

Percentage of Effort

The coach can designate the exact percentage of effort he wants for each segment of the workout.

If the swimmer refers to the line indicating his best time for a certain distance, he will know exactly what the coach wants.

Best Time In Seconds	100%	95%	90%	85%	80%	75%	70%	65%	60%
20	20	21	22	23	24	25	26	27	28
22	22	23.1	24.2	25.3	26.4	27.5	28.6	29.7	30.8
24	24	25.2	26.4	27.6	28.8	30.0	31.2	32.4	33.6
26	26	27.3	28.6	29.9	31.2	32.5	33.8	35.1	36.4
28	28	29.4	30.8	32.2	33.6	35.0	36.4	37.8	39.2
30	30	31.5	33.0	34.5	36.0	37.5	39.0	40.5	42.0
32	32	33.6	35.2	36.8	38.4	40.0	41.6	43.2	44.8
34	34	35.7	37.4	39.1	40.8	42.5	44.2	45.9	47.6
36	36	37.8	39.6	41.4	43.2	45.0	46.8	48.6	50.4
38	38	39.9	41.8	43.7	45.6	47.5	49.4	51.3	53.2
40	40	42.0	44.0	46.0	48.0	50.0	52.0	54.0	56.0
42	42	44.1	46.2	48.3	50.4	52.5	54.6	56.7	58.8
44	44	46.2	48.4	50.6	52.8	55.0	57.2	59.4	1:01.6
46	46	48.3	50.6	52.9	55.2	57.5	59.8	1:02.1	1:04.4
48	48	50.4	52.8	55.2	57.6	1:00.0	1:02.4	1:04.8	1:07.2
50	50	52.5	55.0	57.5	1:00.0	1:02.5	1:05.0	1:07.5	1:10.0
52	52	54.6	57.2	59.8	1:02.4	1:05.0	1:07.6	1:10.2	1:12.8
54	54	56.7	59.4	1:02.1	1:04.8	1:07.5	1:10.2	1:12.9	1:15.6
56	56	58.8	1:01.6	1:04.4	1:07.2	1:10.0	1:12.8	1:15.6	1:18.4
58	58	1:00.9	1:03.8	1:06.7	1:09.6	1:12.5	1:15.4	1:18.3	1:21.2
1:00	1:00	1:03.0	1:06.0	1:09.0	1:12.0	1:15.0	1:18.0	1:21.0	1:24.0
1:02	1:02	1:05.1	1:08.2	1:11.3	1:14.4	1:17.5	1:20.6	1:23.7	1:26.8
1:04	1:04	1:07.2	1:10.4	1:13.6	1:16.8	1:20.0	1:23.2	1:26.4	1:29.6
1:06	1:06	1:09.3	1:12.6	1:15.9	1:19.2	1:22.5	1:25.8	1:29.1	1:32.4
1:08	1:08	1:11.4	1:14.8	1:18.2	1:21.6	1:25.0	1:28.4	1:31.8	1:35.2
1:10	1:10	1:13.5	1:17.0	1:20.5	1:24.0	1:27.5	1:31.0	1:34.5	1:38.0
1:12	1:12	1:15.6	1:19.2	1:22.8	1:26.4	1:30.0	1:33.6	1:37.2	1:40.8
1:14	1:14	1:17.7	1:21.4	1:25.1	1:28.8	1:32.5	1:36.2	1:39.9	1:43.6
1:16	1:16	1:19.8	1:23.6	1:27.4	1:31.2	1:35.0	1:38.8	1:42.6	1:46.4
1:18	1:18	1:21.9	1:25.8	1:29.7	1:33.6	1:37.5	1:41.4	1:45.3	1:49.2
1:20	1:20	1:24.0	1:28.0	1:32.0	1:36.0	1:40.0	1:44.0	1:48.0	1:52.0
1:22	1:22	1:26.1	1:30.2	1:34.3	1:38.4	1:42.5	1:46.6	1:50.7	1:54.8
1:24	1:24	1:28.2	1:32.4	1:36.6	1:40.8	1:45.0	1:49.2	1:53.4	1:57.6
1:26	1:26	1:30.3	1:34.6	1:38.9	1:43.2	1:47.5	1:51.8	1:56.1	2:00.4
1:28	1:28	1:32.4	1:36.8	1:41.2	1:45.6	1:50.0	1:54.4	1:58.8	2:03.2
1:30	1:30	1:34.5	1:39.0	1:43.5	1:48.0	1:52.5	1:57.0	2:01.5	2:06.0
1:32	1:32	1:36.6	1:41.2	1:45.8	1:50.4	1:55.0	1:59.6	2:04.2	2:08.8
1:34	1:34	1:38.7	1:43.4	1:48.1	1:52.8	1:57.5	2:02.2	2:06.9	2:11.6
1:36	1:36	1:40.8	1:45.6	1:50.4	1:55.2	2:00.0	2:04.8	2:09.6	2:14.4
1:38	1:38	1:42.9	1:47.8	1:52.7	1:57.6	2:02.5	2:07.4	2:12.3	2:17.2
1:40	1:40	1:45.0	1:50.0	1:55.0	2:00.0	2:05.0	2:10.0	2:15.0	2:20.0
1:42	1:42	1:47.1	1:52.2	1:57.3	2:02.4	2:07.5	2:12.6	2:17.7	2:22.8
1:44	1:44	1:49.2	1:54.4	1:59.6	2:04.8	2:10.0	2:15.2	2:20.4	2:25.6
1:46	1:46	1:51.3	1:56.6	2:01.9	2:07.2	2:12.5	2:17.8	2:23.1	2:28.4
1:48	1:48	1:53.4	1:58.8	2:04.2	2:09.6	2:15.0	2:20.4	2:25.8	2:31.2
1:50	1:50	1:55.5	2:01.0	2:06.5	2:12.0	2:17.5	2:23.0	2:28.5	2:34.0

Percentage of Effort

Example:

Workout: 2 series of 4x100 yds.

1st series at 80% effort

2nd series at 90% effort

Swimmer's best time for 100 yds.: 54.0

1st series at 80% = 1:04.8

2nd series at 90% = 59.4

Best Time In Seconds	100%	95%	90%	85%	80%	75%	70%	65%	60%
1:52	1:52	1:57.6	2:03.2	2:08.8	2:14.4	2:20.0	2:25.6	2:31.2	2:36.8
1:54	1:54	1:59.7	2:05.4	2:11.1	2:16.8	2:22.5	2:28.2	2:33.9	2:39.6
1:56	1:56	2:01.8	2:07.6	2:13.4	2:19.2	2:25.0	2:30.8	2:36.6	2:42.4
1:58	1:58	2:03.9	2:09.8	2:15.7	2:21.6	2:27.5	2:33.4	2:39.3	2:45.2
2:00	2:00	2:06.0	2:12.0	2:18.0	2:24.0	2:30.0	2:36.0	2:42.0	2:48.0
2:02	2:02	2:08.1	2:14.2	2:20.3	2:26.4	2:32.5	2:38.6	2:44.7	2:50.8
2:04	2:04	2:10.2	2:16.4	2:22.6	2:28.8	2:35.0	2:41.2	2:47.4	2:53.6
2:06	2:06	2:12.3	2:18.6	2:24.9	2:31.2	2:37.5	2:43.8	2:50.1	2:56.4
2:08	2:08	2:14.4	2:20.8	2:27.2	2:33.6	2:40.0	2:46.4	2:52.8	2:59.2
2:10	2:10	2:16.5	2:23.0	2:29.5	2:36.0	2:42.5	2:49.0	2:55.5	3:02.0
2:12	2:12	2:18.6	2:25.2	2:31.8	2:38.4	2:45.0	2:51.6	2:58.2	3:04.8
2:14	2:14	2:20.7	2:27.4	2:34.1	2:40.8	2:47.5	2:54.2	3:00.9	3:07.6
2:16	2:16	2:22.8	2:29.6	2:36.4	2:43.2	2:50.0	2:56.8	3:03.6	3:10.4
2:18	2:18	2:24.9	2:31.8	2:38.7	2:45.6	2:52.5	2:59.4	3:06.3	3:13.2
2:20	2:20	2:27.0	2:34.0	2:41.0	2:48.0	2:55.0	3:02.0	3:09.0	3:16.0
2:22	2:22	2:29.1	2:36.2	2:43.3	2:50.4	2:57.5	3:04.6	3:11.7	3:18.8
2:24	2:24	2:31.2	2:38.4	2:45.6	2:52.8	3:00.0	3:07.2	3:14.4	3:21.6
2:26	2:26	2:33.3	2:40.6	2:47.9	2:55.2	3:02.5	3:09.8	3:17.1	3:24.4
2:28	2:28	2:35.4	2:42.8	2:50.2	2:57.6	3:05.0	3:12.4	3:19.8	3:27.2
2:30	2:30	2:37.5	2:45.0	2:52.5	3:00.0	3:07.5	3:15.0	3:22.5	3:30.0
2:32	2:32	2:39.6	2:47.2	2:54.8	3:02.4	3:10.0	3:17.6	3:25.2	3:32.8
2:34	2:34	2:41.7	2:49.4	2:57.1	3:04.8	3:12.5	3:20.2	3:27.9	3:35.6
2:36	2:36	2:43.8	2:51.6	2:59.4	3:07.2	3:15.0	3:22.8	3:30.6	3:38.4
2:38	2:38	2:45.9	2:53.8	3:01.7	3:09.6	3:17.5	3:25.4	3:33.3	3:41.2
2:40	2:40	2:48.0	2:56.0	3:04.0	3:12.0	3:20.0	3:28.0	3:36.0	3:44.0
2:42	2:42	2:50.1	2:58.2	3:06.3	3:14.4	3:22.5	3:30.6	3:38.7	3:46.8
2:44	2:44	2:52.2	3:00.4	3:08.6	3:16.8	3:25.0	3:33.2	3:41.4	3:49.6
2:46	2:46	2:54.3	3:02.6	3:10.9	3:19.2	3:27.5	3:35.8	3:44.1	3:52.4
2:48	2:48	2:56.4	3:04.8	3:13.2	3:21.6	3:30.0	3:38.4	3:46.8	3:55.2
2:50	2:50	2:58.5	3:07.0	3:15.5	3:24.0	3:32.5	3:41.0	3:49.5	3:58.0
2:52	2:52	3:00.6	3:09.2	3:17.8	3:26.4	3:35.0	3:43.6	3:52.2	4:00.8
2:54	2:54	3:02.7	3:11.4	3:20.1	3:28.8	3:37.5	3:46.2	3:54.9	4:03.6
2:56	2:56	3:04.8	3:13.6	3:22.4	3:31.2	3:40.0	3:48.8	3:57.6	4:06.4
2:58	2:58	3:06.9	3:15.8	3:24.7	3:33.6	3:42.5	3:51.4	4:00.3	4:09.2
3:00	3:00	3:09.0	3:18.0	3:27.0	3:36.0	3:45.0	3:54.0	4:03.0	4:12.0