

PACE CHARTS FOR 100's

SWIMMERS, it's very simple:

Using the chart, pick the 100 time you want to go.
See what the 25 pace is for that time.

★ Try to get that time doing a 25 from a push off.★

If you can get that pace time for a 25, ***you can get that 100 time in a meet!*** If you don't, it is a matter of building your STRENGTH and endurance.

If you can't match your goal 100 with a 25 sprint, it is more a matter of STROKE TECHNIQUE.

Now you know what to work on. 

GO FOR IT AND BE FAST!

Caveats:

- Time the swimmer from the time you say "GO", not when their feet leave the wall.
- This is excellent for comparing the difference between training and technique.
- Some coaches think it is more accurate to add one second to their 25 time and compare that time to the chart.
- Experiment with this idea. It is simple, accurate, motivational and WORKS.

<u>GOAL</u>	<u>25 Splits</u>	<u>GOAL 25 Splits</u>	
:53	13.25	1:21	20.25
:54	13.50	1:22	20.50
:55	13.75	1:23	20.75
:56	14.00	1:24	21.00
:57	14.25	1:25	21.25
:58	14.50	1:26	21.50
:59	14.75	1:27	21.75
1:00	15.00	1:28	22.00
1:01	15.25	1:29	22.25
1:02	15.50	1:30	22.50
1:03	15.75	1:31	22.75
1:04	16.00	1:32	23.00
1:05	16.25	1:33	23.25
1:06	16.50	1:34	23.50
1:07	16.75	1:35	23.75
1:08	17.00	1:36	24.00
1:09	17.25	1:37	24.25
1:10	17.50	1:38	24.50
1:11	17.75	1:39	24.75
1:12	18.00	1:40	25.00
1:13	18.25	1:41	25.25
1:14	18.50	1:42	25.50
1:15	18.75	1:43	25.75
1:16	19.00	1:44	26.00
1:17	19.25	1:45	26.25
1:18	19.50	1:46	26.50
1:19	19.75	1:47	26.75
1:20	20.00	1:48	27.00