

## **Guidance notes for filling in Crib Sheet**

Please fill the sheet in and save a copy to you computer (using short course times), then print it off and get it laminated (I have a laminator if anyone needs help with this). This sheet can then be modified every time you break a PB.

All of the information on this sheet should be used to assist you in your training. A laminated copy should be kept in your kitbag. The sheet should only ever be used as a guide. It gives a general idea of what kind of times you should be aiming for. Every swimmer is individual, so it's no good looking at a friend's!!!!

If you train to the times given in the sheet, I can say that 99.9% of people will end up being a faster swimmer. This of course has to be coupled with constant work on improving technique. You can be the fittest swimmer in the world, but if your technique is poor you will always struggle!

Here is a guide to the sheet:

- Only the yellow boxes on the sheet can be filled in.
- Time should be filled out as follows: MM:SS.0 (eg 15:23.5) If any other format is used, the wrong time will be displayed. Times can only be entered to 0.1 of a second.
- Filling out your name and favourite strokes does not affect anything on the sheet.
- Filling in PB's on the sheet will result in a lot of the numbers changing
- Unless you have a PB for every event named, not all the boxes will change.
- The sheet will only print in black and white

### **Glossary:**

**Goal Time:** Is based on you becoming 3% faster.

**Crit Speed:** Is calculated by taking your 100PB away from your 200PB. This will be used in training.

**Fractions of PB/Goal time:** These will be used in training.

**Max HR:** Is worked out by the sum 220-your age (hence why you have to fill it out in the top)

**BBM:** Stands for beats below max, these will be used in training

**% MAX:** Will be used in training

**Goal Time race splits:** Are calculated using your goal time. These are the times/paces you should aim for to reach your goal time in a race. It is highly unlikely you will ever hit them bang on, but please use them as a guide.

**Training paces:** Are some other times you will require in training

**Front/Back end times:** the first 50 of a 100 is called the front end, the second 50 is called the back end. These times are a guide for what you should be aiming to do in a race to reach your goal 100 times. They will also be used in training

Any queries, feel free to send me an email or talk to me at training.

Good luck!  
Alex Dallimore