

**Race Pace**

Name: \_\_\_\_\_

***Round all times to the second***

100s

1<sup>st</sup> 50 1 second slower than your fastest 50

2<sup>nd</sup> 50 2 seconds slower than the first 50 of your 100 (3 for breast and fly)

Example: Best 50 Free = 28

$$29 = 1^{\text{st}} 50$$

$$31 = 2^{\text{nd}} 50$$

$$1:00 = \text{Total time}$$

1. Freestyle

\_\_\_\_\_ 1<sup>st</sup> 50

\_\_\_\_\_ 2<sup>nd</sup> 50

\_\_\_\_\_ Total time

2. Backstroke

\_\_\_\_\_ 1<sup>st</sup> 50

\_\_\_\_\_ 2<sup>nd</sup> 50

\_\_\_\_\_ Total time

3. Breast

\_\_\_\_\_ 1<sup>st</sup> 50

\_\_\_\_\_ 2<sup>nd</sup> 50

\_\_\_\_\_ Total time

4. Fly

\_\_\_\_\_ 1<sup>st</sup> 50

\_\_\_\_\_ 2<sup>nd</sup> 50

\_\_\_\_\_ Total time

200s

1<sup>st</sup> 50 is 2 seconds slower than your fastest 50

next 3 50s are 2 seconds slower than your first 50 (3 seconds for breast and fly)

Example: Best 50 Free = 29

$$1^{\text{st}} 50 = 31$$

next 3 50 = 33

2:10 = total time

1. Freestyle

\_\_\_\_\_ 1<sup>st</sup> 50

\_\_\_\_\_ 2<sup>nd</sup> 50

\_\_\_\_\_ 3<sup>rd</sup> 50

\_\_\_\_\_ 4<sup>th</sup> 50

\_\_\_\_\_ Total time

2. Choice of stroke

\_\_\_\_\_ 1<sup>st</sup> 50

\_\_\_\_\_ 2<sup>nd</sup> 50

\_\_\_\_\_ 3<sup>rd</sup> 50

\_\_\_\_\_ 4<sup>th</sup> 50

\_\_\_\_\_ Total time

500s

First 100 is 4 seconds slower than your fastest 100

Next 4 100s are 3 seconds slower than your first 100

Example: Best 100 = 1:00

First 100 = 1:04

Next 4 100s = 1:07

Total time = 5:32

1. 500

\_\_\_\_\_ 1<sup>st</sup> 100

\_\_\_\_\_ 2<sup>nd</sup> 100

\_\_\_\_\_ 3<sup>rd</sup> 100

\_\_\_\_\_ 4<sup>th</sup> 100

\_\_\_\_\_ 5<sup>th</sup> 100

\_\_\_\_\_ Total time

200 IM

50 Fly is 1 second slower than your fastest 50

50 Back is 3 seconds slower than your fastest 50

50 Breast is 5 seconds slower than your fastest 50

50 Free is 4 seconds slower than your fastest 50

Example: Fastest times by stroke: Fly=30, Bk=33, Br=37, Free=28

1<sup>st</sup> 50 = 31

2<sup>nd</sup> 50 = 36

3<sup>rd</sup> 50 = 42

4<sup>th</sup> 50 = 32

Total time = 2:21

\_\_\_\_\_ 1<sup>st</sup> 50

\_\_\_\_\_ 2<sup>nd</sup> 50

\_\_\_\_\_ 3<sup>rd</sup> 50

\_\_\_\_\_ 4<sup>th</sup> 50

\_\_\_\_\_ Total time