

IMX Swimming Out of the Pool
Monday, April 27, 2020

“Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan.”

It’s been a little rainy the past few days, so hopefully you have been keeping yourself busy inside... with more than just TV. Read a book, do something that your teachers have sent you or work on some of the activities from me.

Remember you can let me know how you are doing, what you have been up to, and any responses you have to the learning opportunities that have been provided. I would love to hear from you at kranzlauren@gmail.com!

How Well Can You Read A Pace Clock?

At the IMX level, you need to learn how the proper race strategy and pacing to obtain your goal times and train at the proper speeds.

The ability to read a pace clock varies by swimmer. Going forward, it is important for you to know your times during practice and be aware of the paces you are holding. It helps you know if you are descending during a set, holding an even pace, or increasing in your times as a set goes on.

At your age, it might feel hard to ask for help in reading the clock. If you find it hard to read the clock and figure out intervals, take the time away from the pool to write down and memorize the patterns on the clock. Coach Kelly provided some information on reading a pace clock and intervals in last weeks Coaches Connection for IMR & IMR Plus. It would be a great idea to brush up on those skills, as well as practicing race strategy below.

How Should I Split My Race?

What is your goal time?

50

One second between first and second 25
Backstroke will usually have a slightly less difference
Breaststroke will usually have a slightly greater difference.

100

Goal is 1 sec. difference in backstroke,
less than 2 sec. difference in freestyle
2.5 sec. difference in breaststroke and butterfly.

200

Less than 2 seconds between first and second 50.
Less than .5 seconds between second and third 50.
At least 1 second drop on final 50.
In IM the free split should be within 1 sec. of the fly split.

400 IM

The fly should be within 2 sec. of the two 50's.
Negative split each of the three other strokes. Easier in back and free [turn vs. hand touch] than in the breaststroke.
Free and fly splits within a second of each other.

400 Free & Up

Goal is to even split to negative split races.
Controlled speed on first quarter, pick up speed on 2nd quarter, descend to finish.
Look at how they split each 100, as well as each quarter of the race and each half of each race.
Train the way you want them to race.

Breaking down the 500 Free to break 6:00

Your average pace for the 500 free, if you want to swim under 6:00, should be NO SLOWER THAN a 36.0! You should swim faster the first 100 before settling into the pace you want to hold, then bringing the last 100 back faster as well.

500 Free Pace for 6:00					
50	100	200	300	400	500
:35	1:10	2:20	3:30	4:40	5:50
:36	1:12	2:24	3:36	4:48	6:00

Take a look at the 500 free race pace to go 6:00 or under. Then use the IMX splits practice to think about your goal times and write down possible splits to reach them. Examples have been provided, the first being the “actual” time you already have, then the other column being for your goal time. Use your best times and splits from best times to help you figure out how to pace your goal times.

Think about the times you would have to hold in practice or the times you do hold. Have you been training at the proper speed to reach your goal times? What is your 100 interval for a 10 x 100 Free set or Stroke set? Should you be challenging yourself on a faster interval?

Send any responses to kranzlaureno@gmail.com

Dryland:

Check out the DARE DICE!!

A copy has been provided in the email, but here is the link to the site where you can download it for free.

<https://darebee.com/daredice.html>