

DIRECTIONS: "SPLIT" BREAKOUT, 15 M, TEMPO, TURN (HAND/FOOT TOUCH), BREAKOUT, TEMPO, 7.5M AND FINISH-PARTNER COUNTS STROKES.

* RECORD AS RACE PROGRESSES.

RACE ANALYSIS WORKSHEET

+ COMPLETE AT END OF RACE

• Winning Spirit Swimming - [www.gamesgimmickschallenges.com/coaching resources](http://www.gamesgimmickschallenges.com/coaching%20resources)

MEN

USA OLYMPIC GAMES – 2012

WOMEN

	ST BK 50	ST BST 50	ST FLY 50	ST FR 50	SKILLS	ST BK 50	ST BST 50	ST FLY 50	ST FR 50
*					BRKOUT				
*	X	X	X	X	15 M TIME	X	X	X	X
*					TEMPO 1/3				
*					TEMPO 2/3				
*					TEMPO 3/3				
+	13 15	17 21	17 18	16 18	CYCLES W/COUNTER	15 18	21 28	19 23	16 20
+					SPLITS				
*					TURN TIME				
+					TOTAL CYCLES				
+					RUNNING TIME				
+					BRKOUT TOTAL (SUB FROM R.T)				
+					SWIM TOTAL				

SKILLWORK

STARTS	
STREAMLINE	
BRKOUT	
STROKE	
URNS	
FINISHES	

