

Do you plan how you will swim a race?

If you haven't thought about it or don't know what it means, check Sue's tips:

When you are racing it is important to have a plan – to visualise “*how*” you are going to swim a race “*before*” you enter the water. DO NOT just pick a swimmer in the next lane and go with them, you have NO idea what they will do!

Practise racing and planning your race in training.

1. What are the stroke rules for Starts/Turns/Finishes?
 - a. Diving off the blocks/wall/or doing an in-water start?
 - b. When to get your leg kick going?
 - c. When to get the first arm stroke going?
 - d. Will you do tumble turns for every turn on FS /BK?
 - e. Will you be using open turns for every turn?
 - f. How far are you allowed to swim underwater?
 - g. Will you be using a pulldown with a dolphin kick for BS?
 - h. How to finish the race
 - i. At what speed
 - ii. When to “Kick it home”?
 - iii. Should you stop breathing and focus on the wall?
 - iv. How to touch the wall for the stroke you are doing.
2. Will you be “Pacing yourself” during your race?
 - a. Building speed thru the race to sprint the last 10M?
 - b. Even pace and sprint it home on the last lap?
 - c. Have you been using the Tempo Trainer – How to swim without it?
3. Have you determined your stroke type for the distance you are swimming (different for sprint vs longer distance).
4. Stroke Technique.
 - a. What is your checklist for your race distance?
 - i. Body Position, Breathing pattern, Arms- underwater and recovery, Leg kick, Stroke coordination.
 - ii. Maintaining SPL/DSP/SR.
 - iii. When to increase SR and ensure you can “Turn on” the power in your stroke when needed.