

# PRACTICE CARD

SWIMMER NAME, CLUB

**50 Free**

**Target - 26.75**

<u>Race-Sim</u>	<u>B-O</u>	<u>Time (sec)</u>	<u>SC (cyc)</u>	<u>SR/50</u>
<b>Start 15m (head)</b>	<b>10.0</b>	<b>6.70</b>		
<b>Start 25m (to head)</b>	<b>10.0</b>	<b>12.26</b>	<b>8.0</b>	<b>57.27</b>
<b>Start 35m (to head)</b>	<b>10.0</b>	<b>17.88</b>	<b>13.2</b>	<b>56.28</b>
<b>Start 50m (hand-touch)</b>	<b>10.0</b>	<b>26.75</b>	<b>20.5</b>	

SWIMMER NAME, CLUB

**100 Fly - LCM Practice**

**Target - 1:04.90**

	<u>B-O</u>	<u>Time (sec)</u>	<u>SC/50</u>	<u>SR/50</u>
<b>Start 15m (head)</b>	<b>11.0</b>	<b>7.50</b>		
<b>Start 50m (hand-touch)</b>	<b>11.0</b>	<b>30.62</b>	<b>20.1</b>	<b>47.90</b>
<b>Push 50m (hand-touch)</b>	<b>7.5</b>	<b>33.28</b>	<b>23.0</b>	<b>47.78</b>
<u>Turns</u>	<u>5-in</u>	<u>15-out</u>	<u>Index</u>	
<b>Turn Time (sec)</b>	<b>3.23</b>	<b>9.89</b>	<b>13.12</b>	

**100 Fly - SCM Practice**

	<u>B-O</u>	<u>Time (sec)</u>	<u>SC/25</u>	<u>SR/25</u>
<b>Start 25 (hand-touch)</b>	<b>11.0</b>	<b>13.26</b>	<b>6.9</b>	<b>48.63</b>
<b>Push 25 (hand touch)</b>	<b>7.5</b>	<b>15.07</b>	<b>9.3</b>	<b>48.26</b>

SWIMMER NAME, CLUB

**100 Free - LCM Practice**

**Target - 58.20**

	<u>B-O</u>	<u>Time (sec)</u>	<u>SC/50</u>	<u>SR/50</u>
<b>Start 15m (head)</b>	<b>10.0</b>	<b>6.97</b>		
<b>Start 50m (hand-touch)</b>	<b>10.0</b>	<b>28.09</b>	<b>18.6</b>	<b>48.19</b>
<b>Push 50m (hand-touch)</b>	<b>7.0</b>	<b>30.11</b>	<b>20.9</b>	<b>47.30</b>
<u>Turns</u>	<u>5-in</u>	<u>15-out</u>	<u>Index</u>	
<b>Turn Time (sec)</b>	<b>3.36</b>	<b>8.19</b>	<b>11.55</b>	

**100 Free - SCM Practice**

	<u>B-O</u>	<u>Time (sec)</u>	<u>SC/25</u>	<u>SR/25</u>
<b>Start 25 (foot-touch)</b>	<b>10.0</b>	<b>12.11</b>	<b>6.9</b>	<b>49.45</b>
<b>Push 25 (foot-touch)</b>	<b>7.0</b>	<b>13.66</b>	<b>8.3</b>	<b>47.00</b>