



TRITONWEAR

# CLASH OF THE TITANS Mens 200 IM Trials 2016 vs 2021

6.3s

Time difference between Andrew's Fly and Free splits.

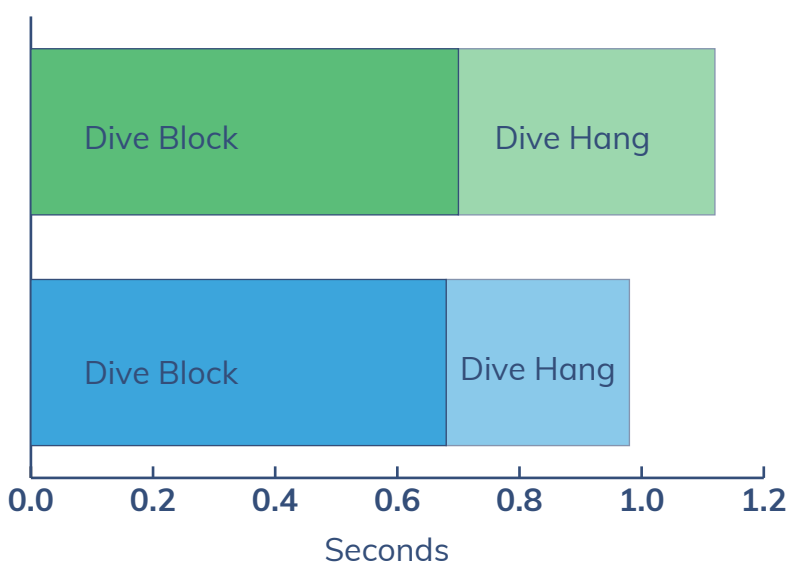
3.2s

Time difference between Phelps Fly and Free splits.

1.3s

Andrew split 1.28s faster on the first 50; 1.16s faster than the WR pace.

Michael Phelps 2016  
Michael Andrew 2021

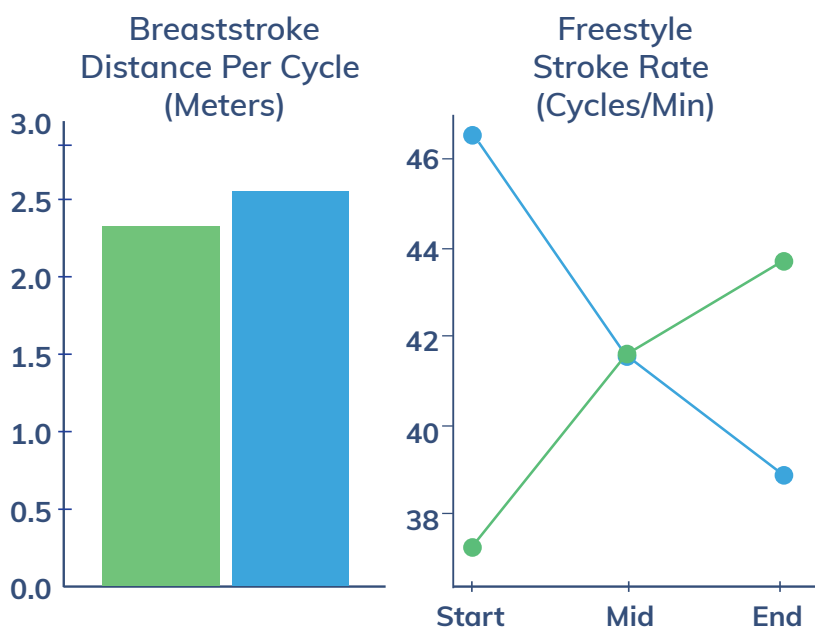
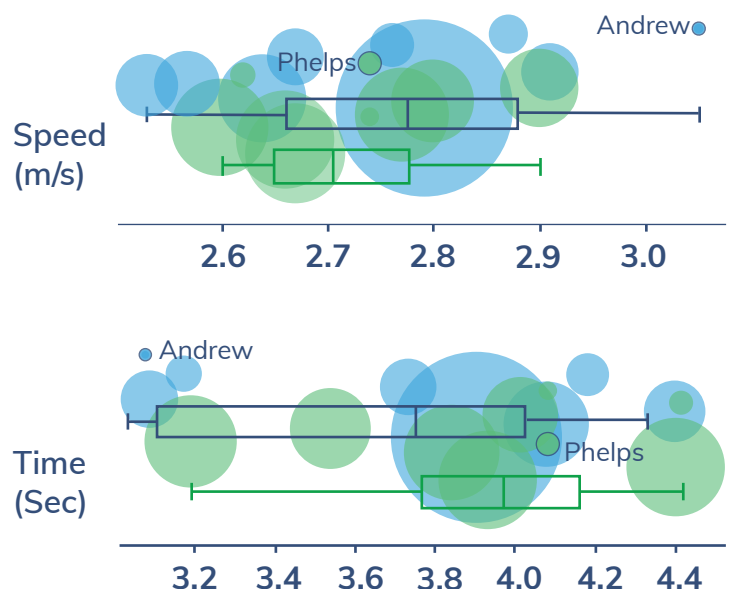


## Transitions

- Andrew's Dive Time is faster, but Phelps benefits more from his.
- Similar mid-range reaction times.
- Phelps' longer Hang Time builds a speed and distance advantage heading into the water.

## Underwater

- Andrew's Time Underwater is nearly the lowest in the field on all splits, but his speed is fastest by far. Phelps stays midrange on both.
- Andrew forfeits his great speed advantage by surfacing too quickly.



## Overwater

- Very similar Speed Overwater, but very different execution.
- Phelps dominates in Freestyle by increasing Stroke Rate to finish strong while Andrew does reverse.
- Andrew's Breaststroke DPC far better than Phelps and competitors, securing winning position early.

### Andrew Summary

- Fly split created a big lead, but he went out too fast, impacting his entire race.
- Powerful underwaters created great speed; would benefit from more time.
- 1.16s ahead of WR pace at the 150m mark, admittedly tired so didn't push as hard as planned in training.

### Tokyo Recos

- Take a little more time on Fly split to conserve energy for the end of the race
- Increase underwater time (especially on Back split) via reduced Fly effort.
- Keep stroke rate up through the middle and end of Free to power through the finish and break the world record

“The most effective strategy in the individual medley (IM) is to conserve energy during the butterfly leg to optimise performance in subsequent legs.”

- McGibbon, K.E., Pyne, D.B., Shephard, M.E. et al. Pacing in Swimming: A Systematic Review. Sports Med 48, 1621-1633 (2018)