

## Swim Graded Exercise Test in Pool

### Field Test Protocol

You will need an assistant to record the data and help with timing.

1. Warm up thoroughly before beginning the test.
2. The test consists of 100 yd/m repeats with 20 seconds in between.
3. Swim the first 100 at a very easy pace.
4. At the end of each 100, count your pulse at your carotid artery for 10 seconds.
5. The assistant records:
  - a. heart rate
  - b. rating of perceived exertion
  - c. time it took you to swim the 100
6. Leave for the next 100 yd swim at the end of your 20 second rest period.
7. Increase your speed on each 100 so that your time decreases by 2-3 seconds.
8. Repeat until you can no longer continue.
9. Cool down when finished.

#### Borg Rating of Perceived Exertion Scale

6	No exertion at all
7	Very, very light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	

LT generally occurs in the range of 15-17 for the fit athlete



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**Athlete:**

**Date:**

*\* Note ventilatory threshold (VT) next to the minute at which it occurs.*

100	Time (sec)	Heart Rate (BPM)	Exertion (RPE)
1.			
2.			
3.			
4.			
5.			
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30.			

**Comments:**



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