

# My Swim Coach

TRAIN BETTER. SWIM FASTER.



**PRO TEST**

powered by



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# PROTEST

The My Swim Coach Basic Test calculates eight reference times and can be done in two training days. 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.

## Test Day 1:

| Item | Repeat | Distance | Description                          | Speed                        | Break after Repetition | Break after Series | Total  |
|------|--------|----------|--------------------------------------|------------------------------|------------------------|--------------------|--------|
| 1    | 1 x    | 200m     | 150 Cr + 50 Bk                       | moderate                     |                        | 00:20              | 200m   |
| 2    | 6 x    | 50m      | Change-Md (Cr instead of Bf)         | moderate                     | 00:15                  | 00:30              | 300m   |
| 3    | 2 x    | 50m      | 15 Cr (max) + 35 Bk-Br-Bf (moderate) | moderate / max               | 00:15                  | 02:00              | 100m   |
| 4    | 1 x    | 100m     | CR (WATER START)                     | MAX = TEST                   |                        | 02:00              | 100m   |
| 5    | 1 x    | 200m     | 50 Cr + 50 Bk alternating            | easy going / active recovery |                        | 02:00              | 200m   |
| 6    | 1 x    | 50m      | CR-KICKS (WITH KICKBOARD)            | MAX = TEST                   |                        | 02:00              | 50m    |
| 7    | 1 x    | 50m      | Br-kicks (with kickboard)            | easy going / active recovery |                        | 00:30              | 50m    |
| 8    | 1 x    | 200m     | 50 Cr + 50 Bk alternating            | easy going / active recovery |                        | 00:30              | 200m   |
| 9    | 1 x    | 1000m    | CR (WATER START)                     | MAX = TEST                   |                        | 00:20              | 1000m  |
| 10   | 1 x    | 300m     | Free cool down                       | easy going / active recovery |                        |                    | 300m   |
|      |        |          |                                      |                              |                        | Total:             | 2,500m |

# PROTEST

## Test Day 2:

| Item | Repeat | Distance | Description                          | Speed                        | Break after Repetition | Break after Series | Total  |        |
|------|--------|----------|--------------------------------------|------------------------------|------------------------|--------------------|--------|--------|
| 1    | 1 x    | 200m     | 150 Cr + 50 Bk                       | moderate                     |                        | 00:20              | 200m   |        |
| 2    | 6 x    | 50m      | Change-Md (Cr instead of Bf)         | moderate                     | 00:15                  | 00:30              | 300m   |        |
| 3    | 2 x    | 50m      | 15 Cr (max) + 35 Bk-Br-Bf (moderate) | moderate / max               | 00:15                  | 02:00              | 100m   |        |
| 4    | 1 x    | 200m     | CR (WATER START)                     | MAX = TEST                   |                        | 02:00              | 200m   |        |
| 5    | 1 x    | 200m     | 50 Cr + 50 Bk alternating            | easy going / active recovery |                        | 01:00              | 200m   |        |
| 6    | 1 x    | 100m     | MD (WATER START)                     | MAX = TEST                   |                        | 02:00              | 100m   |        |
| 7    | 1 x    | 200m     | 50 Cr + 50 Bk alternating            | easy going / active recovery |                        | 01:00              | 200m   |        |
| 8    | 1 x    | 100m     | BK                                   | MAX = TEST                   |                        | 02:00              | 100m   |        |
| 9    | 1 x    | 200m     | 50 Cr + 50 Bk alternating            | easy going / active recovery |                        | 01:00              | 200m   |        |
| 10   | 1 x    | 100m     | BR (WATER START)                     | MAX = TEST                   |                        | 02:00              | 100m   |        |
| 11   | 1 x    | 200m     | 50 Cr + 50 Bk alternating            | easy going / active recovery |                        | 01:00              | 200m   |        |
| 12   | 1 x    | 100m     | BF (WATER START)                     | MAX = TEST                   |                        | 00:20              | 1000m  |        |
| 13   | 1 x    | 300m     | Free cool down                       | easy going / active recovery |                        |                    | 300m   |        |
|      |        |          |                                      |                              |                        |                    | Total: | 2,300m |

# PROTEST

Enter your test times into the table below.

| Test | Distance | Stroke       | M in. | Sec. | Notes |
|------|----------|--------------|-------|------|-------|
| 1    | 100m     | Crawl        |       |      |       |
| 2    | 1,000m   | Crawl        |       |      |       |
| 3    | 200m     | Crawl        |       |      |       |
| 4    | 100m     | Backstroke   |       |      |       |
| 5    | 100m     | Breaststroke |       |      |       |
| 6    | 100m     | Butterfly    |       |      |       |
| 7    | 100m     | Medley       |       |      |       |
| 8    | 50m      | Crawl-kicks  |       |      |       |

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    |
| 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    |      |      |      |      |      |      |      |      |      |      |      |      |       |       |       |       |       |       |       |

# PROTEST

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                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 57                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 56                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 55                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 54                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 53                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 52                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 51                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 50                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 49                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 48                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 47                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 46                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 45                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 44                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 43                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 42                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |
| 41                  |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |  |