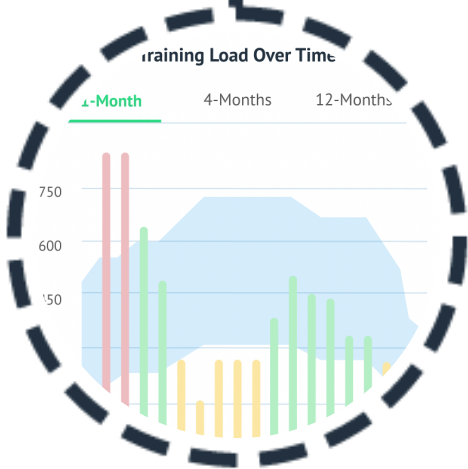


# HOW TO USE DATA

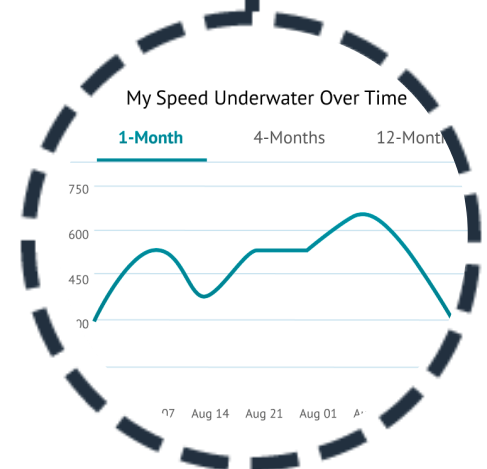
## TO ADJUST LOAD, SKILLS AND INTENSITY WITH TARGETED TRAINING

During adjust, you will find new ways to get to your end goal.



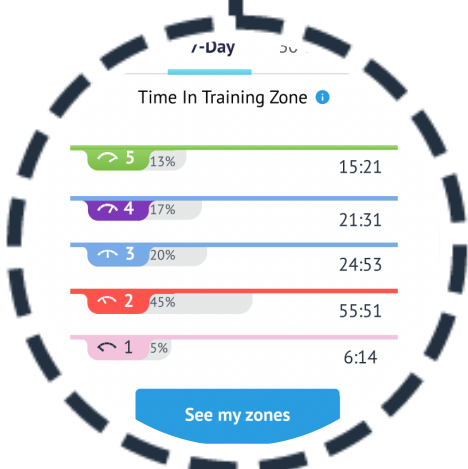
### Tweak your plan to hit the sweet spot.

Adjust how much work is put in each day, based on target training load over time. Got a swimmer that's over or under training? Make small volume and intensity modifications over the next week until your training over time graph levels out. Reflect back when planning upcoming cycles to adjust workouts to lower risk and increase gains.



### Target the skills that lead to faster swimming.

Use the data discovered to adjust technique using different sets, drills, and/or video sessions. Continue to make adjustments to intensities and speed while having swimmers hold technique. You should see their target skills improving and progress trending upwards.



### Modify sets to hit the right zones.

Use Intensity to keep athletes in the right training zone. Adjust % of volume per stroke over time to ensure they develop all muscle groups equally. Adjust paces, distance, rest, or reps, so they hit the target every time.

