

# STROKE RATE TARGET RANGE

For High Performance Swimming

## men's / rate

<u>Freestyle</u>	50 m	117-129
	100 m	87-102
	200 m	77-88
	400 m	74-98
	1500 m	64-98

<u>Backstroke</u>	100 m	89-107
	200 m	70-88

<u>Breaststroke</u>	100 m	44-51
	200 m	31-41

<u>Butterfly</u>	100 m	51-56
	200 m	46-53

<u>2 IM</u>	FL	48-54
	BK	72-87
	BR	36-44
	FR	82-93

<u>4 IM</u>	FL	46-53
	BK	66-85
	BR	34-40
	FR	75-96

## women's / rate

<u>Freestyle</u>	50 m	106-130
	100 m	93-107
	200 m	86-97
	400 m	80-102
	800 m	85-100

<u>Backstroke</u>	100 m	85-100
	200 m	74-92

<u>Breaststroke</u>	100 m	38-55
	200 m	35-43

<u>Butterfly</u>	100 m	52-57
	200 m	46-54

<u>2 IM</u>	FL	48-58
	BK	71-94
	BR	35-45
	FR	85-101

<u>4 IM</u>	FL	49-55
	BK	69-81
	BR	35-42
	FR	82-105