

50 - [see Japanese athlete set nat rec](#) [Andrew](#) [Manuel](#)

- High speed with relaxation 20M
- Effort mid pool & breath(s) to maintain pace
- Increased tempo & effort last 15M

100 - see [Kathleen Baker](#) [Kelsey Dahlia](#)

- 1st 50 FRS, Breathe 4s, Build into wall!
- Re-establish tempo & rhythm MaM! 25M
- H&K last 15-20M & increased tempo

200 - see [Andrew Seliskar](#), [Ryan Murphy](#) or [Josh Pernot](#)

- 1st 50 FRS, Build into wall
- 2nd 50 maintain speed takes conscience effort & build into wall
- 3rd 50 MaM - this is a decision you make to race
- 4th 50 H&K

400 + [Zane](#) & Grant this is wonderful

- 1st 50 FRS, Build into wall
- 2nd 50 maintain speed takes conscience effort & build into walls
- Middle parts ABR! Always Be Racing
- With 150/100 to go MaM - this is a decision you make to race
- Last 100/50 H&K