**CONSIDERATIONS FOR GOAL RACE SPEEDS FOR IM’s**

Because the IMs involve more than one stroke, determining the Goal Race Speeds (GRS) for those events becomes a little more complex.

STEP 1: Determine your final Outcome Goal Time.

STEP 2 (simple method): Apply the following percentages to the final Goal Time: 22% for Fly, 25% for Back, 31% for Breast, 22% for Free.

STEP 2 (more detailed): Take your personal IM times from races you have swum. Determine the percentages for each stroke as you normally swim the race (the average of 2-4 good races’ times would be great). Apply those percentages to your final Goal Time.

STEP 3: Determine your Goal Race Speed (GRS) for each stroke in your IM.

(Follow these steps for each pool length you need a GRS for)

**Example**

STEP 1: Outcome Goal Time 400 IM (SCY): 4:30.00 (270 seconds)

STEP 2 (simple method) STEP 3 GRS 100 75 50 25

FLY 270 x 22% = 59.4 59.4/100 = .594 59.4 44.5 29.7 14.8

BK 270 x 25% = 67.5 67.5/100 = .675 1:07.5 50.6 33.7 16.8

BR 270 x 31% = 83.7 83.7/100 = .837 1:23.7 1:02.8 41.8 20.9

FR 270 x 22% = 59.4 59.4/100 = .594 59.4 44.5 29.7 14.8

STEP 2 (detailed)

Previously swum 400 IMs with splits in seconds percents

1:01.4 1:02.6 1:03.2 Average = 1:02.4 62.4 20.8%

1:03.5 1:04.8 1:04.6 Average = 1:04.3 64.3 21.5%

1:44.6 1:43.8 1:46.7 Average = 1:46.0 106.0 35.4%

1:05.9 1:06.7 1:07.5 Average = 1:06.7 66.7 22.3%

4:55.4 4:57.9 5:05.0 4:59.4 299.4

STEP 3 GRS 100 75 50 25

FLY 270 x 20.8% = 56.1 56.1/100 = .561 56.1 42.0 28.0 14.0

BK 270 x 21.5% = 58.0 58.0/100 = .580 58.0 43.5 29.0 14.5

BR 270 x 35.4% = 95.6 95.6/100 = .956 1:35.6 1:11.7 47.8 23.9

FR 270 x 22.3% = 60.2 60.2/100 = .602 1:00.2 45.1 30.1 15.0

Depending on your relative strength of strokes, the GRS may be quite different!