

LMAC Race Planning Guide

What is Race Planning?

- Deciding how to complete a specific race by breaking it into parts—
 - your splits
 - your overall goal time
 - your start, turn and stroke technique
 - your preparation in practice

Is this like the Goal Setting we do at the Beginning of the Season?

- **Yes**—Because you need to choose events that matter to you and think about a goal time.
- **No**—Because right now we aren't looking at an overarching goal and the little ones that get you to that big goal. That conversation entails more about academics, behaviors, overall practice participation, commitment to the sport v. other activities, etc... This process is more detail oriented for the specific races you choose

Why Details Rather than Big Picture Right Now?

- That was a tough decision, I totally understand it may seem *backwards* to start small and move outward (we most likely won't get to "goal setting" until the fall).
- **Reason #1**—Because it's not the start of the school year and more than that, your daily routines are not at all typical, I don't think it's the best time to look at overall goals that are also lifestyle oriented.
- **Reason #2**—Logistics, we simply all have more time to donate to this idea of breaking things down right now. If we start this document next winter—you'll be rushed, I'll be rushed, it won't be as detailed, the quality won't be there and so it wouldn't be the most effective tool possible for you to use in Feb and March.

What are the Steps?

1. Pick the **1 event** that you're most excited about for the next time you get into the pool. I want one event at a time, you can do up to 5 events, but I suggest following the entire process for one event, then going back and doing the whole thing again for your next choice of events.
2. Open the google doc that corresponds to the event you chose.
 - [100 Events](#), [200 Events](#), [400 IM](#), [500 Free](#)
 - These are on my drive (Lepster04@gmail.com) and are set up to be accessible to anyone who has the link with no google sign in required but they are "read only".
 - Once you click on the link and the doc opens, click on "File" in the upper left-hand corner and click on "Make A Copy".
 - When you click on "Make a Copy" it will ask you to rename the doc.
 - My suggestion for renaming is to delete the "LMAC" and put your last name instead.
 - Once you've made the copy, you own the new doc and you'll be able to type into it.

3. Fill out the left-hand side of the doc, titled “Swimmer’s Thoughts”. You can start anywhere you want—
 - The slim majority of swimmers will start with an overall goal time and then fill in splits that add up to that goal time.
 - Another big chunk of swimmers know a certain split (their time for a certain chunk of the race) they want to achieve and build their overall time around that.
 - I’ve also worked with a few who like to think about what their “looks” like and then fill in the times last.
 - I would like at least one thing in every section—if you are super stumped on the “What Needs to Happen at Practice” section that is one you can leave blank.

4. When you’ve finished your side, click on the blue “Share” button in the upper right-hand corner and share your doc with me (Lepster04@gmail.com). Make sure you’ve allowed me the ability to “edit” the doc because I will be filling out the “Coach’s Thoughts” section. You still own the document, so you’ll automatically see what I write. My goal is to have something back to you within 48 hours of you sharing your doc with me.

What Resources Can I use to Help Me Do This?

- **Qualifying times for our various USA meets.** I don’t particularly like swimmers tailoring a goal time to making it to a specific meet (or their placement in a race), but the documents linked below do give you an idea of the range of times that are out there for your particular age group and event.
 - Age Group (9-14) Qualifying Times can be found [HERE](#).
 - Senior (13 & Older) Qualifying Times can be found [HERE](#).

- **Examples of race plans for previous LMAC swimmers.** They can be found [HERE](#). Please don’t necessarily get caught up in the actual times listed. But you can look at how they split races (i.e. the differences between their first 50 and second 50). You’ll notice that everyone swims their race differently—each competitor is uniquely suited to swim their race a certain way, with different strengths and weaknesses.

- **Videos of how Olympic level athletes break down their races.** It’s actually quite a bit the way you would break down your race after it’s over. Again, don’t get caught up in the fact that these are swimmers fully matured and at the absolute top of the sport—I’ve included these as a resource so you can see their mind set, what they look for in their race, how they gauge what was a success for a particular race and what needs improvement.
 - [Michael Andrew breaking down his recent PB 200 IM](#)
 - [Michael Andrew breaking down his recent PB 100 BR](#)
 - [A breakdown of Kristof Milak’s World Record 200 FL](#)
 - [A breakdown of Lily King’s PB 100 BR](#)
 - [Ryan Murphy talking about going into races and training with a plan](#)