



Race Plan Model

Men's 200 IM LCM

Name: **Swimmer Name, Club**

Date: **31-Jan-25**

Arm Span(m): **1.85**

Break-out Start (m) **12.0**

Back (m) **9.0**

Breast (m) **9.0**

Free (m) **6.0**

123.00

Target: **2:03.00**

Real-Time Race Plan Model

<u>Distance</u>	<u>Run</u> <u>(sec)</u>	<u>Splits</u> <u>(sec)</u>	<u>V</u> <u>(m/s)</u>	<u>DPS</u> <u>(m/ cyc)</u>	<u>SR</u> <u>(cyc/min)</u>	<u>SCT</u> <u>(sec/cyc)</u>	<u>SI</u> <u>(VxDPS)</u>	<u>SC</u> <u>(cyc)</u>
Start 15 (0 - 15m)	5.92	5.92	2.54					1.5
Clean Swim (15 - 25m)	11.76	5.85	1.71	2.04	50.36	1.19	3.49	4.9
Clean Swim (25 - 35m)	17.63	5.87	1.70	2.05	49.74	1.21	3.50	4.9
Clean Swim (35 to 45m)	23.75	6.11	1.64	1.97	49.78	1.21	3.23	5.1
Approach (45-50m)	26.67	2.93	1.71					1.8
(average values for 1st 50)								
1st 50		26.67	1.68	2.02	49.96	1.20	3.40	18.1
Push (50 - 65m)	0:34.84	8.17	1.84					2.7
Clean Swim (65 - 75m)	0:41.03	6.19	1.62	2.23	43.40	1.38	3.61	4.5
Clean Swim (75 - 85m)	0:47.46	6.43	1.56	2.18	42.77	1.40	3.39	4.6
Clean Swim (85 - 95m)	0:53.99	6.53	1.53	2.18	42.10	1.43	3.34	4.6
Approach (95-100)	0:57.44	3.45	1.45					1.6
(average values for 2nd 50)								
2nd 50		30.77	1.57	2.20	42.76	1.40	3.45	17.9
1st 100		0:57.44	1.63					36.0
Push (100 - 115m)	1:07.09	9.65	1.55					2.8
Clean Swim (115 to 125m)	1:14.21	7.12	1.40	2.14	39.42	1.52	3.00	4.7
Clean Swim (125 - 135m)	1:21.63	7.42	1.35	2.12	38.08	1.58	2.86	4.7
Clean Swim (135 to 145m)	1:29.34	7.71	1.30	2.01	38.82	1.55	2.60	5.0
Approach (145-150m)	1:33.20	3.86	1.30					1.7
(average values for 3rd 50)								
3rd 50		35.76	1.35	2.09	38.77	1.55	2.82	18.9
Push (150 - 165m)	1:41.59	8.39	1.79					3.9
Clean Swim (165 - 175m)	1:47.58	5.99	1.67	2.31	43.27	1.39	3.86	4.3
Clean Swim (175-185m)	1:53.59	6.01	1.66	2.29	43.55	1.38	3.82	4.4
Clean Swim (185 to 195m)	1:59.88	6.30	1.59	2.23	42.79	1.40	3.54	4.5
Finish (95-100m)	2:03.00	3.12	1.61					1.8
(average values for 4th 50)								
4th 50		29.80	1.64	2.28	43.21	1.39	3.74	18.9
2nd 100		1:05.56	1.50					37.8

Code:

Run = Running Time (sec); Splits = Race Segment Split (sec); V = Velocity (m / sec);
DPS = Distance per Stroke Cycle (m); SR = Stroke Rate (cyc / min); SCT = Stroke Cycle Time (sec / stroke cycle);
SI = Swim Index (V x DPS); SC = Stroke Count (cyc / per race segment).