

Swim Split Coefficients Table

How to Calculate Target Splits

~Take goal time and convert to total seconds.

~Multiply total seconds by coefficient to get goal time for each split.

100 Freestyle	Goal Time: <input type="text"/>	100 Butterfly	Goal Time: <input type="text"/>
	0.4783 X 0		0.4692 X 0
	0.5215 X 0		0.5307 X 0
200 Freestyle	Goal Time: <input type="text"/>	200 Butterfly	Goal Time: <input type="text"/>
	0.2335 X 0		0.2278 X 0
	0.2543 X 0		0.2559 X 0
	0.2562 X 0		0.2561 X 0
	0.2556 X 0		0.2599 X 0
400 Freestyle	Goal Time: <input type="text"/>	100 Breaststroke	Goal Time: <input type="text"/>
	0.233 X 0		0.4697 X 0
	0.255 X 0		0.5301 X 0
	0.2558 X 0	200 Breaststroke	Goal Time: <input type="text"/>
	0.2562 X 0		0.2304 X 0
*500 Freestyle	Goal Time: <input type="text"/>		0.2547 X 0
	0.1925 X 0		0.2567 X 0
	0.2025 X 0		0.2578 X 0
	0.2027 X 0	200 IM	Goal Time: <input type="text"/>
	0.2035 X 0		0.2258 X 0
	0.1988 X 0		0.2561 X 0
100 Backstroke	Goal Time: <input type="text"/>		0.2895 X 0
	0.4746 X 0		0.2287 X 0
	0.5252 X 0	400 IM	Goal Time: <input type="text"/>
200 Backstroke	Goal Time: <input type="text"/>		0.2282 X 0
	0.2323 X 0		0.2561 X 0
	0.2529 X 0		0.287 X 0
	0.2539 X 0		0.2286 X 0
	0.2606 X 0		

From the Australian Swimming Coaches & Teachers Association.

Coefficients are listed for Meters but will work for Yards.

* 500 Freestyle Coefficients are based on 2007 Men's NCAA Championships Top 16