

Race Time  
**23.40 s**

Average Stroke Rate  
**53.84**

Distance per Stroke  
**2.38 m**

Strokes per Length  
**10.50**



### STROKES

21

### ELAPSED

23.40 s

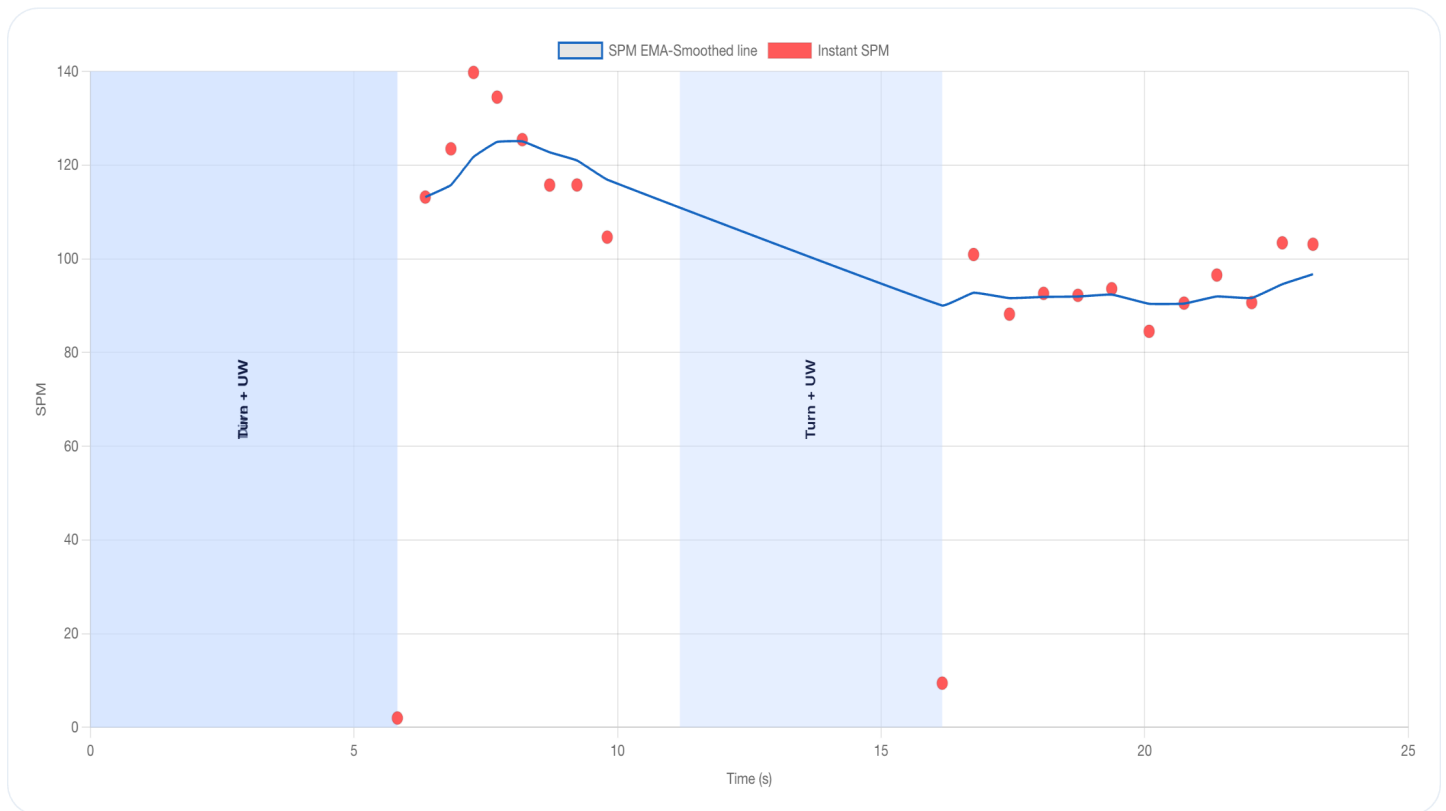
### INSTANT SPM

103.11

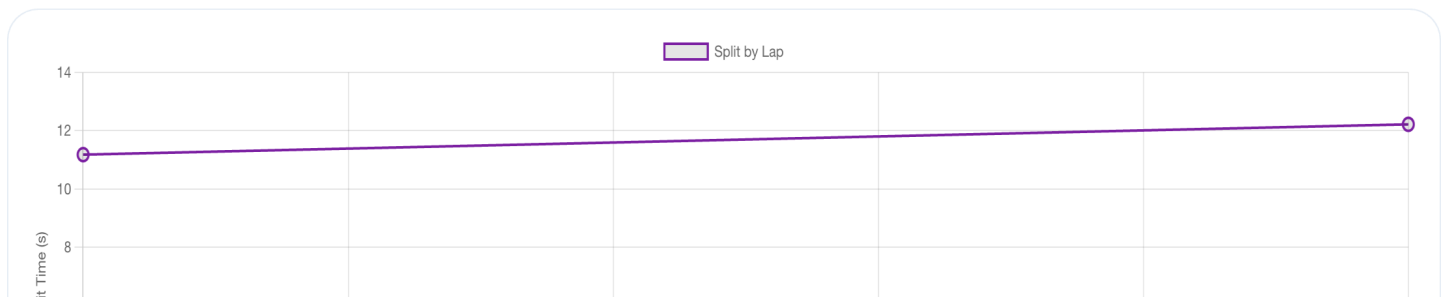
### AVG SPM

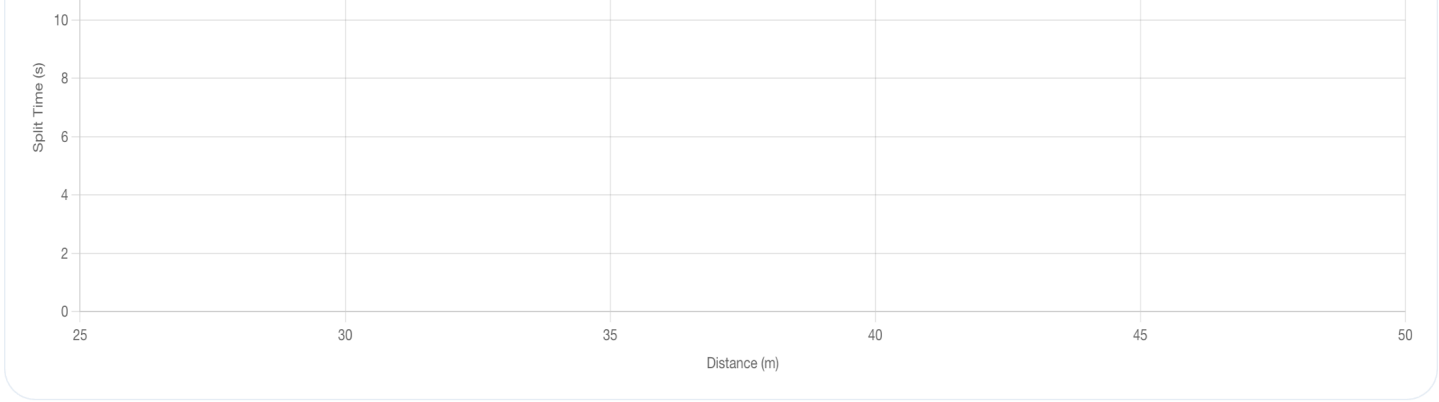
54.33

## Stroke Rate



## Splits

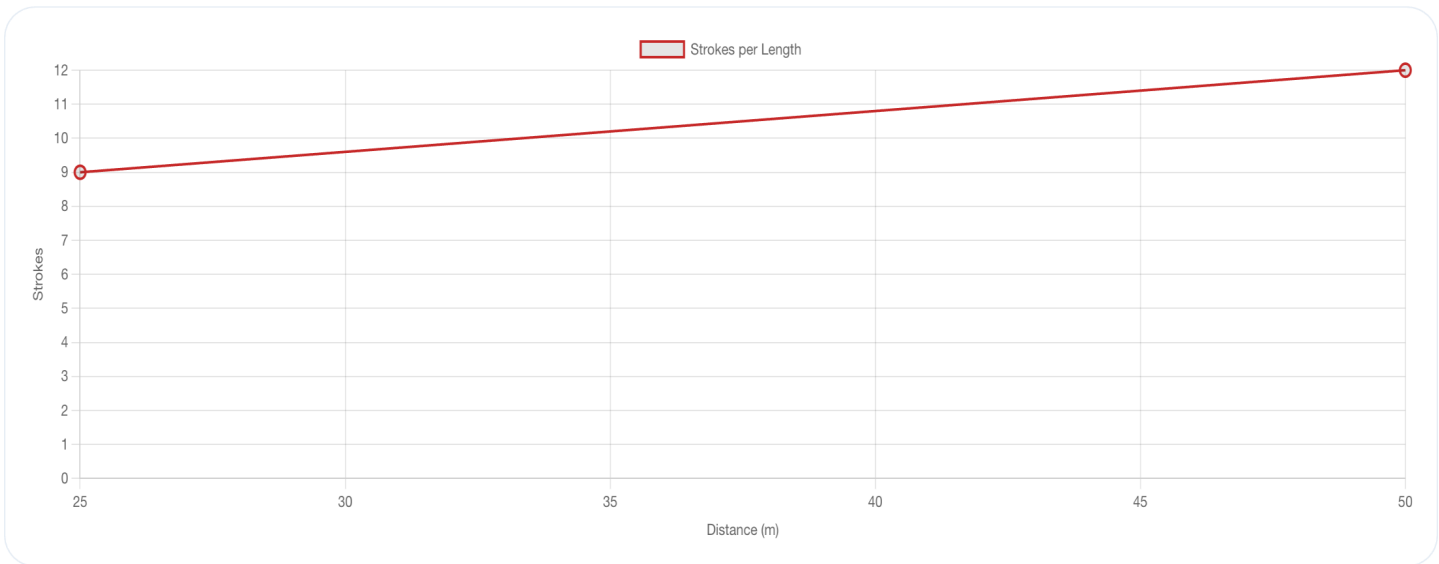




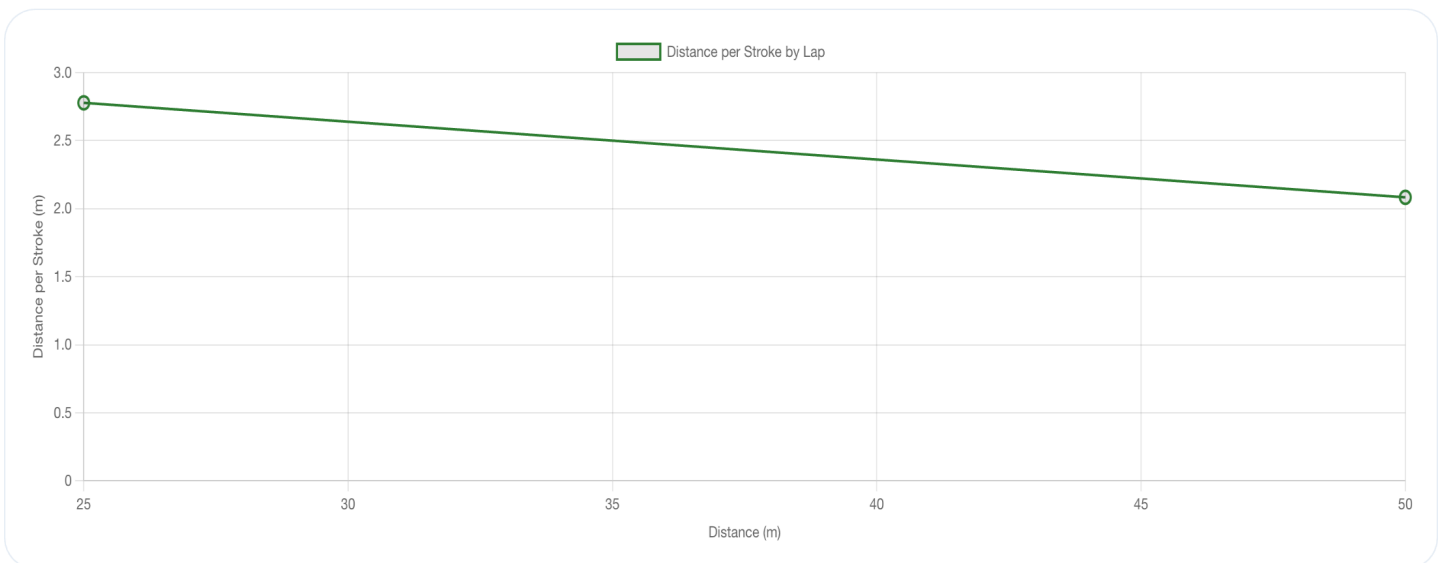
### Splits Data

Distance	25 splits	50 splits	100 splits	Cumulative	Pace/100
25 m	11.18	-	-	11.18	44.73
50 m	12.22	23.40	-	23.40	48.88

### Strokes per Length



### Distance per Stroke



# Sample Race Report from OmniCoach

\*This is a real race report straight from OmniCoach, no edits made\*

## Race Overview

- **Distance:** 50 Yards
  - **Time:** 22.998 seconds
  - **Average Stroke Rate:** 52.18 SPM
  - **Average Distance Per Stroke:** 2.50 meters
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## What's Going Well

1. **Strong First 25m:** Your first split of **11.09 seconds** is excellent! This shows you had a great start and good acceleration off the blocks.
  2. **Maintained Stroke Rate:** Your stroke rate stayed relatively consistent throughout the race (ranging between 84-126 SPM with smoothed averages), which indicates good rhythm and control.
  3. **Reasonable Efficiency:** An average of 2.5 meters per stroke is solid for a 50 free, showing you're getting decent distance on each stroke.
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## Areas for Improvement

1. **Second 25m Slowdown:** This is the biggest concern. Your second half was **11.91 seconds** vs. 11.09 seconds in the first half—that's a **0.8 second (7%) drop-off**. This is significant in a 50 free!
  - **Why this happened:** Notice your stroke efficiency dropped in the second length. You took **11 strokes** in the second 25m vs. only **9 strokes** in the first 25m (2.27 m/stroke vs. 2.78 m/stroke).
  - **This suggests:** Fatigue is setting in, your body position may be deteriorating, or you're losing catch efficiency.
2. **Inconsistent Stroke Rate in 2nd Half:** Look at strokes 10-20. Stroke #10 shows a dramatic drop to 9.84 SPM (likely a transition/flip turn), but then your rate stabilizes

around 91-110 SPM—slightly lower than your first half.

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## Recommendations for Next Time

1. **Negative Split Training:** Work on maintaining or even *slightly increasing* your pace in the second half. Try this in practice:
    - Do sets of 50s focusing on **taking it out controlled** (not all-out) in the first 25m
    - **Accelerate hard** in the second 25m
  2. **Improve Turn Efficiency:** After the flip turn (stroke #10), you lost momentum significantly. Work on:
    - Explosive push-off from the wall
    - Streamlined underwater portion
    - Quick transition back into your stroke rhythm
  3. **Maintain Distance Per Stroke:** Since you lost about 0.5 meters per stroke in the second half, focus on:
    - Keeping your catch sharp and engaged even when fatigued
    - Maintaining body position (high hips, core engaged)
    - Full extension on each stroke—don't rush or shorten strokes as you tire
  4. **Stroke Rate Control:** Consider a slightly higher stroke rate (maybe 55-58 SPM) to help maintain pace in the back half, but only if it doesn't sacrifice technique.
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## Bottom Line

You have a **solid foundation** with a great front-end, but this race is being limited by a typical "freshman 50" problem: fading in the second half. The good news? This is very fixable with targeted training. Focus on back-half speed work and maintaining your stroke efficiency when fatigued, and your next 50 will be significantly faster!

**Do you have another race file to compare this to, or would you like specific set recommendations?**