	4.79%	01:29.2	01:25.3						
		Tom Bakowski	05:58.5	02:53.9	2.98%	01:32.3	01:28.2	05:50.0	02:50.0	2.86%	01:30.0	00:02.3	2.49%
		Helen King	06:18.7	03:01.6	4.09%	01:38.6	01:34.2						
		Steve Anstee	06:08.7	02:50.2	7.68%	01:39.2	01:34.9						
Performance Squad 17.01.12 (Tom 1/2/12)													
Performance Squad	N/A	Paul Newsome	04:54.0	02:23.0	2.72%	01:15.5	01:12.2						
		Tom Lowe	05:15.8	02:33.9	2.53%	01:21.0	01:17.4						
		Johan Borg	05:14.0	02:27.0	6.37%	01:23.5	01:19.8						
		Ben Greenfield	05:17.0	02:30.0	5.36%	01:23.5	01:19.8						
		Kate Bevilaqua	05:22.0	02:36.0	3.11%	01:23.0	01:19.3						
		Bill Scanlon	05:16.0	02:28.0	6.33%	01:24.0	01:20.3						
		Mike Gee	05:28.0	02:35.0	5.49%	01:26.5	01:22.7						
		Lauren Jones	05:45.0	02:45.0	4.35%	01:30.0	01:26.0						
Tom Bakowski	05:53.0	02:53.0	1.98%	01:30.0	01:26.0	05:50.0	02:50.0	2.86%	01:30.0	00:00.0	0.00%		