

HOW TO USE DATA

TO DISCOVER WHERE ATHLETES ARE LAGGING BEHIND

During discover, you will find the areas where just a few tweaks could lead to even more success.



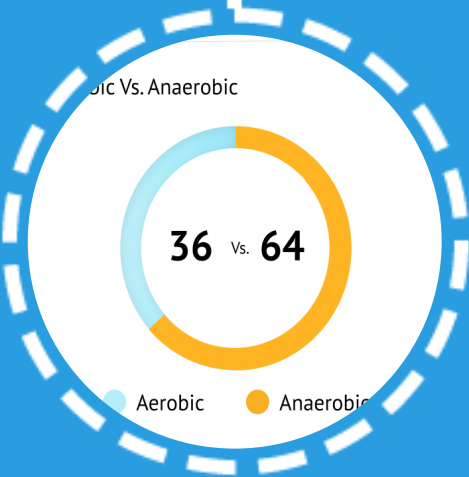
Are you doing too much too fast or not enough?

Track training load consistently including in pool and out of water activities for a complete picture of athlete load. Discover how much each workout affects their readiness to train. Adjust things like distance, duration, set intensity and pace times to keep them in the safe zone.



Are you training the right skills for faster improvements?

Pick 2-3 metrics to improve and set SMART goals for each. Choose long-term development metrics (ie DPS or Stroke Rate) earlier in the season and quick win metrics (ie Turn Time, Push Time) closer to your taper meet.



Are your athletes putting in the prescribed effort?

Discover how your workouts truly translate into speed, energy system usage, distance, and work-to-rest ratio. Compare planned vs achieved Intensity scores to determine how execution affects adaptations. If what you planned doesn't match the outcome, dive deeper to find the cause so you can adjust upcoming workouts.

