

RACE ANALYSIS CIRCUIT

SWIMMER RECORDING SHEET

Name _____

Record your race component facts and share them with your coach. While you are not the size of the American Record holders, their Race Analysis details are something to work toward as you develop; skills, fitness and race strategies with your coach's help. "If you fail to plan, you plan to fail." YAGOTTAWANNA!!!!

RECORD YOUR *BEST* and *AVERAGE* TIMES

RELAY EXCHANGE TIMING (two watches-hand/feet)

	Grab	Track	Step	Shuffle	Hop
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___/___	___/___	___/___	___/___	___/___	___/___
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TURNING TIMES

	Free	Back	Breast	Fly	IM
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On The Wall (hand to feet)

___/___	___/___	___/___	___/___	___/___	___/___
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Flag to Flag (head passing)

___/___	___/___	___/___	___/___	___/___	___/___
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TEMPO

Free	(3 entries)	___/___	___/___	___/___
Back	(3 entries)	___/___	___/___	___/___
Breast	(2 head pops)	___/___	___/___	___/___
Fly	(2 entries)	___/___	___/___	___/___

Stroke Count Differences with Tempo Trainer

1.3 @ 2.6 # goin' ___/___ ___/___ ___/___

1.3 # comin' ___/___ ___/___ ___/___

STARTS to 15 M

	Big	Ripple	Ripple/Side	4/10	10/4	Medium
___/___	___/___	___/___	___/___	___/___	___/___	___/___
___/___	___/___	___/___	___/___	___/___	___/___	___/___

PUSH-OFFS to 15 M

___/___	___/___	___/___	___/___	___/___	___/___
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QUICKSTART TIMES to 18 yards

Grab	Forward Lean	Rear Lean
___/___	___/___	___/___