



Race Plan Model

Women's 100 Fly LCM

Name: **SWIMMER NAME, CLUB**

Date: 01-Oct-19 Arm Span (m): 1.84 Break-out Start (m): 11.0
Turn (m): 7.5

Target: **1:04.90** 64.9

Real-Time Race Plan Model

Distance	Run (sec)	Splits (sec)	V (m / s)	DPS (m/ cyc)	SR (cyc/min)	SCT (sec/cyc)	SI (VxDPS)	SC (cyc)
Start 15 (0 to 15m)	7.50	7.50	2.00					2.1
Clean Swim (15 to 25m)	13.83	6.33	1.58	1.95	48.63	1.23	3.08	5.1
1st 25 (0-25m)		13.83	1.81	1.95	48.63	1.23	3.08	7.2
Clean Swim (25 to 35m)	20.48	6.64	1.51	1.88	47.95	1.25	2.83	5.3
Clean Swim (35 to 45m)	27.39	6.91	1.45	1.84	47.13	1.27	2.66	5.4
Approach (45-50m)	30.62	3.23	1.55					2.2
2nd 25 (25-50m)		16.79	1.49	1.86	47.54	1.26	2.75	12.9
1st 50 (0-50m)		30.62	1.51	1.89	47.90	1.25	2.86	20.1
Push 15 (50 - 65m)	40.51	9.89	1.52					4.1
Clean Swim (65 to 75m)	47.27	6.76	1.48	1.84	48.26	1.24	2.72	5.4
3rd 25 (50-75m)		16.65	1.50	1.84	48.26	1.24	2.72	9.5
Clean Swim (75-85m)	54.08	6.81	1.47	1.84	47.90	1.25	2.70	5.4
Clean Swim (85 to 95m)	61.37	7.29	1.37	1.75	47.17	1.27	2.39	5.7
Finish (95-100)	1:04.90	3.53	1.42					2.3
4th 25 (75-100)		17.63	1.42	1.79	47.54	1.26	2.55	13.5
2nd 50 (50-100m)		34.28	1.44	1.81	47.78	1.26	2.60	23.0

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).

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