

# Post Season Outlook for: ???

## DAY #1

### ✓ 200 Medley Relay: 50 BACK

- **Goal Split:** 26.0
- **Keys to Success:** Fast turnover for whole 50, no hesitation on turn, head neutral

### ✓ 200 IM

#### Goal Time &

#### Splits:

FL: 26.4

BA: 29.5

BR: 38.5

FR: 28.0

**2:02.4**

#### Keys To Success @ Meet:

- Be “calm” on FLY—easy speed—maintain kick count
- Start your “assault” on the race with backstroke—PUSH this 50—especially your turnover; HEAD BACK
- Eyes & chest down on Brst—swim downhill and maintain LEG SNAP through entire 50
- As you always do, up tempo this entire 50. Do not forget your legs—sprint kick! Watch the breathing
- “Fast crunch” on all open turns and go in and out on the same line

#### Practice Focus:

- During pace sets, look for 57.5 on FL/BA 100 Pace; 1:08.5 on BA/BR 100 Pace; 1:06.5 on BR/FR Pace
- Legal and quick turns all the time—do not get lax in practice or you will not be able to do these in a meet.
- Of all the stroke technique things in the Keys to Success Box, you have to nail breaststroke in practice when tired to prepare for your Brst in the IM.

### ✓ 200 Free Relay: 50 FREE

- **Goal Time:** 22.7 Flat Start; 22.5 Relay Exchange
- **Keys to Success:** No more than 3 breaths (2 is better); tight turn—no “rainbow”

## DAY #2

### ✓ 100 BACK

#### Goal Time &

#### Splits:

27.5 + 28.9

**56.4**

#### Keys To Success @ Meet:

- Fast stroke rate for the ENTIRE 100—heavy hand after the apex—get your hand IMMEDIATELY into catch position.
- Head Position—Keep head/shoulders back—no sitting in the water
- Momentum into turns—no hesitation once you take the crossover stroke—TAKE ENOUGH STROKES FROM FLAGS
- 9-10 Kicks off the start—7 on the turn walls. Do not get excessive, you lose speed the closer you get to the breakout

#### Practice Focus:

- During pace sets, 100 Pace is 14.2 per 25 and 28.4 per 50
- When we do sets trying to hit your “back 50”—look for 29 low-mids
- Work on quality of the dolphin kicks—full movements up & down—no stiff kicks.
- Practice your approaches to turns during all backstroke swimming—no loss of momentum and being close enough to wall
- Strong catch even when you are tired—don’t have a straight arm during the pull

## Post Season Outlook for: ???

TARGET MEET: District 1 Champs; TAPER BEGINS: 8 days out

### DAY #1 (Thursday)

- ✓ **200 Medley Relay**: 50 FLY
  - Goal Split: 24.9 or 25.0
  - Keys to Success: Nail the relay start; whip your kick in underwaters; maintain speed in the “middle 20 yards”—no hesitation into the turn

- ✓ **100 FLY**

Goal Time & Splits:

26.5 + 30.8

**57.4**

Keys To Success @ Meet:

- 25s #3+4 both 15s
- Maintain momentum into last turn
- Maintain stroke rate & stroke/kick count on final 25; you will have to feel as if you're increasing stroke rate on final 25
- Use all 4 walls effectively—NO SLOW KICKS

Practice Focus:

- During pace sets, 100 Pace from a push is 14.7 per 25 and 29.4 per 50
- When we do sets trying to hit your “back 50”—look for 30 mid-highs
- Don't be afraid to “hurt” at practice—prepare yourself for the 4<sup>th</sup> 25!

### DAY #2 (Friday)

- ✓ **100 FREE**

Goal Time & Splits:

26.2 + 28.5

**54.7**

Keys To Success @ Meet:

- Maintain “50” stroke rate through the middle 50
- Momentum into walls—don't slow your rate!
- Clean break outs—don't wait too long
- Sprint legs—especially on 25s #3 & 4

Practice Focus:

- During pace sets, 100 Pace from a push is 14.1 per 25 and 28.2 per 50
- On “back 50” sets—look for 28 mid
- Focus on reaching forward and pulling back—eliminate sculling side to side. BE LONG.

- ✓ **400 Free Relay**: 100 FREE
  - Goal Time: 54.7 Flat; sub 54.5 Exchange

- ✓ **POSSIBLY 100 BACK**

Goal Time & Splits:

28.5 + 29.9

**59.4**

Keys To Success @ Meet:

- Your #1 Focus = FAST & POWERFUL UNDERWATERS!! 12 kicks on start
- 9 kicks minimum off turn walls
- Stroke rate—heavy hand after the apex—get your hand IMMEDIATELY into catch position.
- Momentum into your turn—no hesitation once you take the crossover stroke

Practice Focus:

- 12 kicks off all backstroke walls in practice—if you want to go 9 in a meet, you need more in practice. Even when you are tired
- Do not use back as a rest from fly; do back but value it—stroke rate up! Strong catch even when you are tired—bent elbow EVERY time.

<b>Event: 100 FLY</b>	<b>Goal: 58.8</b>	<b>Event: 500 Free</b>	<b>Goal: 5:14.0</b>
<b>Goal Splits:</b> (13.0 + 15.0) <b>28.0</b> / (15.5 + 16.0) <b>31.5</b>		<b>Goal Splits:</b> First 100 = :59; Then 31.hights on 50s (1:03.7s)	
<b>Keys to Success:</b>  <ul style="list-style-type: none"> <li>✓ Stay low in the water—<b>FORWARD MOMENTUM!</b></li> <li>✓ Your <b>dolphin kick is a HUGE asset</b>—make the most of it!!</li> <li>✓ <b>Attack turns + the finish!!</b></li> <li>✓ <b>Accelerate on 3<sup>rd</sup> 25</b> (sometimes #3 gets away from you—be mentally vigilant here)</li> <li>✓ <b>NO monster arms</b>—pinkie up, flat back!</li> </ul>		<b>Keys to Success:</b>  <ul style="list-style-type: none"> <li>✓ Keep the front end of the stroke moving—no hesitation prior to the catch once you’ve gotten out front</li> <li>✓ <b>Legs on the MIDDLE 300</b></li> <li>✓ Increase <b>TEMPO</b> into walls—<b>TIGHT</b> spin and <b>JUMP</b> off walls!!</li> <li>✓ <b>Make your move on 4<sup>th</sup> 50</b>, you have the discipline to maintain that fast stroke rate for 300-325 yards!</li> </ul>	

<b>Event: 200 IM</b>	<b>Goal: 1:57.4</b>	<b>Event: 100 Brst</b>	<b>Goal: 58.5</b>
<b>Goal Splits: 25.5 + 31.2 + 32.2 + 28.5</b>		<b>Goal Splits:</b> (12.6 + 14.9) <b>27.5</b> / (15.3 + 15.7) <b>31.0</b>	
<b>Keys to Success:</b>  <ul style="list-style-type: none"> <li>✓ <b>Fly—Strong, low stroke!</b>—<b>NAIL</b> the finish!</li> <li>✓ <b>Back—Head back and SPIN</b> your arms—going to have to crank more than usual—attack the wall into bucket turn!</li> <li>✓ <b>Brst—Heel + Hand SPEED</b> and <b>LUNGE!</b>—get out quickly!</li> <li>✓ <b>Free—TEMPO + White Water Kicks!</b></li> </ul>		<b>Keys to Success:</b>  <ul style="list-style-type: none"> <li>✓ Lay down a sprint 2<sup>nd</sup> 25—<b>HAS</b> to be sub 15 sec! Your <b>USRPT</b> shows that you can do, now is the time to execute</li> <li>✓ Accelerate into <b>ALL WALLS</b>—nail all 4</li> <li>✓ All pull outs are powerful, followed by an over-speed first stroke</li> <li>✓ <b>YOUR STROKE, YOUR RACE!!</b></li> </ul>	

Event: 50 Free	Goal: 21.3	Event: 100 Free	47.9
Goal Splits: 10.1/11.2		Goal Splits: 23.2 / 24.7	
<b>Keys to Success:</b> <ul style="list-style-type: none"> <li>✓ Attack your turn—tight spin and <b>JUMP</b> off the wall in streamline.</li> <li>✓ Use your underwater power to <b>get under "the wave"</b>.</li> <li>✓ <b>3 Breaths max</b>—maintain your bod line!</li> </ul>		<b>Keys to Success:</b> <ul style="list-style-type: none"> <li>✓ Accelerate into walls</li> <li>✓ Pick up your stroke rate and kick rate on the <b>3<sup>rd</sup> 25!!</b></li> <li>✓ Breath control in and out of the walls—<b>maintain your line</b> in and out of turns!</li> </ul>	

Event: 200 Free	Goal: 1:44.5	Event: 100 Free (Rly)	Goal: 48.0
<b>Goal Splits:</b> (24.8 + 26.2) <b>50.8</b> / (26.7 + 27.0) <b>53.7</b>		<b>Goal Splits: 23.0 / 25.0</b>	
<b>Keys to Success:</b> <ul style="list-style-type: none"> <li>✓ At least <b>4 kicks</b> off the start and all turns (I know you don't love to kick, but it will help!!)</li> <li>✓ Increase your stroke rate on the 3<sup>rd</sup> 50—this makes your race!</li> <li>✓ Use your legs (especially on last 75)—think <b>WHITE WATER!!</b></li> </ul>		<b>Keys to Success:</b> <ul style="list-style-type: none"> <li>✓ At least <b>5 kicks</b> off start and turns (it's going to be very choppy near the walls!)</li> <li>✓ Accelerate your stroke and kick rate into walls—<b>no breath 2 in and 2 out</b>—be disciplined!!</li> <li>✓ <b>Crush the 3<sup>rd</sup> 25!!</b></li> </ul>	

Event: 200 Free	Goal: 1:42.6	Event: 500 Free	Goal: 4:33
<b>Goal Splits:</b> (24.5 + 25.5) <b>50.0</b> / (26.3 x 2) <b>52.6</b>		<b>Goal Splits:</b> 25.5 + then 27mid-highs through to the end!	
<b>Keys to Success:</b> <ul style="list-style-type: none"> <li>✓ Turns like a 100!!—<b>stroke rate</b> needs to be up going in and out of the wall—be disciplined about the breath going in!</li> <li>✓ <b>The MIDDLE 100</b>—the power is absolutely within you, just unleash it.</li> <li>✓ Powerful strokes—from the stretch out front to the back end—<b>no short strokes!</b></li> </ul>		<b>Keys to Success:</b> <ul style="list-style-type: none"> <li>✓ Be <b>VIGILANT</b> about <b>LEGS</b>—they can help <b>DRIVE</b> you!</li> <li>✓ Increase stroke rate into walls—<b>JUMP OFF</b>—no drifting!</li> <li>✓ <b>3 Kicks with TEMPO &amp; POWER</b>—waist to the flags when you break out— up tempo break out, set the tone for the length.</li> </ul>	

