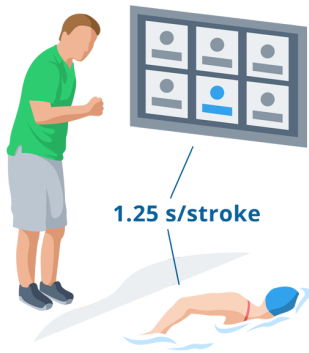
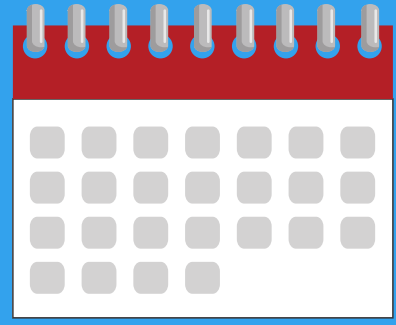


8 Key Factors in Achieving Competition Success



Start preparing right away

Collecting data from the start of the season will provide ample time to make necessary improvements



Make checking data a routine

Checking data on a daily basis will highlight areas needing improvement, so you can act quick.

Know all your numbers

Get familiar with your metrics, and track how each one changes throughout the year.



DPS: **1.57 m/str**
Speed: **1.89 m/s**



Understand strengths and weaknesses



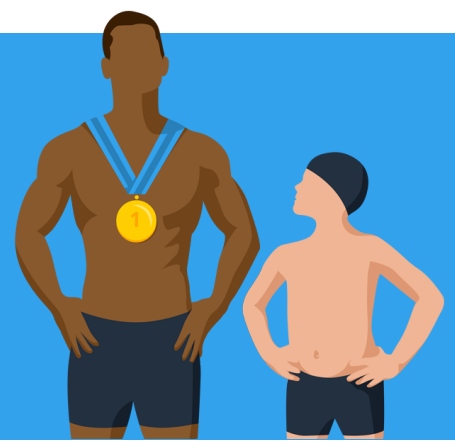
Distance

Sprinters

Understanding your personal swimming style and physical strengths will help you prioritize where to focus for improvement.

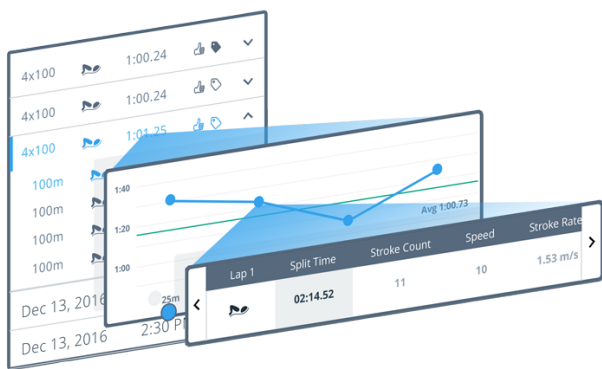
Compare yourself to your competition

See where your metrics stand compared to other athletes your speed, height and gender. Use this to help determine training needs,



Optimize weak points

Understand what metrics need improvements. Develop theories to test, then make small changes to meet improvement targets.



Set realistic targets

Set SMART yet challenging targets, to maintain motivation and create improvement stepping stones.



Test your strategies

Actively test several strategies throughout the season, some things will work better than others. Don't have expectations, let data guide the way.