

Jerome M. Menton 60 Years Old

1 K IM 2018 01 05 28.5 minutes to swim 1,000 meters

Swim Stroke	Lengths	Distance In Meters	Time	Cumulative Time	Avg Pace	Best Pace	Total Strokes	Avg Strokes
Butterfly	14	350	08:19.4	08:19.4	2:23	0:50	136	10
Backstroke	10	250	06:38.1	14:58	2:39	2:17	127	13
Breaststroke	11	250	08:25.8	23:23	3:04	2:34	152	14
Front crawl	10	250	05:29.4	28:53:00	2:12	1:48	113	11
	45	1,100	28:53:00	28:53:00	2:34	0:50	528	12

Notes: I did a extra 100 on Fly, almost feel sleep and missed 4 laps
GOAL -I want to get to 20 minutes, 4 minute free and back, 6 minute breast, 6 minute fly

2 K IM 2018 01 24 - 56 minutes / 2 = 28 minutes to swim each 1,000 meters

Swim Stroke	Lengths	Distance In Meters	Time	Cumulative Time	Avg Pace	Best Pace	Total Strokes	Avg Strokes
Butterfly	20	500	17:35	17:35	3:31	3:00	295	15
Backstroke	20	500	12:46	30:20:00	2:33	2:18	271	14
Breaststroke	20	500	13:45	44:05:00	2:45	2:25	285	14
Front crawl	22	550	12:16	56:21:00	2:14	1:29	240	11
	82	2,050	56:29:00	56:29:00	2:45	1:29	1,091	13

Notes: I did a extra 50 meters on Free Style, loose count sometimes.

3 K IM 2018 03 01 - 85 minutes / 3 = 28.3 minutes to swim each 1,000 meters

Swim Stroke	Lengths	Distance In Meters	Time	Cumulative Time	Avg Pace	Best Pace	Total Strokes	Avg Strokes
Butterfly	30	750	27:31	27:31:00	3:40	2:58	470	16
Backstroke	30	750	19:30	47:00:00	2:36	2:21	401	13
Breaststroke	30	750	20:55	1:07:56	2:45	1:57	435	15
Front crawl	30	750	17:09	1:25:05	2:17	1:42	346	12
	120	3,000	1:25:05	1:25:05	2:49			

Notes: Good counting of lengths. Really got to lower my Fly time

4 K IM 2018 12 27 - 116 minutes / 4 = 29 minutes to swim each 1,000 meters

Swim Stroke	Lengths	Distance In Meters	Time	Cumulative Time	Avg Pace	Best Pace	Total Strokes	Avg Strokes
Butterfly	40	1,000	36:34:00	36:34:00	3:39	2:55	652	16
Backstroke	40	1,000	27:42:00	1:04:16	2:46	2:14	655	16
Breaststroke	40	1,000	29:37:00	1:33:53	2:49	2:24	577	14
Front crawl	40	1,000	22:32	1:56:25	2:15	1:53	497	12
	160	4,000	1:56:25	1:56:25	2:52	1:53		

Notes: Cranked. Great Front Crawl time. I was smoking after a 3K swim.