



5 QUESTIONS TO ASK YOUR COACH

For Better Feedback



One of the most valuable takeaways from practices and competitions is whatever feedback a coach gives.

If you've been swimming for a while, you learn to get a feel for your swim and have more or less an idea of how you are performing. But sometimes, perception and reality don't match. You think you're doing one thing, but actually doing another. This is one of the many reasons a coach's input is invaluable.

Swimmers cannot see what they are doing in the water; coaches can.

Your coach can critique your swim and provide corrections as needed, so you can take action to improve your performance.

Add data into the mix, and the insights to be gained grows exponentially.

With TritonWear, athletes can use their data to know the right questions to ask for better, more personalized feedback. Instead of simply asking how they can get faster, they can hone in on the specifics and refine their swimming to get better swim times and achieve their unique goals.

To get you started, here are 5 questions you can ask your coach to receive better feedback.



1. How can I develop my technique to improve **x metric**?

Swimming with good technique is one of the most critical skills you need to become a successful swimmer. The more advanced you get, the more you shift your focus to improving speed, endurance, and strength. But, correct technique will always be the foundation of fast swimming.

So if you're looking to improve your stroking metrics (distance per stroke, stroke rate, stroke index, SWOLF) or transitions (turns and underwaters) ask your coach about specific technique changes you can make.

Are there drills you can do to increase your DPS? Could you speed up your stroke rate if you just rotated a little more? Should you time your breath a split second earlier to improve your stroke index? Would tucking tighter lower your turn time?

Even the slightest tweaks to technique can result in significant improvements in specific metrics, which will ultimately lead to overall progress.



2. What is my ideal pace/ race strategy for **x** event?

Different distances will require different pacing and racing strategies. In a 50m sprint, you could go all out with a fast stroke rate from start to end, but doing this in a 400m likely wouldn't be sustainable.

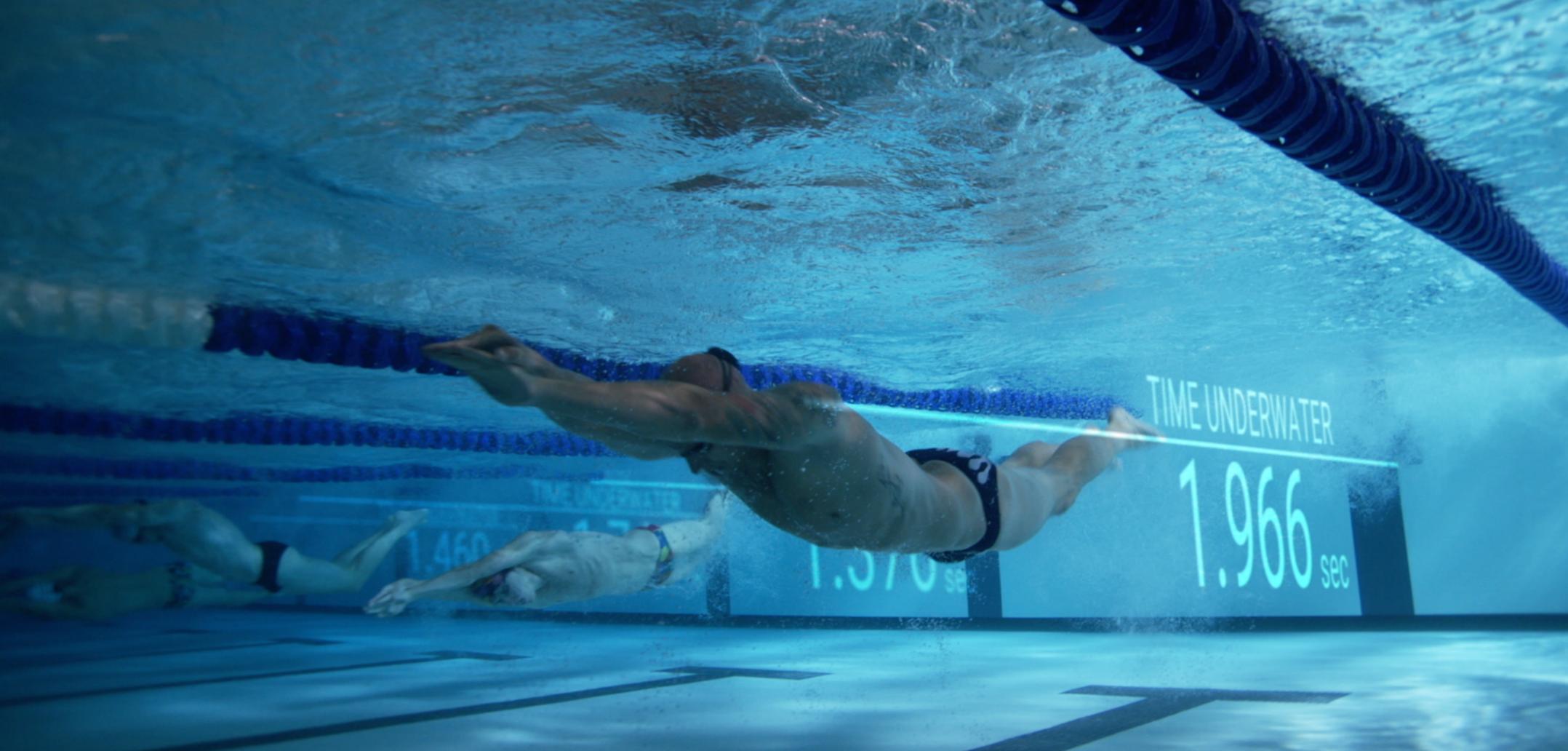
Learning to balance your metrics and properly distribute your efforts throughout the entire distance of a race is a large part of becoming a better competitive swimmer.

Maybe you lose steam too early on in a race. Or maybe the opposite is happening, and you find you still have plenty left in the tank after touching the wall. Maybe you hold back in the middle lengths, only going all out at the end without maximizing your capabilities.

Work with your coach to find the best strategy for you, and implement the necessary training so you're able to execute them consistently in races.

Do you need to lengthen your strokes? Would you benefit from spending more time underwater? Should you kick harder in the middle lengths of the 200? Does a high stroke index work in your fly events but not back?

Your strategies may vary from one event to the next. Having data on hand will simplify the process of testing effectiveness of different strategies.



3. Should I stay longer underwater for faster times?

The moments coming off the dive and pushing off the walls are the points where you're at peak velocity. Your underwaters, then, will be about retaining as much of this speed, setting up for a powerful breakout and a fast length.

Your ideal time underwater, whether it's a shorter or longer duration, will depend on how good your underwater kicks/breaststroke pullouts are, as well as, your stroking abilities. This could also vary between strokes and distances.

Do you gain enough distance off the wall for the amount of time you spend underwater? Would your times improve if you started stroking earlier? Should you focus on developing your dolphin kicks during practice so you're able to optimize time underwater?

The goal is to travel as much distance off the walls in the shortest amount of time possible, and breakout before speed tapers off too much.

Ask your coach how you can develop the ideal underwater strategy for you, for given events. Optimizing your time underwater will be a significant advantage in every race.



4. I'm noticing a trend in my performance. How is this affecting my times and how can I improve further?

When you track data long enough, you start to notice trends and patterns forming. These trends help you identify specific strengths or areas of weaknesses.

Does your speed increase every time your DPS is high? Does your stroke index suffer a massive drop on every 2nd 50 of a 200? Do you drop time whenever you spend more than 3 seconds underwater? What happens to your splits whenever you decrease your stroke rate?

When something constantly recurs in specific metrics, chances are, they are either a strong point or a weak point for you. Work with your coach to determine which one it is, and proceed from there. If this is a strength, ask them how you can develop it further and utilize it to your advantage. If this is a weak point, ask them how you can make improvements and turn it into one of your strengths.

Locating trends in performance and isolating them will be key to making targeted improvements.



5. My **x metric** is improving, but my **y metric** is dropping simultaneously. Is this something I need to worry about?

All the different movements in swimming are interconnected. This means that changes in one metric will more often than not, impact other metrics.

Sometimes, this trade-off leads to faster times. Other times, it slows you down.

Using your data, you can work with your coach to find, and achieve, the perfect balance between your metrics.

Does your DPS drop when you speed up your stroke rate? How does this affect your overall time? Would it be better to hold back a little on one metric for the sake of another? To what extent?

It's not impossible to improve on a combination of metrics at the same time - this is the ideal scenario. But often, choosing a few focal metrics to work on at a time is more manageable. As long as your other metrics aren't compromised too badly and you achieve a good balance between metrics, you should continue to see progress in your overall performance.

Powerful Insights

At Your Fingertips

About TritonWear

We are a technology company with competitive swimming and engineering roots in the sports industry at large. We focus on bringing elite sports science to everyone, empowering success through education and innovative technology.

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