

My Swim Coach

TRAIN BETTER. SWIM FASTER.



BASIC TEST

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WWW.MY-SWIMCOACH.COM

BASIC TEST

The My Swim Coach Basic Test calculates two reference times and can be done in one training day. We propose to swim one of the tests every 6 to 8 weeks, to track your training progress. This will allow you to find out when it's time to change to another Lane One training plan. In the new training plan, just start in the same training week as you would in your previous plan.

Item	Repeat	Distance	Description	Speed	Break after Repetition	Break after Series	Total
1	2 x	100m	75 Cr + 25 Bk	moderate		00:20	200m
2	2 x	100m	Change-Md (Cr instead of Bf)	moderate	00:15	00:30	200m
3	4 x	50m	15 Cr (max) + 35 Bk-Br-Bf (moderate)	moderate / max	00:30	02:00	200m
4	1 x	100m	CR (WATER START)	MAX = TEST		02:00	100m
5	1 x	100m	50 Cr + 50 Bk alternating	easy going / active recovery		00:15	100m
6	1 x	100m	50 Cr (long floating) + 50 Br (1 arm / 2 legs)	easy going / active recovery		00:15	100m
7	1 x	100m	50 Bf-slap (2lt / 2rt) + 50 Cr	easy going / active recovery		01:00	100m
8	1 x	1000m	CR (WATER START)	MAX = TEST		00:20	1000m
9	1 x	300m	Free cool down	easy going / active recovery			300m

Total: 2,300m

BASIC TESTS

Enter your test times into the table below.

Test	Distance	Stroke	M in.	Sec.	Notes
1	100m	Crawl			
2	1,000m	Crawl			

Enter your 50m split times into the table below, if someone took your split times for you. Then, you can create a graphic course of your swimming speed.

Example:

Time	50m	100m	150m	200m	250m	300m	350m	400m	450m	500m	550m	600m	650m	700m	750m	800m	850m	900m	950m	1000m	
Split Times	0:41	1:25	2:09	2:52	3:37	4:21	5:06	5:49	6:33	7:19	8:05	8:50	9:35	10:21	11:06	11:52	12:37	13:22	14:07	14:53	
Split Times in Sec.	41	44	44	43	44	44	45	43	46	46	46	45	45	46	45	46	45	45	45	46	
48																					
47																					
46									x	x	x			x		x				x	
45							x					x	x		x		x	x	x		
44		x	x		x	x															
43				x				x													
42																					
41	x																				

BASIC TESTS

My 1,000m Split Times:

Time	50m	100m	150m	200m	250m	300m	350m	400m	450m	500m	550m	600m	650m	700m	750m	800m	850m	900m	950m	1000m	
Split Times																					
Split Times in Sec.																					
60																					
59																					
58																					
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