



Together Perpetuating Excellence
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RACE Plans (sc)

Event	General	Specific
50 Fr	Start win 15m – Turn – Finish L10m	Breathing pattern 0, 1, 2, 3
100 Fr	Start Bld (20m) speed and GO!!!!	Breathing pattern 1 st 25 win turns & finish
200 Fr	75-50-25-50	Stay-Bld-Legs-Race
500 Fr	5x100	Bld-dec1-3-RACE
1000 Fr	5x200	Bld-dec1-3-RACE
1650 Fr	6x275	Cruise-Bld-dec1-3-RACE
50 Bk	Start win 15m – Turn – Finish L10m	Tempo
100 Bk	All race – bld legs 1 st 35m Tempo	Be within 1 sec (50/50) L turn +1-2 KO
200 Bk	50 Bld + dec 3x50's (work all 8 KO's) bld Tempo	Be within 2 secs (100/100) evn# KO
50 BR	Start win 15m – Turn – Finish L10m	Fast Pull out
100 BR	25 Bld & 75 Race	Be within 3-4 secs (50/50)
200 BR	50 Bld + dec 3x50's (work all 8 PO's)	Be within 3-4 secs (100/100) 4 th 50 faster than 3rd
50 Fl	Start win 15m – Turn – Finish L10m	Breathing pattern 0, 1, 2, 3
100 Fl	25 Bld & 75 Race (br pattern 1 st 25)	Be within 2-3 secs (50/50)
200 Fl	75-50-25-50 (work all 8 KO's) Stay-Bld-Legs-Race	Be within 3-4 secs (100/100) 4 th 50 faster than 3rd
100 IM	4x25 SPRINT – Great BR PO = less swimming	Start, Turns & Finish = winner
200 IM	4x50 SPRINT breathing pattern 1 st 25	All Turns Different – MUST BE GOOD ON ALL
400 IM	Bld Fl – Arms Bk – Legs BR – Race Fr	Fly relaxed – Tempo Bk – Hit line BR