



Developing a Race Model

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Overview

- What is your Race Model
- What does it consist of
- Key Aspects
- Race Objectives Proforma
- Race Model examples and Analysis (Starts/Turns)
- Race Model examples and Analysis (Events)
- Effective communication/feedback
- Successful Outcomes

What is Your Race Model

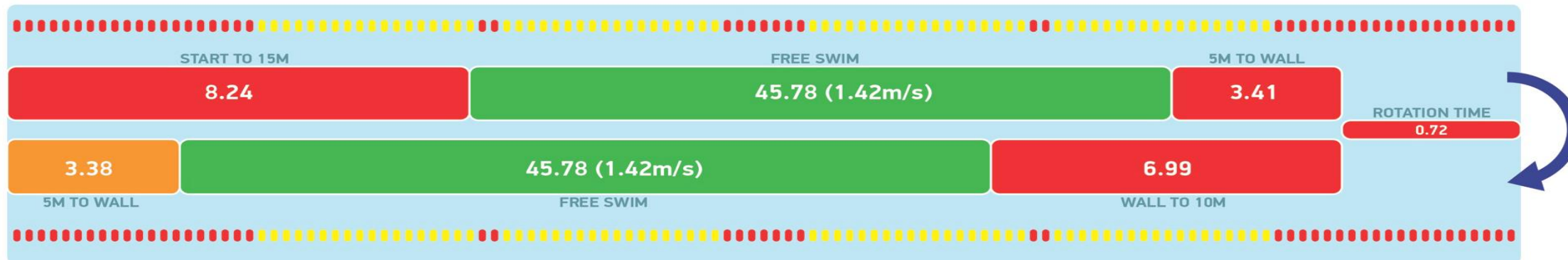
- When we analysis a race or create a race model we do it in 4 areas, Technical/Tactical/Physical and Mental
- All are interrelated if you are weak in one area it will have an effective on one or more of the other three areas
- Competition analysis provides feedback that can be utilised in training at a later stage to improve.
- Your race model is made up of both technical efficiency and fitness levels (aerobic conditioning/performance speed and pacing)
- Analysis of the race will highlight strength/weaknesses in these areas.
- You then develop strategies for improvement in training, this could mean regular testing under competition simulation to get things right for race day.

What does the Race Model Consist of

- Start – Through 15 metres
- Turns – Through 15 metres
- Finish – Final 5 metres Speed
- Race Splits/Percentages
- Distance Per Stroke (Variations)
- Stroke Rate
- Stroke Count
- Velocity – Swim speed consistency
- Overall Efficiency.

RACE MODELLING

SOPHIE TAYLOR



THE PERFECT RACE



Key Aspects

- **Technical** (Skill Levels/Efficiency) – High efficiency being able to hold performance speed under pressure, maintaining SR/SC and DPS, have the ability to repeat the event 3 times heat semi final.
- **Tactical** – Have the ability to perform the correct racing strategy based on training and prior competition experience. Use your strengths, address weaknesses, exploit opposition weaknesses.
- **Physical** – use physical attributes, pre puberty lots of success due to biological development and size. Success at Youth/Senior level on 'process' approach and structured training in the formative years. Physical preparation is a major pre-requisite for skill development
- **Mental** – Psychological development, develop to cope with race day pressure, need motivation to succeed, success in training and competition will build self esteem, reinforcement of this instill a sense of success.
- **Transition from age to youth to senior swimming-** is psychological as well as physiological.

Key Aspects

- **Analysis of race**

- Follow the process of –Observe/analysis/evaluate/plan for the future/perform when it matters.

- **Areas for Improvement**

- Normally technical or tactical, you have to adapt to the race.

- **Follow up action**

- Decide on aims/objectives, adopt smart realistic goals, plan into training, review in competition, readdress goals when successful
- Excellent communication and feedback are essential

Race Objectives Pro Forma

- Enables the swimmer to stay focused in training
- Goals should be based upon aspects of skill/efficiency that have been practised in training.
- Focusing on the process will produce the desired outcome.

Race Objectives

Name: _____



Competition					Rate Objectives 1 to 5 5 = Great, perfectly achieved				
Event					H	S-F	F	(Circle)	
Main Objective					1	2	3	4	5
2 nd Objective					1	2	3	4	5
Split Emphasis [Not times]	1 st 25/50/100	2 nd 25/50/100	3 rd 25/50/100	4 th 25/50/100					
Issues to work on					1	2	3	4	5

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Race Model Examples Starts/Turns/Events

Starts -Example

Daniel Gyurta 200 B/S Olympic Gold 2012

Reaction Block 0.68

Break (S) 05.30

Break (M) 12.90

15Mts time 06.52

Rebecca Soni 200 B/S Olympic Gold 2012

Reaction Block 0.70

Break (S) 05.42

Break (M) 11.47

15Mts time 7.90



Turns - Example

Underwater phase consistency

e.g. 2014 European LC Champ
Radoslaw Kawecki

7.1/7.1/7.2 to 15m off his 3 turns

13.3/13.5/13.9m off his 3 turns
(consistency!)

Rotation time (- 0.7)



Turns - comparison

British Swimmer vs Alison Schmitt (Breakout 6.1 vs 6.82Mts)

Start

Block	Entry	Entry (m)	Break	Break (m)	15 m
0.69	00:00.96 (0.27)		00:05.12 (4.16)		00:06.20 (1.08)

Turn

	In (s)	Rotate	U/W (s)	Break (m)	Out (m)	Out (s)	Total (s)
50	3.24	1.52	2.58	6.33	10	4.76	8.00
100	3.47	1.48	2.62	6.24	10	4.91	8.38
150	3.36	1.44	2.30	5.74	10	5.02	8.38
Average	3.36	1.48	2.50	6.10		4.90	8.25

Allison Schmitt 2012 Olympic Games 200 m Freestyle Final

Start

Block	Entry	Entry (m)	Break	Break (m)	15 m
0.68	00:01.02 (0.34)		00:04.28 (3.26)	10.97	00:06.54 (2.26)

Turn

	5 m	Rotate	U/W (s)	Break (m)	10 m	Total
50	3.22	1.52	3.06	7.31	4.62	7.84
100	3.26	1.26	2.58	6.51	4.66	7.92
150	3.27	1.29	2.71	6.64	4.79	8.06
Average	3.25	1.36	2.78	6.82	4.69	7.94

Race Model Analysis events

Alison Schmidt 200 Free Final London 2012



200 Free Swim	Split	Vel	SR	DPS	Count
0-25	12.30	1.74	45.5	2.29	
25-50	27.18	1.72	44.2	2.33	32
50-75	40.36	1.75	43.4	2.42	
75-100	55.38	1.70	43.6	2.34	35
100-125	1.8.98	1.68	43.9	2.29	
125-150	1.24.35	1.65	44.2	2.25	37
150-175	1.38.28	1.64	43.8	2.25	
175-200	1.53.60	1.61	43.4	2.22	39
Average		1.69	44.0	2.30	

Daniel Guyrta 200 Breast Final London 2012



LAP			
		TIME	PERCENT
50 METRE	1	29.19	22.9
	2	32.17	25.4
	3	32.60	25.6
	4	33.12	26.0
100 METRE	0-100	1.01.56	48.4
	100-200	1.05.72	51.6

Event 200 B/S					
	SPLIT	VEL	S/R	DPS	S/C
0-25	13.24	1.53	40.8	2.26	
25-50	29.19	1.56	37.7	2.48	15
50-75	44.78	1.48	35.0	2.53	
75-100	1.01.78	1.51	34.7	2.62	15
100-125	1.17.18	1.46	41.5	2.12	
125-150	1.34.16	1.48	41.4	2.14	18
150-175	1.50.06	1.44	46.8	1.85	
175-200	2.07.28	1.45	49.3	1.77	22
AVERAGE		1.49	40.9	2.22	

BLOCK	ENTRY	ENTRY (M)	BREAK	BREAK (M)	15 MT
0.68	0.96		5.30	12.90	6.52
TURN	5 MT	ROTATE	U/W (S)	BREAK (M)	10 MT
50	3.29	0.48	5.34	10.59	5.43
100	3.56	0.54	4.88	10.04	5.38
150	3.44	0.50	4.88	9.83	5.50
AVERAGE	3.43	0.51	5.03	10.15	5.44
FINISH					
5 MT	3.46	F.P.Furniss			

Effective Communication/Feedback

- The poorest coaching feedback is often provided following the achievement of a successful outcome!
- Important to allow the swimmer time to reflect upon their own performance (during swim down)
- Encourage swimmers to feed back to you first – do they know what went well/not well?
- Consider using race footage (ipad) – what else do they notice?
- Coach Evaluation – was there anything that the swimmer was not aware of?

Successful Outcomes

Base discussion/feedback around the following areas:

- Start
- Free Swimming
- Turns
- Finish
- Technique
- Efficiency
- Tactics
- General conclusions

Finally

- Manage people
- Get the best out of them
- Take them to places they didn't think possible.

Questions