ACCUTRAINING - RELATING TRAINING TO GOALS
Winning Spirit Swimming
Bob Steele

NAME_____   *ALL SWIMS ARE FROM A PUSH-OFF*

1.   50 PREDICTION

What is your best exact-average on; 10 x 25 (   ) @ :40 x 2 = _____

What is your goal time? _____ and ½ of it (   ) PRESTO!

2.   100 PREDICTION

What is your best-exact average time on; 6 x 50 (   ) @ 2min x 2=_____

What is your goal time? _____ and ½ of it (   ) PRESTO!   (Correlation .89)

3.   200 PREDICTION

What is your best-exact average time on; 5 x 100 (   ) @ 3 min x 2 =_____

What is your goal time? _____ and ½ of it? (   ) PRESTO! (Correlation .93)

4.   500/400 PREDICTION

What is your best-exact average on 6 x 250y/200m (   ) @ 5 min

What is your goal time? _____ and ½ of it? (   ) PRESTO! (Correlation .86)

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5.   800-1500-1000-1650 PREDICTION

What is your exact average on 20 x 100 (   ) @ _____ (SO is + 12sec OR 15sec on set)

(   ) X 8 = _____ (   ) X 10 = _____(   ) X 15= _____(   ) X 16.5=_____
AVE   800   1000   1500   1650

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