

STICKING WITH FOCAL METRICS

(THROUGH THE WHOLE SEASON)

TRACK LONGER-TERM PROGRESS



Observe trends and determine effectiveness of drills targeting the metric.



Compare changes in one metric to others, ensuring no metric is improved at the expense of another.



See how the progression of the metric has affected overall performance and times.

This will enable you to further isolate variables that can be improved upon.

BENCHMARK WITH TEST SETS

Determine athlete's current status to have a gauge for ongoing progress.

Run tests on a semi-regular basis to track changes in focal metrics & overall performance

Implement necessary training adjustments for individual athletes.

Use TritonWear's 'COMPARE ATHLETES' feature for convenience