28.02.2017

Lane 1

600 warm up

300 build

T400

300 easy

T200

200 swim down

Lane 2

600 warm up

300 build

T400

300 easy

T200

200 swim down

Lane 1

500 warm up

300 build

T400

300 easy

T200

200 swim down

**How to calculate CSS?**

CSS (m/sec) = (400 - 200) / (T400 - T200)

Where T400 and T200 are your 400 and 200m times in seconds.

Or you could visit this website:

 <http://www.swimsmooth.com/training.html#ixzz4ZiMKh4FJ>

Convert your speed from m/sec into time for distances below.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Distance | 50 | 100 | 150 | 200 | 300 | 400 | 500 | 600 | 700 |
| Time  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Distance | 800 | 1000 | 1500 | 1900 | 3800  |
| time |  |  |  |  |  |

02.03.2017 Endurance

Lane 1

700 warm up

600 @ CS+8 R45

500 @CS+6 R45

400 @CS+4 R25

300 @CS+2

200 swim down

Total: 2.7km

Lane 2

600 warm up

600 @ CS+8 R45

500 @CS+6 R45

400 @CS+4 R25

300 @CS+2

200 swim down

Total: 2.6km

Lane 3

500 warm up

500 @ CS+8 R45

500 @CS+6 R45

400 @CS+4 R25

200 @CS+2

200 swim down

Total:2.3km