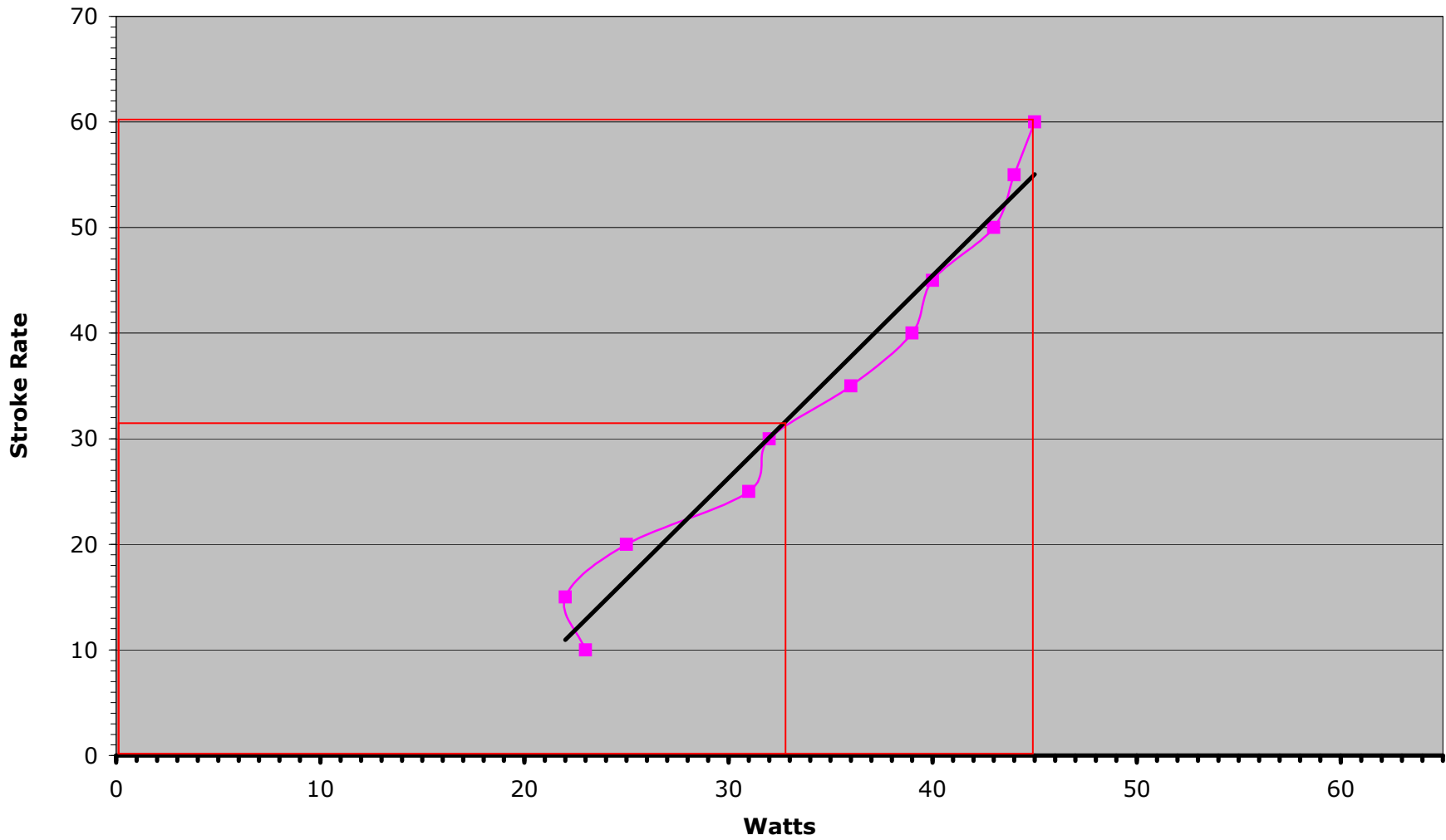


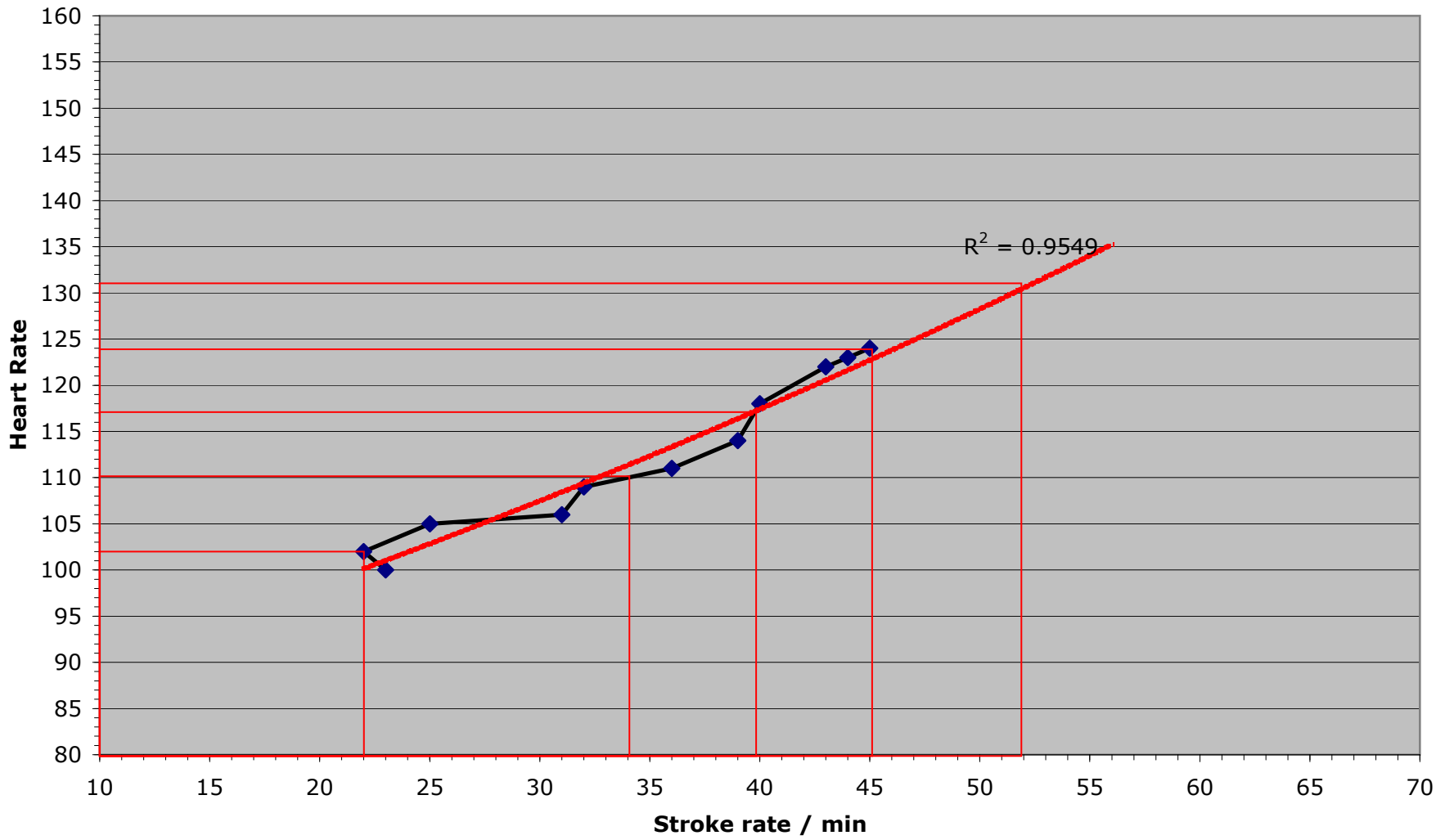
# Stroke Rate vs Watts



# Swim Pace Chart in Minutes

<b>M/S</b>										
<b>Flow Meter Reading</b>	<b>100 Yards</b>	<b>100 Meters</b>	<b>1/4 Mile Sprint Dist</b>	<b>500 Yards</b>	<b>1/2 Mile Sprint Dist</b>	<b>1,000 Yards</b>	<b>1,500 Yards</b>	<b>1 Mile Olympic Dist</b>	<b>1.2 Miles +/- Ironman Dist</b>	<b>2.4 Miles Ironman Dist</b>
1.57	1.00	1.06	4.15	5	8.3	10	15	17.36	21.07	42.14
1.50	1.05	1.11	4.38	5.25	9.13	10.5	16.15	19.04	22.53	45.46
1.42	1.10	1.17	4.58	5.5	9.55	11.4	17.3	20.32	24.28	49.16
1.36	1.15	1.22	5.19	6.15	10.38	12.3	18.45	22	26.24	52.48
1.31	1.20	1.27	5.4	6.4	11.2	13.2	20	23.28	28.08	56.19
1.25	1.25	1.33	6.01	7.05	12.03	14.1	21.15	24.56	29.55	59.5
1.20	1.30	1.38	6.23	7.3	12.45	15	22.3	26.24	31.41	01:03.2
1.15	1.35	1.44	6.44	7.55	13.28	15.5	23.45	27.52	33.26	01:06.5
1.11	1.40	1.49	7.05	8.2	14.1	16.4	25	29.5	35.12	01:10.2
1.07	1.45	1.55	7.26	8.45	14.53	17.3	26.15	30.48	36.58	01:13.6
0.83	1.50	2	7.48	9.1	15.35	18.2	27.3	32.16	38.43	01:17.3
0.80	1.55	2.06	8.09	9.35	16.18	19.1	28.45	33.44	40.29	01:20.6
0.78	2.00	2.11	8.3	10	17	20	30	35.12	42.14	01:24.3
0.76	2.05	2.17	8.51	10.25	17.43	20.5	31.15	36.4	44	01:28.0
0.75	2.10	2.22	9.13	10.5	18.25	21.4	32.3	37.08	46.54	01:31.3
0.73	2.15	2.28	9.34	11.15	19.08	22.3	33.45	39.36	47.31	01:35.0
0.71	2.20	2.33	9.54	11.4	19.5	23.2	35	41.04	49.17	01:38.3
0.69	2.25	2.39	10.16	12.05	20.33	24.1	36.15	42.32	51.02	01:42.1
0.68	2.30	2.44	10.38	12.3	21.15	25	37.3	44	52.48	01:45.4
0.66	2.35	2.5	10.59	12.55	21.58	25.5	38.45	45.28	54.34	01:49.1
0.65	2.40	2.55	11.2	13.2	22.4	26.4	40	46.56	56.19	01:52.4
0.55	2.45	3	11.41	13.45	23.23	27.3	41.15	48.24	58.05	01:56.1
0.54	2.50	3.06	12.03	14.1	24.05	28.2	42.3	49.52	59.5	01:59.4
0.53	2.55	3.11	12.24	14.35	24.48	29.1	43.45	51.2	01:01.4	02:03.1
0.52	3.00	3.17	12.45	15	25.3	30	45	52.48	01:03.2	02:06.4

# Stroke Rate vs Heart Rate



**THRESHOLD VO<sub>2</sub> MAX INFORMATION**

**Name:** Ben Proko

**Date:** 17-May-11

Stage	Watts	Heart Rate (bpm)		Stroke Rate/min	/100m
1	10	100		23	3:33
2	15	102		22	2:50
3	20	105		25	2:35
4	25	106		31	2:22
5	30	109		32	2:14
6	35	111		36	2:10
7	40	114		39	2:07
8	45	118		40	1:59
9	50	122		43	1:57
10	55	123		44	1:49
11	60	124		45	1:44
12					

<b>STAGE TIME (min)</b>			
1	Last Stage Completed	11	

<b>TRAINING ZONES</b>	
	Stroke Rate /min
Zone 1	10-22
Zone 2	22-34
Zone 3	34-40
Zone 4	40-45
Zone 5	45-52