

Race Strategy for 100s

100 Freestyle & Backstroke Splits	
Best 50 freestyle or backstroke time = 32.00	
First 50 split should be no more than 1.5 seconds off best 50 time	33.50
Second 50 split should be no more than 2 seconds off first 50 split	35.50
Total Time	1:09.00
100 Breaststroke Splits	
Best 50 breaststroke time = 36.00	
*First 50 split should be no more than (1.5) 2 seconds off best 50 time	38.00
*Second 50 split should be no more than 4 seconds off first 50 split	42.00
Total Time	1:20.00
100 Butterfly Splits	
Best 50 butterfly time = 34.00	
First 50 split should be no more than 2 seconds off best 50 time	36.00
*Second 50 split should be no more than 4 seconds off first 50 split	40.00
Total Time	1:16.00
100 Butterfly Splits (appropriate for younger swimmers)	
Best 50 butterfly time = 34.00	
First 50 split should be no more than 2 seconds off best 50 time	36.00
Second 50 split should be no more than 6 seconds off first 50 split	42.00
Total Time	1:18.00
100 IM	
We tell our swimmers.....4 x 25 fast turns and good streamlines	

*The second 50 of breaststroke and butterfly should be no more than 4 seconds off first split instead of 2 seconds because these two strokes tend to be more demanding and harder to maintain.

*We prefer using a 1.5 second difference from best time on the first 50

100s of Stroke – break the race into halves

- First 50 = ***controlled fast***
- Second 50 = sprint

- With 200s, we use the term “controlled speed.” With 100s, we use the term ***controlled fast*** because swimmers need to be out a touch faster on their first 50.

100 IM

- 4 x 25s sprint with good turns and streamlines

Breathing Patterns for 100s

100 Freestyle

There is a fine line of increasing speed by not breathing too much and delaying fatigue by breathing more. We find that some swimmers get a touch over ambitious and hold their breath too long during the first 50, thus causing them to fatigue a little early in the second half of their race. Most swimmers would benefit from breathing a little more during the first half of their 100 freestyle.

Here are a few breathing patterns that swimmers should practice and try during a swim meet.....

- Breathe every 5th stroke for the first 25 and every third the remaining 75
- Breathe every 5th stroke for the first 50 and every 3rd for the last 50
- Breathe every 3rd stroke from start to finish (probably most effective)

- No matter the breathing pattern chosen, swimmers should not breathe off the start, in or out of turns, or into the finish. Take one or two strokes before breathing.

100 Butterfly

- Breathe every other stroke the entire 100. Swimmers may need to breathe a little more on the last 25 yards, breathing every stroke occasionally.
- Breathe two down, two up (2 strokes not breathing, 2 strokes breathing).