



200 Race Pace Strategy

	200 FR	200 BK	200 BR	200 FL
1st 50	2.0-2.5 sec slower than fastest 50	1.0-1.5 sec slower than fastest 50	1.5-2.0 sec slower than fastest 50 (1.5-2.0 sec slower than 1st 50 of 100 race)	2.0-2.5 sec slower than fastest 50 (1.5-2.0 sec slower than 1st 50 of 100 race)
2nd & 3rd 50	even paced, 1.5-2.0 sec slower than 1st 50	even paced, 1.0-1.5 sec slower than 1st 50	even paced, 2.5-3.0 sec slower than 1st 50	even paced, 2.5 sec slower than 1st 50
4th 50	equal to or slightly faster than middle two 50s	equal to or slightly faster than middle two 50s	equal to or slightly slower than middle 2 50s	equal to or slightly slower than middle 2 50s
Avg Difference between 100s	1.5-2.5 sec	1.5-2.5 sec	3.0-4.0 sec	3.0-4.0 sec

200 IM

Compared to Best Times

200 IM

Compared to Each Segment

Fly	about 1.0 sec slower than all out 50 FL	about 1.0 sec slower than all out 50 FL
Back	about 3.0 sec slower than all out 50 BK	about 3.0-4.0 sec slower than the FL
Breast	about 5.0-6.0 sec slower than all out 50 BR	about 4.0-5.0 sec slower than the BK
Free	about 4.0 sec slower than all out 50 FR	about 7.0-8.0 sec faster than the BR (similar to the FL)