

## Ideal splits

For 100's

- Back and Free: 1 ½ - 2 seconds between 50's; Back may be closer together than Free
- BR and Fly: ~ 4 seconds between 50's

For 200's

- Free: < 5 seconds between 100's
- Back: even splitting; 100's are the same
- BR and Fly: ~ 4 seconds between 1<sup>st</sup> and 2<sup>nd</sup> 50's; 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> 50's are the same

IM

- Fly and Free 50's are the same
- BK and BR depend on the strength of the stroke
- For the 400, each 100 (except for fly) should be negative split (2<sup>nd</sup> 50 faster than the 1<sup>st</sup> 50)

400 and above FR

- Even or negative split the entire race: 2<sup>nd</sup> half is the same or faster than the 1<sup>st</sup> half
- Most important focus should be a steady pace; majority of the 50 or 100 splits are the same