



Practice Plan Model

Swimmer Name, Club	Practice Q-Card			
Mens 200 IM, LC	Target -	02:03.0	123.00	
<u>Race-Sim</u>	<u>B-Q</u>	<u>Time (sec)</u>	<u>SC (cyc)</u>	<u>SR</u>
Start 15m (head)	12.0	5.92		
Start 50Fly (hand-touch)	12.0	26.67	18.1	49.96
Push 50BK (hand-touch)	9.0	29.77	17.9	42.76
Push 50BR (hand-touch)	9.0	34.76	18.9	38.77
Finish 50FR (hand-touch)	6.0	28.80	18.9	43.21
<u>Turn Times (sec)</u>	<u>5-in</u>	<u>15-out</u>	<u>Index</u>	
Fly to Back	2.93	8.17	11.10	
Back to Breast	3.45	9.65	13.10	
Breast to Free	3.86	8.39	12.25	