



KILLARNEY SWIMMING

RACE TACTICS & STRATEGY

FREESTYLE TACTICS & STRATEGY

50m FR – 3 to 5 strokes build, establish catch & legs, GO!

100m FR – Tight splitting 1.0 to 1.5 between the two 50 splits

200m FR – Tight splitting 1.0 to 1.5 between the first and second 50m then hold 3 splits equal.

400m FR – Apply the same tactics as the 200, but now it's 100's

800/1500 FR – Find your controlled pace

First Quarter – Light arms and rhythm

Second Quarter – Push out the bottom of the stroke more

Third Quarter – Build the Legs

Last Quarter – Bring it home; Stroke rate, more legs, more arms



BACKSTROKE TACTICS & STRATEGY

50m – work the fly kick, build first 3-5 strokes to establish catch; GO!

100m FR – Tight splitting 1.0 to 1.5 between the two 50 splits

200m FR – Tight splitting 1.0 to 1.5 between the first and second 50m then hold 3 splits equal

First Quarter – Light arms and rhythm

Second Quarter – Push out the bottom of the stroke more

Third Quarter – Build the Legs

Last Quarter – Bring it home; Stroke rate, more legs, more arms



BREASTSTROKE TACTICS & STRATEGY

50m – Build first 3-5 strokes to establish out sweep and catch; Shoot the hands; Go!

100m – Splitting will be 3.0-4.5 seconds between 50m splits

200m – From first 50m to second 50m 2.0 then hold the splits for 3 x 50m

First Quarter = Control the stroke but kick all out.

Second Quarter = Shoot the hands a little quicker through the recovery

Third Quarter = Power up on the in sweep

Fourth Quarter = Pick up stroke rate; get to the wall!



FLY RACE TACTICS & STRATEGY

50m – 3 to 5 Strokes build to establish catch and pulling line

100m – Splitting will be 3.0 to 4.5 seconds between 50's

200m – 2.0 seconds from first to second 50m then hold

First Quarter = hold stroke, light arms

Second Quarter = hold stroke, think about kicking into the entry point

Third Quarter = Build

Fourth Quarter = push the water hard past your belly button; get to the wall!



IM TACTICS & STRATEGY

FLY = Smooth; Build

BACK = Choose arms or Leg focus. BKer's go on Arms and tempo

BREAST = Legs & Shoot

FREE = Everything you got baby! LEGS & TEMPO

