

## Racing 200m

200m is a long sprint not a distance event. It is an opportunity for you to use both your technique and stamina.

- At all times maintain technique
- Split the race into 50m sections

### **1st 50m. *It takes care of itself***

- Explosive start and entry
- At breakout set racing pace stroke rate (apart from breaststroke where as always the first 3 strokes build from deliberate to race pace)
- Keep up even if you think the race is fast

### **2nd 50m. *Technique and speed***

- Stretch out the stroke, keep it long and strong, great technique
- Stay with other swimmers if they have a lead
- Work like a hard training set
- DO NOT THINK ABOUT THE REST OF THE SWIM

### **3rd 50m. *Legs, legs, legs***

- Others will rest
- **Turn to your legs and drive for the whole 50m**
- Keep stroke rate where it was, maintain technique
- DO NOT THINK ABOUT THE REST OF THE SWIM

### **4th 50m. *Race, race, race***

- Maintain stroke rate and great technique
- Breathe
- Now you have placed yourself on PB time, how low do you want to go ?
- RACE, RACE, RACE TO THE WALL.

Your body is ready, get your head straight before the referee's whistle !