

T20 Time Trials

What is it? A T20 time trial is a way of measuring a swimmer's stamina and improvement over a set interval. Swimmers swim as far as they can in 20 minutes. This establishes a benchmark for a swimmer's fitness and allows progressive development to be recognised and monitored.

The principle is that if you can maintain a constant maximum effort for a period of time you will be working to your maximum aerobic capacity. This can then be measured and used to gauge improvement of the swimmer over time. In addition, it can be used as a coaching tool to make adjustments for training over different distances.

Junior Squad Results

December 2011					
Position	Name	Distance (m)	Improvement (m)	Distance (m)	Improvement (m)
1	Olivia Hurdle	1120	-		
2	Amber Head	1105	-		
3	Jasmyne Head	1065	-		
4	Georgia Powell	1060	-		
5	Ryan Black	1045	-		
6	Sophie Mashford	1040	-		
7	Elizabeth Hind	1035	-		
8	Harrison Fisher	1015	-		
9	Connie Mashford	1010	-		
10	Tom Clark	1000	-		
11	Joshua Metson	990	-		
12	Isobel Jackson	985	-		
13	Kate Bailey	985	-		
14	Holly Barnham	980	-		
15	Christian Stillabower	980	-		
16	Harry Moorhouse	980	-		
17	Jessica Mason	975	-		
18	Shalina Johnson	970	-		
19	James Clowes	970	-		
20	Alice Johnson	965	-		
21	Libby Rudd	965	-		
22	Emily Cox	955	-		
23	Tom Wardle	950	-		
24	Josh Beuvink	935	-		
25	Edward Boswell	935	-		
26	Josh Williams	900	-		
27	Lucy Bailey	890	-		
28	Nikita Payne	790	-		

