



Race Analysis Senior/National

What to Bring

1 race video on a device (phone, tablet or mobile)
Tempo Trainer-if you have one

What are Habits?

Individual
“Consistent Actions”

What are Standards?

Group and Team Standards-Maintain Accountability

What is Work?

Hard Work
Technical Work

[What happens when you combine work, great habits and standards](#)

Race Analysis

[Race Analysis Template](#)

Women’s Long Course 100 Fly

Kick Technique

<https://swimmingcoach.org/page/techniquelibrary>

Free Kick
Breast Kick
Dolphin Kick

Races

[Grethen Walsh](#)
[Jordan Crooks](#)
[Caleb Dressel](#)
[Kaie Douglas](#)

100 Fly
100 Free
50 Free
200 Breast

Individual Analysis

Kick Count
Stroke Count
Tempo
Breathing Pattern
Splits

Bring 1 Video

UW Kick Count
Stroke Count/Cycles
Use Stopwatch/Tempo Trainer

15 meter, splits per 25

**Bring a tempo training if you have one*