



TEAMGOLDUSA | USA1 SWIMMING

T30 Continuous Swim Test

Measures 30-minute continuous performance, average speed, and pacing stability under standardized conditions.

TEST PROFILE

Primary use	What it produces
Distance swimmers with an established training base	Measures 30-minute continuous performance, average speed, and pacing stability under standardized conditions.

Controlled document: TEAMGOLDUSA club field protocol, Release R34.0.77, September 2026. This is a performance test, not a medical examination, diagnosis, or clearance to participate.



T30 Coach Testing Protocol

Purpose. Measure the greatest distance a swimmer can sustain over 30 continuous minutes and describe pacing across the effort. This is not a VO2max test and should not be labeled a direct measurement of aerobic capacity.

1 Standardize and prepare

Use the same pool course, stroke, start, equipment, timing and signal system for comparison tests. Complete a familiar progressive warm-up. Test trained swimmers only; 30 minutes of hard continuous swimming is inappropriate as a first endurance test for an unprepared athlete.

2 Athlete instruction

Use: **“Swim the greatest distance you can sustain for the full 30 minutes. Settle quickly into your best even effort. Do not begin with a sprint you cannot maintain. Continue through each signal until the final stop.”**

3 Conduct the test

Start on the standardized push or dive. Record cumulative distance every five minutes without giving pace targets unless the same feedback is part of every test. At 30:00, mark the leading-hand position and measure the partial length consistently.

4 Calculate and review

Distance per minute = total distance / 30. Average speed = distance / 1,800 seconds. Pace per 100 = 180,000 / distance. Review five-minute segments for pacing stability, not just total distance.

Safety and result boundaries

Use only with coach-selected swimmers who are currently training and can safely complete the required effort. Do not test an athlete who is ill, injured, returning without clearance, or reports concerning symptoms or a restriction. Stop for distress, chest pain, faintness, confusion, loss of coordination, unusual breathing difficulty, suspected injury, or when directed by safety personnel. Follow the facility emergency action plan. An interrupted test is not a valid comparison result.



COACH FIELD FORM

T30 Continuous Swim Recording Sheet

Record cumulative distance at each five-minute signal, the final partial length, and any interruption.

Date _____	Site or pool _____	Course SCY / SCM / LCM
Coach _____	Conditions and equipment _____	Round _____

Athlete	5 min	10	15	20	25	30 total	Dist/min	Pace/100	Valid
1. _____									
2. _____									
3. _____									
4. _____									
5. _____									
6. _____									
7. _____									
8. _____									

Calculations: average distance per minute = total distance / 30. Average speed = total distance / 1,800 seconds. Pace per 100 = 180,000 / total distance, expressed in seconds per 100. Always label SCY, SCM, or LCM.

Notes, interruptions, timing method, or reasons a result should not be compared



READ BEFORE ADMINISTERING THE TEST

Medical Context and Research

This is a performance field test, not medical care. Coaches must follow club eligibility, supervision, emergency, and return-to-participation procedures.

What the result can support

A 30-minute swim can provide a repeatable measure of continuous swimming performance and average velocity. Five-minute splits add information about pacing control and whether the result represents a steady maximal effort.

Important limits

Total distance is affected by motivation, pacing skill, turns, drafting, course, water conditions, prior training, and timing accuracy. Average T30 velocity is a field-performance result and should not be treated as a direct measurement of VO2max, lactate threshold, or medical fitness.

Source	Citation for further research
Swimming endurance field testing	Costill DL et al. Adaptations to swimming training: influence of training volume. <i>Medicine and Science in Sports and Exercise</i> . 1991;23:371-377.
Critical-speed context	Wakayoshi K et al. Determination and validity of critical velocity as an index of swimming performance in the competitive swimmer. <i>European Journal of Applied Physiology</i> . 1992;64:153-157. doi:10.1007/BF00717953.
Threshold caution	Dekerle J et al. Critical swimming speed does not represent the speed at maximal lactate steady state. <i>International Journal of Sports Medicine</i> . 2005;26:524-530. doi:10.1055/s-2004-821227.

For more research: Search the title or DOI through PubMed, Crossref, or the journal website. TEAMGOLDUSA provides citations for education and does not endorse self-diagnosis.