



## Practice Plan Model

### Mens 200IM LCM

Name: **Swimmer Name, Club**

Goal Time: **2:03.00** Date: **31-Jan-25** Arm Span (m): **1.85**  
123.00

Concepts: Practice these swim metrics (from Race Plan) as frequently as possible.

### Workout Practice - Swim Metrics

**Start Practice:** Time B-O

Start 15m (head) **5.92** **12.0**

**Turn Practice:**

**Turn 1 - FLY/BK:** Time B-O

5m in **2.93**  
15m out **8.17** **9.0**  
Turn Time Index **11.10**

**Turn 2 - BK/BR:** Time B-O

5 m in **3.45**  
15m out **9.65** **9.0**  
Turn Time Index **13.10**

**Turn 3 - BR/FR:** Time B-O

5m in **3.86**  
15m out **8.39** **6.0**  
Turn Time Index **12.25**

**Finish (195-200)** Time **3.12**

**Practice Plan Splits:** Time B-O SC (cyc) SR

Start 50Fly (hand-touch) **26.67** **12.0** **18.1** **50.0**

Push 50BK (hand-touch)-1 sec **29.77** **9.0** **17.9** **42.8**

**Start 100m FLY/BK** **0:57.44** **12.0** **36.0**

Push 50BK (hand-touch)-1 sec **29.77** **9.0** **17.9** **42.8**

Push 50BR (hand-touch)-1 sec **34.76** **9.0** **18.9** **38.8**

**Push 100m BK/BR** **1:04.53** **9.0** **36.9**

Push 50BR (hand-touch)-1 sec **34.76** **9.0** **18.9** **38.8**

Finish 50FR (hand-touch)-1 sec **28.80** **6.0** **18.9** **43.2**

**Finish 100m BR/FR** **1:03.56** **9.0** **37.8**

Code:

Time (-1 sec) = Push 50's do not include turn time; B-O = Break-out distance (m);  
SR = Stroke Rate (cyc / min); SC = Stroke Count (cyc / per race segment);

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