

SAC Swim Training Groups - Autumn, 2012

Note: From time to time, swimmers may be asked to swim in a different lane. This may be to even-up the number of swimmers in each lane, or it may be to suit the main focus of the training set (e.g. low-intensity aerobic endurance; threshold swimming; anaerobic speedwork; technique drills and skills; other strokes; etc.).

Saturday, 9:00am - 10:00am

Coaches: Cherry N, Gary P

| Rank | Lane 1 | CSS | Lane 2 | CSS | Lane 3 | | Lane 4 |
|------|------------|-----------------|------------|-----------------|----------|----------|-----------|
| 1 | Gary B | 47 sec. per 50m | Lian M | 50 sec. per 50m | Graham P | Stormers | Alice A |
| 2 | Lawrence N | | Pete L | | Sue F-D | | Bethany S |
| 3 | Paul M | | Moyra A | | Wayne G | | Ruby L |
| 4 | Brian M | | Simon J | | Tim P | | Zara S |
| 5 | Sarah C | | Ross W | | Ruth S | | Ollie W |
| 6 | Simon T | | Michelle C | | Frank T | | Niamh H |
| 7 | George M | | Amanda O | | Adrian B | | Oscar J |

Saturday, 10:00am - 11:00am

Coaches: Jon B, Frank T

| Rank | Lane 1 | CSS | Lane 2 | CSS | Lane 3 | CSS | Lane 4 |
|------|--------------|-----------------|-----------|-----------------|----------|-----------------|--------------|
| 1 | Laurence C-Y | 55 sec. per 50m | Nicola B | 59 sec. per 50m | Elaine S | 71 sec. per 50m | Andie A |
| 2 | Joe T | | Lisa J | | George V | | Jeremy T |
| 3 | Gary P | | Steve C-Y | | Lauren J | | Anne-Marie P |
| 4 | Jane P | | Sophie T | | Juliet S | | Ann N |
| 5 | Alison B | | Cherry N | | Steve J | | Barbara F-D |
| 6 | Claire P | | Nigel McA | | Lucy L | | Carol K |
| 7 | Lee O | | | | Mike M | | Carol C |

Wednesday, 7:30pm - 8:30pm

Coaches: Gary P, Ben A

| Rank | Lane 1 | CSS | Lane 2 | CSS | Lane 3 | CSS | Lane 4 |
|------|---------|-----------------|----------|-----------------|------------|-----------------|----------|
| 1 | Gary B | 47 sec. per 50m | Moyra A | 50 sec. per 50m | Wayne G | 56 sec. per 50m | Tim W |
| 2 | Andy R | | Pete L | | Simon M | | Lee O |
| 3 | Lydia J | | Simon J | | Jane P | | Chris L |
| 4 | Paul M | | Hannah J | | Louise M | | Cherry N |
| 5 | Brian M | | Amanda O | | Adrian B | | Elaine S |
| 6 | Sarah C | | Sue F-D | | Michelle G | | George V |
| 7 | Shane B | | Jon B | | Alison B | | Juliet S |
| 8 | Simon W | | | | Michelle B | | |

Critical Swimming Speed (CSS): CSS is the fastest pace that can (theoretically) be maintained continuously, without exhaustion and without significantly compromising stroke technique. It represents a transition point between low-intensity aerobic swimming and high-intensity anaerobic swimming. CSS corresponds closely to an athlete's maximal lactate steady state, and is a reliable indicator of the speed at which a swimmer's anaerobic threshold occurs. In practice, however, the CSS for most non-elite swimmers slightly over-estimates (i.e. is slightly faster than) their anaerobic threshold speed. Attempting to swim faster than CSS for any length of time invariably leads to a deterioration in stroke technique, a shorter stroke length, and a less efficient stroke.