



Practice Plan Model

Women's 100 Fly LCM

Name: **SWIMMER NAME, CLUB**

Target: **1:04.90** Date: **01-Oct-19** Arm Span (m): **1.84**
64.9

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

Workout Practice - Swim Metrics

Start Practice:	<u>Time</u>	<u>B-O</u>
Start 15m (head)	7.50	11.0

Turn Practice:	<u>Time</u>	<u>B-O</u>
5m in	3.23	
15m out	9.89	7.5
Turn Time Index	13.12	

Finish (95-100)	3.53
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Practice Plan Splits:	<u>Time</u>	<u>B-O</u>	<u>SC (cyc)</u>	<u>SR</u>
Start 25 (head)	13.83	11.0	7.2	48.63
2nd 25 (head-hand touch)	16.79		12.9	47.54
Start 50 (hand touch)	30.62	11.0	20.1	47.90

Push 25m & 50m:	<u>Time</u>	<u>B-O</u>	<u>SC (cyc)</u>	<u>SR</u>
Push 25 (head)	15.65	7.5	9.5	48.26
4th 25 (head-hand touch)	17.63		13.5	47.54
Push 50 (hand touch)	33.28	7.5	23.0	47.78

Variance (1st 50 & 2nd 50) **2.65**

Code: B-O = Break-out (m); SR = Stroke Rate (cyc / min); SCT = Stroke Cycle Time (sec / stroke cycle); SC = Stroke Count (cyc); Variance = Difference between 1st and 2nd 50.