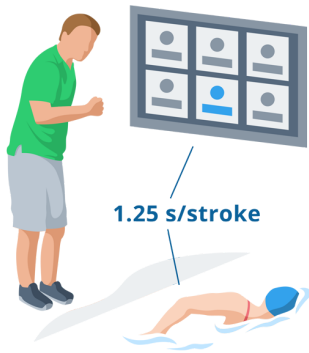
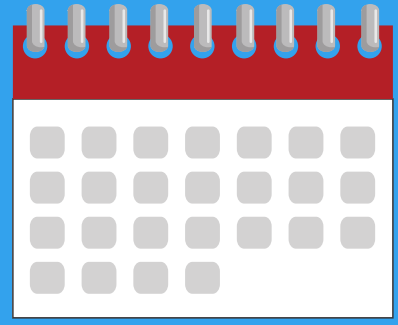




# 8 Key Factors in Achieving Competition Success

## 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



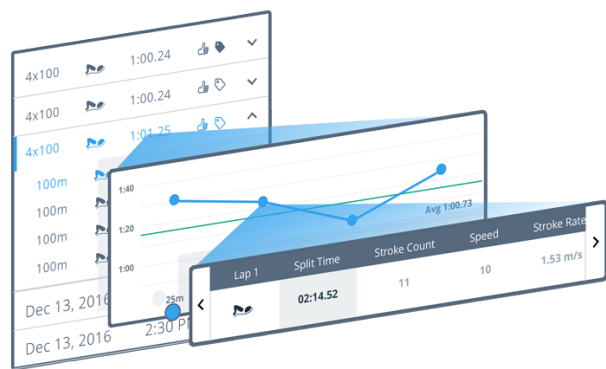
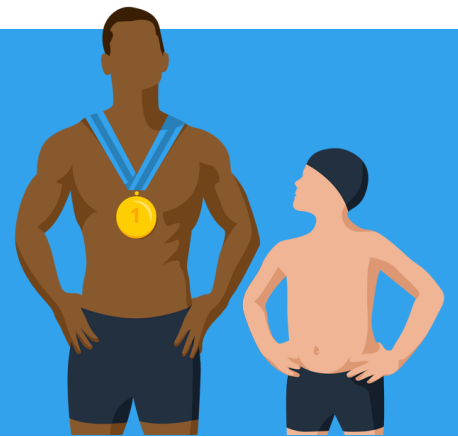
Distance

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