

HOW TO USE DATA

TO OBSERVE HOW WORKOUTS ARE EXECUTED

During Observe, you will spend time reviewing what your athletes are doing in the water and how that relates to your seasonal plan and then discard what didn't work.



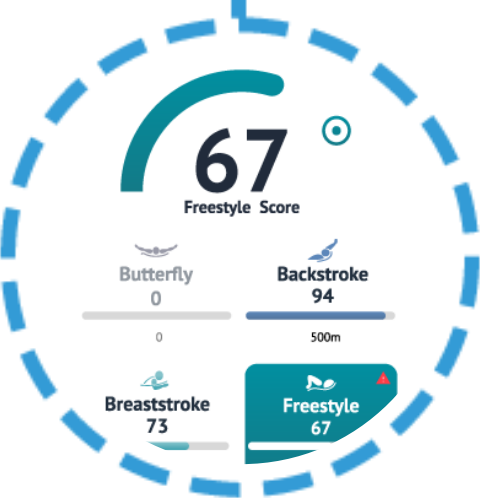
Are your athletes training well every day?

Check the Triton Score for an average of how well your swimmers trained overall. Dive deeper into group sessions for each swimmer's individual score, to see at a glance who needs your help the most. A score of 75 or higher means they trained well today.



How much strain can they handle?

Use Readiness to increase or decrease load safely (<15%) week by week. Tweak frequency, volume, intensity and dryland training to achieve a 100 Readiness score.



How do skills impact performance?

Evaluate how well your swimmers did on technical skills today compared to their usual. A Focus score of 75+ signals good skill execution today. With each practice, explore what skills your athletes excel in and which ones they need to improve. Then plan your seasons around them.



Are they doing the right work?

Use Intensity to assess the energy systems engaged in each practice. Explore how much time they spend in each training zone. Ensure they're doing the correct aerobic vs anaerobic work as you move throughout the season.

