

Swimming Australia 'SpeedChart'

Womens 50 LCM Freestyle

28.0 - 32.0



swimming **Academy of Sport**
australia Queensland Government

Time	15m	20m	25m	30m	35m	40m	45m	Finish Time	50m
28.00	7.43	10.33	13.24	16.20	19.16	22.20	25.23	2.77	28.00
28.20	7.48	10.41	13.34	16.32	19.31	22.36	25.42	2.78	28.20
28.40	7.54	10.49	13.44	16.45	19.45	22.53	25.60	2.80	28.40
28.60	7.60	10.57	13.54	16.57	19.59	22.69	25.78	2.82	28.60
28.80	7.65	10.65	13.64	16.69	19.74	22.85	25.97	2.83	28.80
29.00	7.71	10.73	13.74	16.81	19.88	23.02	26.15	2.85	29.00
29.20	7.77	10.81	13.85	16.93	20.02	23.18	26.34	2.86	29.20
29.40	7.82	10.89	13.95	17.06	20.16	23.35	26.52	2.88	29.40
29.60	7.88	10.97	14.05	17.18	20.31	23.51	26.70	2.90	29.60
29.80	7.94	11.05	14.15	17.30	20.45	23.67	26.89	2.91	29.80
30.00	7.99	11.12	14.25	17.42	20.59	23.84	27.07	2.93	30.00
30.20	8.05	11.20	14.35	17.54	20.74	24.00	27.26	2.94	30.20
30.40	8.11	11.28	14.45	17.67	20.88	24.16	27.44	2.96	30.40
30.60	8.17	11.36	14.55	17.79	21.02	24.33	27.62	2.98	30.60
30.80	8.22	11.44	14.65	17.91	21.17	24.49	27.81	2.99	30.80
31.00	8.28	11.52	14.75	18.03	21.31	24.65	27.99	3.01	31.00
31.20	8.34	11.60	14.85	18.15	21.45	24.82	28.17	3.03	31.20
31.40	8.39	11.68	14.96	18.27	21.59	24.98	28.36	3.04	31.40
31.60	8.45	11.76	15.06	18.40	21.74	25.14	28.54	3.06	31.60
31.80	8.51	11.83	15.16	18.52	21.88	25.31	28.73	3.07	31.80
32.00	8.56	11.91	15.26	18.64	22.02	25.47	28.91	3.09	32.00

How to use the 'SpeedChart'

1. Use the target race time to set training times for specific distances. Race speeds should be achievable in training up to approximately 60% of race distance.

2. Predict 100m time based on training times over shorter distances. Use of the chart this way will help to ensure that training is speed specific. This is not a way to predict race times but a way of ensuring specific speeds are being attained in training.

*** Always use these 'SpeedCharts' in conjunction with other race analysis information (stroke rates, stroke count, turning information (breakout etc) and breathing patterns) to ensure specificity of training and to ensure speed and technique goals are achieved.**

ALL TIMES ARE BASED ON TIME FROM GUN TO HEAD

adjustments for other timing methods:

Timing Method Adjustments:		
Feet off B	+0.75	
Time to head	+0.25	
Feet off w	-0.20	

1. Short intervals: look up chart time, then subtract the adjustment

2. projected race time: add adjustment and look up chart with adjusted time