

Name	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" set based on 1st 100m	1st 100m/200m	200m time	Average Pace/100m	Pacing drop-off between your 1st and last 100m of the 200m T	CSS Pace/100m	Aerobic/Anerobic Drop-off	True Reflection?	Extra Session	Technique Advice
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
Adam Wheeler (NOW)	01:30.0	06:27.0	01:36.8	01:39.0	-00:02.0	-28	n/a	03:08.0	01:34.0	n/a	01:39.5	-00:02.8	1	En	5
Adam Wheeler (THEN)	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
Amanda Nitschke (NOW)	01:40.0	07:15.0	01:48.8	01:51.7	-00:11.7	-32	n/a	03:32.0	01:46.0	n/a	01:51.5	-00:02.8	3	Th	6
Amanda Nitschke (THEN)	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	01:50.0	-00:06.0	2	En	1
Andrew Carr (NOW)	01:57.0	08:10.0	02:02.5	02:04.3	-00:07.3	-18	n/a	03:56.0	01:58.0	n/a	02:07.0	-00:04.5	3	En	1
Andrew Carr (THEN)	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 Graham (NOW)	01:13.0	05:01.0	01:15.2	01:16.0	-00:03.0	-12	n/a	02:28.0	01:14.0	n/a	01:16.5	-00:01.2	1	En	2
Andrew Graham (THEN)	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 Holmes (NOW)	01:48.0	07:28.0	01:52.0	01:53.3	-00:05.3	-14	n/a	03:36.0	01:48.0	n/a	01:56.0	-00:04.0	4	En	5
Andrew Holmes (THEN)	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
Andrew Hunt	01:19.0	05:49.0	01:27.3	01:30.0	-00:11.0	-38	n/a	02:47.0	01:23.5	n/a	01:31.0	-00:03.8	3	Th	2
Anka Franzmann (NOW)	n/a	07:27.0	01:51.8	n/a	n/a	n/a	n/a	03:42.0	01:51.0	n/a	01:52.5	-00:00.8	1	Th	5
Anka Franzmann (THEN)	01:51.0	07:39.0	01:54.8	01:56.0	-00:05.0	-13	01:47.0	03:36.0	01:49.0	-00:02.0	02:00.5	-00:05.8	4	Th	5
Anna Van Hazel	01:37.0	06:51.0	01:42.8	01:44.7	-00:07.7	-22	n/a	03:18.0	01:39.0	n/a	01:46.5	-00:03.8	1	En	5
Annette Andrews	01:46.0	07:50.0	01:57.5	02:01.3	-00:15.3	-39	n/a	03:47.0	01:53.5	n/a	02:01.5	-00:04.0	1	Sp	4
Annette Van Hazel (NOW)	01:44.0	07:18.0	01:49.5	01:51.3	-00:07.3	-20	n/a	03:36.0	01:48.0	n/a	01:51.0	-00:01.5	1	Sp	5
Annette Van Hazel (THEN)	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
Anthony 7	01:29.0	06:22.0	01:35.5	01:37.7	-00:08.7	-27	01:28.0	03:04.0	01:32.0	-00:04.0	01:39.0	-00:03.5	2	En	1
Art Huston (NOW)	01:33.0	06:25.0	01:36.3	01:37.3	-00:04.3	-14	01:31.0	03:10.0	01:35.0	-00:04.0	01:37.5	-00:01.3	1	En	4
Art Huston (THEN)	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 Weerakody (NOW)	01:12.0	04:50.0	01:12.5	01:12.7	-00:00.7	-3	n/a	02:20.0	01:10.0	n/a	01:15.0	-00:02.5	1	En	3
Ashlan Weerakody (THEN)	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	En	3
Barat Luft	01:50.0	08:10.0	02:02.5	02:06.7	-00:16.7	-41	01:55.0	03:55.0	02:02.5	-00:02.5	02:07.5	-00:00.5	2	En	3
Belinda Bennett	01:37.0	06:55.0	01:43.8	01:46.0	-00:09.0	-26	n/a	03:14.0	01:37.0	n/a	01:50.5	-00:06.8	2	En	4
Ben Dundas (NOW)	01:45.0	07:54.0	01:58.5	02:03.0	-00:10.0	-46	n/a	03:42.0	01:52.0	n/a	02:06.0	-00:07.5	2	En	1
Ben Dundas (THEN)	01:47.0	07:58.0	01:59.5	02:03.7	-00:16.7	-42	01:45.0	03:40.0	01:50.5	-00:05.0	02:09.0	-00:09.5	2	En	1
Bill Carmody (NOW)	01:55.0	08:37.0	02:09.2	02:14.0	-00:19.0	-44	n/a	04:18.0	02:09.0	n/a	02:09.5	-00:00.2	3	En	1
Bill Carmody (THEN)	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	-00:00.2	2	En	1
Bill Moody (NOW)	01:29.0	06:19.0	01:34.8	01:36.7	-00:07.7	-24	n/a	03:03.0	01:31.5	n/a	01:38.0	-00:03.3	1	Th	1
Bill Moody (THEN)	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 Edwards (NOW)	01:58.0	08:18.0	02:04.5	02:06.7	-00:08.7	-21	n/a	04:03.0	02:01.5	n/a	02:07.5	-00:03.0	4	En	1
Bob Edwards (THEN)	01:55.0	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
Bonnie Tolliford	01:48.0	07:42.0	01:55.5	01:58.0	-00:10.0	-26	n/a	03:48.0	01:54.0	n/a	01:57.0	-00:01.5	1	Th	6
Brian Bannon	02:02.0	08:18.0	02:04.5	02:05.3	-00:03.3	-8	n/a	03:59.0	01:59.5	n/a	02:09.5	-00:05.0	3	En	1
Brownyn Fricke (NOW)	01:22.0	05:48.0	01:27.0	01:28.7	-00:06.7	-23	n/a	02:52.0	01:26.0	n/a	01:28.0	-00:01.0	1	En	2
Brownyn Fricke (THEN)	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 Clayton (NOW)	01:42.0	07:08.0	01:47.0	01:48.7	-00:06.7	-19	n/a	03:26.0	01:43.0	n/a	01:51.0	-00:04.0	1	Sp	3
Caroline Clayton (THEN)	01:44.0	07:24.0	01:49.7	01:48.7	-00:01.0	-29	01:28.0	03:16.0	01:41.5	-00:05.0	01:50.0	-00:04.2	2	Th	2
Carrie A (NOW)	01:35.0	06:29.0	01:37.3	01:38.0	-00:03.0	-9	n/a	03:05.0	01:32.5	n/a	01:42.0	-00:04.8	1	Th	6
Carrie A (THEN)	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
Chad Marriott	01:37.0	07:02.0	01:45.5	01:48.3	-00:11.3	-32	n/a	03:23.0	01:41.5	n/a	01:49.5	-00:04.0	2	En	1
Chris 7	01:23.0	05:36.0	01:24.0	01:24.3	-00:01.3	-5	n/a	02:41.0	01:20.5	n/a	01:27.5	-00:03.5	4	Th	4
Chris Foley	01:37.0	06:38.0	01:39.5	01:40.3	-00:03.3	-10	n/a	03:11.0	01:35.5	n/a	01:43.5	-00:04.0	3	En	5
Chris Knott	01:40.0	06:49.0	01:42.3	01:43.0	-00:03.0	-9	n/a	03:23.0	01:41.5	n/a	01:49.0	-00:00.7	1	En	1
Claire Hanavan	01:29.0	06:20.0	01:35.0	01:36.7	-00:06.7	-21	n/a	03:05.0	01:31.5	n/a	01:38.5	-00:03.5	1	En	5
Cobie Rudd (NOW)	n/a	07:25.0	01:51.3	n/a	n/a	n/a	n/a	03:35.0	01:47.5	n/a	01:55.0	-00:03.8	3	En	6
Cobie Rudd (THEN)	01:43.0	07:13.0	01:48.2	01:50.0	-00:07.0	-19	n/a	03:30.0	01:45.0	n/a	01:51.5	-00:03.2	1	Th	6
Cyndy Hetrick	01:38.0	06:50.0	01:42.5	01:44.0	-00:06.0	-18	n/a	03:20.0	01:40.0	n/a	01:45.0	-00:02.5	3	En	6
David Ulbrich	n/a	05:54.0	01:28.5	n/a	n/a	n/a	n/a	02:44.0	01:22.0	n/a	01:35.0	-00:06.5	3	En	2
Diane Oliver (NOW)	01:41.0	07:06.0	01:46.5	01:48.3	-00:07.3	-21	n/a	03:26.0	01:43.0	n/a	01:50.0	-00:03.5	2	En	6
Diane Oliver (THEN)	01:42.0	07:24.0	01:49.0	01:51.3	-00:09.3	-25	01:44.0	03:14.0	01:49.5	-00:06.5	01:51.5	-00:04.2	2	En	1
Ed Negus (NOW)	01:37.0	06:59.0	01:44.8	01:47.3	-00:10.3	-30	01:34.0	03:17.0	01:38.5	-00:04.5	01:51.0	-00:06.2	1	En	2
Ed Negus (THEN)	01:43.0	07:13.0	01:48.2	01:50.0	-00:07.0	-19	n/a	03:25.0	01:42.5	n/a	01:54.0	-00:05.7	2	En	2
Elvira Strombeck (NOW)	01:28.0	06:05.0	01:31.3	01:32.3	-00:04.3	-14	n/a	02:54.0	01:27.0	n/a	01:35.5	-00:04.3	1	Th	4
Elvira Strombeck (THEN)	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
Emma 7	01:34.0	06:33.0	01:38.2	01:39.7	-00:05.7	-17	01:33.0	03:13.0	01:36.5	-00:03.5	01:40.0	-00:01.7	1	Th	4
Ernie Robinson (NOW)	01:45.0	07:59.0	01:45.7	01:49.7	-00:09.7	-26	n/a	02:02.0	01:58.0	n/a	02:07.5	-00:02.5	4	En	1
Ernie Robinson (THEN)	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 Robinson (NOW)	01:44.0	07:10.0	01:47.5	01:48.7	-00:04.7	-13	n/a	03:28.0	01:44.0	n/a	01:51.0	-00:03.5	1	En	5
Ernie Robinson (THEN)	n/a	06:55.0	01:43.8	n/a	n/a	n/a	01:33.0	03:14.0	01:37.0	-00:04.0	01:50.5	-00:06.8	2	En	6
Gavin Cook	01:59.0	08:27.0	02:06.7	02:09.3	-00:10.3	-24	n/a	04:06.0	02:03.0	n/a	02:10.5	-00:03.7	1	En	1
Gay Van Hazel (NOW)	01:43.0	07:18.0	01:49.5	01:51.7	-00:08.7	-24	n/a	03:32.0	01:46.0	n/a	01:53.0	-00:03.5	1	Sp	1
Gay Van Hazel (THEN)	01:44.0	07:38.0	01:48.8	01:50.3	-00:06.3	-17	01:48.0	03:26.0	01:45.5	-00:05.5	01:46.0	-00:01.5	1	Sp	4
Hannah McKencher	01:33.0	06:34.0	01:38.5	01:40.3	-00:07.3	-22	n/a	03:14.0	01:37.0	n/a	01:40.0	-00:01.5	1	Sp	4
James Forbes (NOW)	n/a	05:10.0	01:17.5	n/a	n/a	n/a	n/a	02:29.0	01:14.5	n/a	01:20.5	-00:03.0	1	Sp	4
James Forbes (THEN)	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 Davis (NOW)	01:38.0	07:00.0	01:45.0	01:47.3	-00:09.3	-27	n/a	03:27.0	01:43.5	n/a	01:46.5	-00:01.5	1	En	4
Jane Davis (THEN)	01:42.0	07:10.0	01:47.5	01:49.3	-00:07.3	-22	01:42.0	03:30.0	01:45.0	-00:03.0	01:50.0	-00:02.5	3	Sp	6
Janine Kaye (NOW)	01:36.0	06:46.0	01:41.5	01:43.3	-00:07.3	-22	n/a	03:05.0	01:31.0	n/a	01:50.5	-00:09.0	2	En	6
Janine Kaye (THEN)	01:48.0	07:48.0	01:57.0	01:59.7	-00:10.0	-27	01:44.0	03:40.0	01:50.0	-00:06.0	01:54.0	-00:07.0	2	En	2
Janine Willis (NOW)	01:21.0	05:39.0	01:24.8	01:26.0	-00:05.0	-18	n/a	02:44.0	01:22.0	n/a	01:27.5	-00:02.8	1	Th	4
Janine Willis (THEN)	01:19.0	05:46.0	01:26.5	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
Jens Bischoff (NOW)	01:33.0	06:47.0	01:41.7	01:44.7	-00:11.7	-34	n/a	03:22.0	01:41.0	n/a	01:42.5	-00:00.7	1	En	1
Jens Bischoff (THEN)	01:33.0	07:24.0	01:51.0	01:57.0	-00:24.0	-65	01:37.0								

Reese Webster	01:51.0	07:13.0	01:48.2	01:47.3	00:03.7	10	01:38.0	03:20.0	01:40.0	-00:02.0	01:56.5	-00:08.2	3	Th	6
Rhian Chin (NOW)	01:46.0	07:18.0	01:49.5	01:50.7	-00:04.7	-13	n/a	03:38.0	01:49.0	n/a	01:50.0	-00:00.5	1	En	1
Rhian Chin (THEN)	01:43.0	07:13.0	01:48.2	01:50.0	-00:07.0	-19	n/a	03:33.0	01:46.5	n/a	01:50.0	-00:01.7	2	Th	1
Ric C (NOW)	01:37.0	06:42.0	01:40.5	01:41.7	-00:04.7	-14	n/a	03:15.0	01:37.5	n/a	01:43.5	-00:03.0	1	En	1
Ric C (THEN)	01:35.0	06:45.0	01:41.3	01:43.3	-00:08.3	-25	01:37.0	03:19.0	01:39.5	-00:02.5	01:43.0	-00:01.7	2	En	1
Riki Shinozuka	n/a	05:18.0	01:19.5	n/a	n/a	n/a	n/a	02:30.0	01:15.0	n/a	01:24.0	-00:04.5	2	Th	2
Rob Franklyn (NOW)	01:27.0	06:03.0	01:30.8	01:32.0	-00:05.0	-17	n/a	02:56.0	01:28.0	n/a	01:33.5	-00:02.7	1	En	1
Rob Franklyn (THEN)	01:29.0	06:12.0	01:33.0	01:34.3	-00:05.3	-17	01:30.0	03:05.0	01:32.5	-00:02.5	01:33.5	-00:00.5	1	Th	4
Robyn Ahern (NOW)	01:42.0	07:20.0	01:50.0	01:52.7	-00:10.7	-29	n/a	03:33.0	01:46.5	n/a	01:53.5	-00:03.5	1	En	2
Robyn Ahern (THEN)	01:46.0	07:27.0	01:51.8	01:53.7	-00:07.7	-21	01:47.0	03:31.0	01:45.5	00:01.5	01:58.0	-00:06.3	2	En	6
Roxanne Garven (NOW)	01:57.0	06:09.0	02:02.3	02:04.0	-00:07.0	-17	n/a	03:53.0	01:56.5	n/a	02:06.0	-00:05.7	3	En	6
Roxanne Garven (THEN)	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 Holman (NOW)	01:34.0	06:40.0	01:40.0	01:42.0	-00:08.0	-24	01:36.0	03:15.0	01:37.5	-00:01.5	01:42.5	-00:02.5	2	En	6
Rupert Holman (THEN)	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	En	6
Ruth Chang	n/a	07:38.0	01:54.5	n/a	n/a	n/a	n/a	03:38.0	01:49.0	n/a	02:00.0	-00:05.5	1	Th	1
Ryan P	01:37.0	07:04.0	01:46.0	01:49.0	-00:02.0	-34	01:36.0	03:20.0	01:40.0	-00:04.0	01:52.0	-00:06.0	2	En	4
Sally Kellis	n/a	06:23.0	01:35.8	n/a	n/a	n/a	n/a	02:59.0	n/a	n/a	01:42.0	-00:06.3	3	En	4
Sally Scaffold	01:27.0	05:52.0	01:28.0	01:28.3	-00:01.3	-5	01:26.0	02:49.0	01:24.5	00:01.5	01:31.5	-00:03.5	3	En	4
Sally Steffanoni (NOW)	n/a	07:38.0	01:54.5	n/a	n/a	n/a	n/a	03:45.0	01:52.5	n/a	01:56.5	-00:02.0	1	En	4
Sally Steffanoni (THEN)	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 Letham (NOW)	01:34.0	06:36.0	01:39.0	01:40.7	-00:06.7	-20	n/a	03:13.0	01:36.5	n/a	01:41.5	-00:02.5	3	En	4
Saskia Letham (THEN)	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 Webb (NOW)	01:29.0	05:38.0	01:24.5	01:26.0	-00:05.0	-21	n/a	02:46.0	01:24.0	n/a	01:25.0	-00:00.5	1	Th	6
Sean Webb (THEN)	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 Hunter (NOW)	01:38.0	06:44.0	01:41.0	01:42.0	-00:04.0	-12	n/a	03:15.0	01:37.5	n/a	01:44.5	-00:03.5	1	En	2
Shane Hunter (THEN)	n/a	06:39.0	01:39.8	n/a	n/a	n/a	01:31.0	03:08.0	01:34.0	-00:03.0	01:45.5	-00:05.8	2	En	1
Simon Bedbrook (NOW)	01:21.0	05:35.0	01:23.7	01:24.7	-00:03.7	-13	n/a	02:43.0	01:21.5	n/a	01:26.0	-00:02.2	1	En	2
Simon Bedbrook (THEN)	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
Stijn Zeehoudt (NOW)	01:33.0	06:23.0	01:35.8	01:36.7	-00:03.7	-11	n/a	03:04.0	01:32.0	n/a	01:39.5	-00:03.8	1	En	1
Stijn Zeehoudt (THEN)	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
Stuart Moran	01:14.0	05:22.0	01:20.5	01:22.7	-00:08.7	-32	n/a	02:34.0	01:17.0	n/a	01:24.0	-00:03.5	2	En	6
Sue Oldham (NOW)	01:54.0	07:50.0	01:57.5	01:58.7	-00:04.7	-12	n/a	03:40.0	01:50.0	n/a	02:05.0	-00:07.5	1	Sp	6
Sue Oldham (THEN)	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
Suzi Scarff (NOW)	01:24.0	05:38.0	01:24.5	01:24.7	-00:00.7	-2	01:25.0	02:48.0	01:24.0	00:01.0	01:25.0	-00:00.5	1	En	1
Suzi Scarff (THEN)	01:24.0	05:49.0	01:27.3	01:28.3	-00:04.3	-15	01:24.0	02:50.0	01:26.5	-00:02.5	01:28.0	-00:00.8	3	Sp	6
Tim Booth (NOW)	01:43.0	07:15.0	01:48.8	01:51.3	-00:10.3	-29	n/a	03:29.0	01:44.5	n/a	01:53.0	-00:04.3	2	Th	5
Tim Booth (THEN)	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
Todd Gardner	01:46.0	07:20.0	01:50.0	01:51.3	-00:05.3	-15	n/a	03:35.0	01:47.5	n/a	01:52.5	-00:02.5	1	Th	4
Trevor Magee (NOW)	01:35.0	06:46.0	01:41.5	01:43.7	-00:08.7	-26	n/a	03:19.0	01:39.5	n/a	01:43.5	-00:02.0	1	En	6
Trevor Magee (THEN)	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
Wayne Morris	01:17.0	05:14.0	01:18.5	01:19.0	-00:02.0	-8	n/a	02:31.0	01:15.5	n/a	01:24.5	-00:03.0	1	Th	1

**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:**

- USEFUL LINKS:** <http://www.swimsmooth.com/breathing.html> and <http://www.swimsmooth.com/swimming-balance.html>
- USEFUL LINKS:** <http://www.feelthewater.com/search?q=posture>
- USEFUL LINKS:** <http://www.swimsmooth.com/injury.php>
- USEFUL LINKS:** <http://www.feelthewater.com/search?q=Becky>
- USEFUL LINKS:** <http://www.feelthewater.com/search?q=overglider>
- 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.
- n/a** 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