**IDEAL SPLITS**

**For lOO’s**

* Back and Free: 1 ½ - 2 seconds between 50’s; back may be cIoser together than free
* BR and Fly: 4 seconds between 50’s

**For200’s**

* Free: < 5 seconds between lOO’s
* Back: even splitting; 100’s are the same
* BR and Fly: 4 seconds between 1st and 2nd 50’s; 2nd , 3rd , and 4th 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 lOO (except for fly) should be negative split (2nd 50 faster than the 1st 50)

**400 and above FR**

* Even or negative split the entire race: 2nd half is the same or faster than the 1st half
* Most important focus should be a steady pace; majority of the 50’s or lOO splits are the same