

# Stephen Leyland Swim Profile – evidence of cold water (1 Month)

Sunday December 4<sup>th</sup> 2022

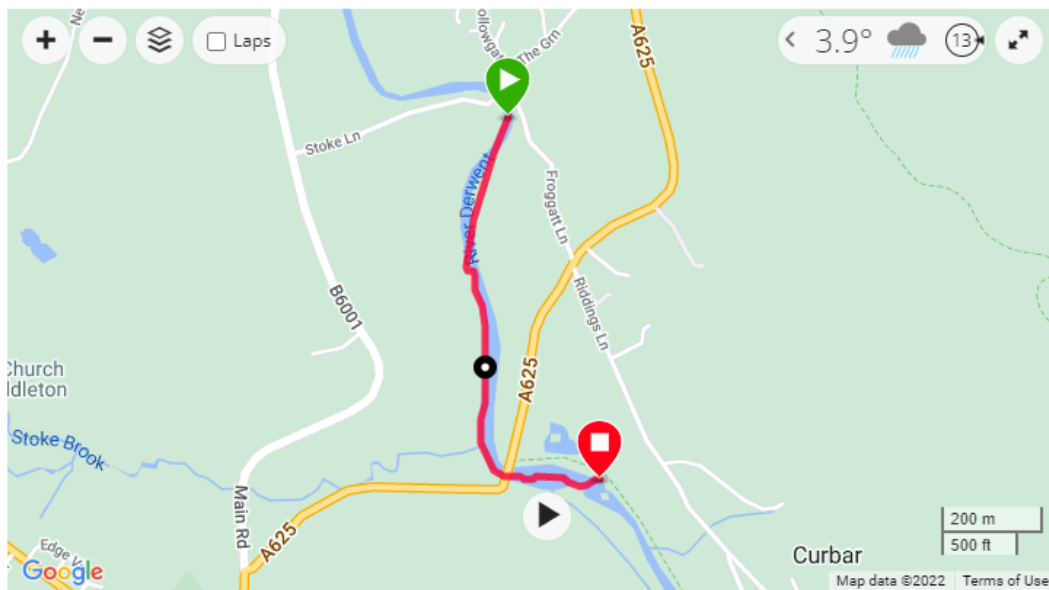
4 Dec 2022
★ Derbyshire Dales Open Water Swimming
1,083 yd DISTANCE
22:37 TIME
2:05 min/100... 340 CALORIES
141 bpm AVG HR

<https://connect.garmin.com/modern/activity/10083348844>

OPEN WATER SWIMMING ▾ BY STEVE LEYLAND ON SUNDAY @ 14:46 < >


**Derbyshire Dales Open Water Swimming** ✎  
 Event Type: Uncategorized ▾ Course: -- ▾ Gear: Add

1,083 yd Distance      22:37 Time      2:05 min/100 yd Avg Pace      340 Calories




<b>Distance</b> 1,083 yd <small>Distance</small>	<b>Training Effect</b> <span>ⓘ</span> ● Base <small>Primary Benefit</small> 3.2 Impacting <small>Aerobic</small> 0.0 No Benefit <small>Anaerobic</small> 69 <small>Exercise Load</small> <span>ⓘ</span> <b>Heart Rate</b> <span>bpm % of Max Zones</span> 141 bpm <small>Avg HR</small> 153 bpm <small>Max HR</small> <b>Timing</b> 22:37 <small>Time</small> 22:16 <small>Moving Time</small> 22:37 <small>Elapsed Time</small>	<b>Pace/Speed</b> <span>ⓘ</span> <span>Pace Speed</span> 2:05 min/100 yd <small>Avg Pace</small> 2:03 min/100 yd <small>Avg Moving Pace</small>	<b>Swimming Dynamics</b> 650 <small>Total Strokes</small> 28 strokes/min <small>Avg Stroke Rate</small> 38 strokes/min <small>Max Stroke Rate</small> 51 <small>Avg. Swolf</small> <span>ⓘ</span> <b>Temperature</b> 7.4 °C <small>Avg Temp</small> 6.0 °C <small>Min Temp</small> 19.0 °C <small>Max Temp</small> <b>Strokes</b> 650 <small>Total Strokes</small> 1.52 m <small>Avg Distance per Stroke</small> <b>Intensity Minutes</b>
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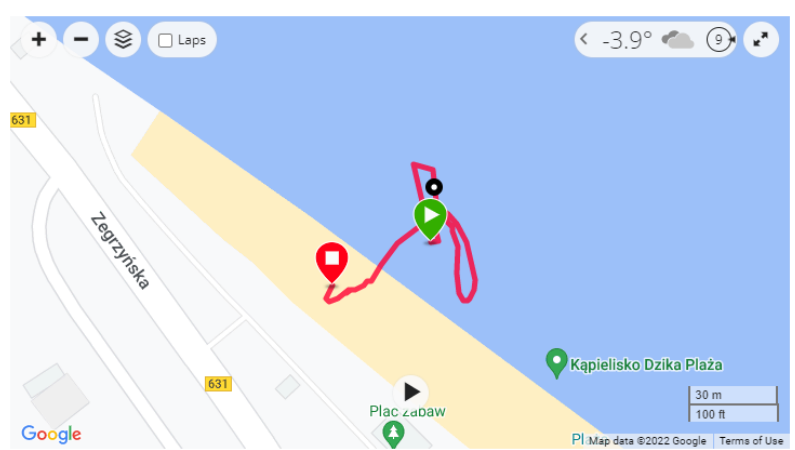
Friday 2<sup>nd</sup> December 2022

<https://connect.garmin.com/modern/activity/10072360495>

OPEN WATER SWIMMING ▾ BY STEVE LEYLAND ON FRIDAY @ 15:13 < >


**Nieporet Open Water Swimming** ✎  
 Event Type: Uncategorized ▾ Course: -- ▾ Gear: Add

521 yd Distance      12:23 Time      2:23 min/100 yd Avg Pace      164 Calories



Customize Charts ▾      Time Distance


<b>Distance</b> 521 yd <small>Distance</small>	<b>Training Effect</b> ● Recovery <small>Primary Benefit</small> 2.4 Maintaining <small>Aerobic</small> 0.0 No Benefit <small>Anaerobic</small> 38 <small>Exercise Load</small> <b>Heart Rate</b> <small>bpm % of Max Zones</small> 136 bpm <small>Avg HR</small> 157 bpm <small>Max HR</small>	<b>Pace/Speed</b> <small>Pace Speed</small> 2:23 min/100 yd <small>Avg Pace</small> 2:08 min/100 yd <small>Avg Moving Pace</small>	<b>Swimming Dynamics</b> 300 <small>Total Strokes</small> 26 strokes/min <small>Avg Stroke Rate</small> 47 strokes/min <small>Max Stroke Rate</small> 55 <small>Avg. Swolf</small> <b>Temperature</b> 2.0 °C <small>Avg Temp</small> 1.0 °C <small>Min Temp</small> 11.0 °C <small>Max Temp</small> <b>Strokes</b> 300 <small>Total Strokes</small> 1.59 m <small>Avg Distance per Stroke</small> <b>Intensity Minutes</b> 2 min <small>Moderate</small>
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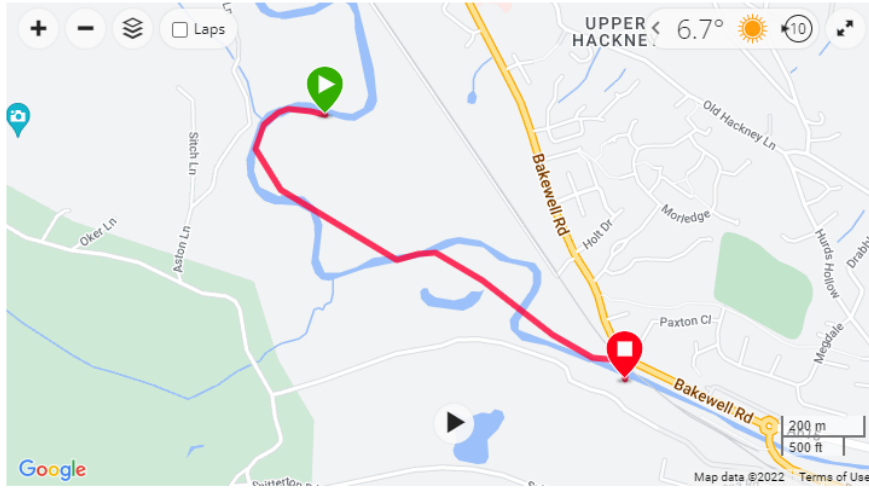
**Sunday 20<sup>th</sup> November 2022**

<https://connect.garmin.com/modern/activity/10007597131>

OPEN WATER SWIMMING ▾ BY STEVE LEYLAND ON 20 NOVEMBER 2022 @ 11:28 < >


**Derbyshire Dales Open Water Swimming** ✎  
 Event Type: Uncategorized ▾ Course: -- ▾ Gear: Add

1,328 yd Distance      24:47 Time      1:52 min/100 yd Avg Pace      435 Calories



Customize Charts ▾      Time Distance

<b>Distance</b> 1,328 yd <small>Distance</small>	<b>Training Effect</b> ● Recovery <small>Primary Benefit</small>	<b>Pace/Speed</b> Pace Speed 1:52 min/100 yd <small>Avg Pace</small>	<b>Swimming Dynamics</b> 595 <small>Total Strokes</small>
<b>Nutrition &amp; Hydration</b> 46 <small>Resting Calories</small>	2.4 Maintaining <small>Aerobic</small>	1:29 min/100 yd <small>Avg Moving Pace</small>	25 strokes/min <small>Avg Stroke Rate</small>
389 <small>Active Calories</small>	0.0 No Benefit <small>Anaerobic</small>		48 strokes/min <small>Max Stroke Rate</small>
435 <small>Total Calories Burned</small>	42 <small>Exercise Load</small>		43 <small>Avg. Swolf</small>
-- <small>Calories Consumed</small>	<b>Heart Rate</b> bpm % of Max Zones		<b>Temperature</b> 9.4 °C <small>Avg Temp</small>
-435 <small>Calories Net</small>	128 bpm <small>Avg HR</small>		9.0 °C <small>Min Temp</small>
166 ml <small>Est. Sweat Loss</small>	145 bpm <small>Max HR</small>		22.0 °C <small>Max Temp</small>
-- ml <small>Fluid Consumed</small>	<b>Timing</b>		<b>Strokes</b>
-166 ml <small>Fluid Net</small>	24:47 <small>Time</small>		595 <small>Total Strokes</small>
	19:45 <small>Moving Time</small>		2.04 m <small>Avg Distance per Stroke</small>
	24:47 <small>Elapsed Time</small>		<b>Intensity Minutes</b>
			9 min <small>Moderate</small>



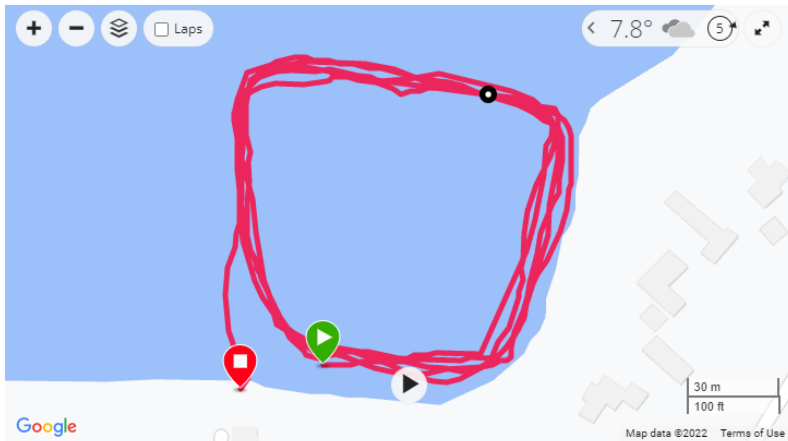
**Saturday 19<sup>th</sup> November 2022 – Swim Your Swim**

<https://connect.garmin.com/modern/activity/10001445274>

OPEN WATER SWIMMING ▾ BY STEVE LEYLAND ON 19 NOVEMBER 2022 @ 10:08 < >


**Doncaster Open Water Swimming** ✎  
 Event Type: Uncategorized ▾ Course: -- ▾ Gear: Add

1,814 yd Distance      45:00 Time      2:29 min/100 yd Avg Pace      558 Calories



Customize Charts ▾      Time Distance

Distance	Training Effect	Pace/Speed	Swimming Dynamics
1,814 yd Distance	<ul style="list-style-type: none"> <li>Base</li> <li>Primary Benefit</li> </ul>	<ul style="list-style-type: none"> <li>2:29 min/100 yd Avg Pace</li> <li>2:24 min/100 yd Avg Moving Pace</li> </ul>	<ul style="list-style-type: none"> <li>1,322 Total Strokes</li> <li>29 strokes/min Avg Stroke Rate</li> <li>48 strokes/min Max Stroke Rate</li> <li>61 Avg. Swolt</li> </ul>
Nutrition & Hydration	Heart Rate	Temperature	
<ul style="list-style-type: none"> <li>83 Resting Calories</li> <li>475 Active Calories</li> <li>558 Total Calories Burned</li> <li>-- Calories Consumed</li> <li>-558 Calories Net</li> <li>342 ml Est. Sweat Loss</li> <li>-- ml Fluid Consumed</li> <li>-342 ml Fluid Net</li> </ul>	<ul style="list-style-type: none"> <li>0.0 No Benefit Anaerobic</li> <li>37 Exercise Load</li> <li>122 bpm Avg HR</li> <li>140 bpm Max HR</li> </ul>	<ul style="list-style-type: none"> <li>11.0 °C Avg Temp</li> <li>11.0 °C Min Temp</li> <li>24.0 °C Max Temp</li> </ul>	
	Timing	Strokes	
	<ul style="list-style-type: none"> <li>45:00 Time</li> <li>43:31 Moving Time</li> <li>45:00 Elapsed Time</li> </ul>	<ul style="list-style-type: none"> <li>1322 Total Strokes</li> <li>1.25 m Avg Distance per Stroke</li> </ul>	
	Intensity Minutes		

