

SELECTING METRICS TO COMPLEMENT GOALS



EACH ATHLETE HAS UNIQUE SETS OF PERSONAL OBJECTIVES

The key is to break them down into specific, actionable steps that can be measured over time.

OUTCOME

Desired end result

Track progress of overall performance over time.

Look at trends in:

- Personal bests
- Changes in competition results



PERFORMANCE

Specific benchmark to track progress

Track metrics based on goals

Improving stroke technique

- Distance Per Stroke
- Stroke Index
- Stroke Count

Improving transitions:

- Turn Time
- Time Underwater

Improving stroke speed:

- Stroke Rate
- Breath Count



PROCESS

Actual execution of training plans

Hold athletes responsible for accomplishing their personal daily targets.

Overall, personalizing goals:

- Keeps athletes motivated
- Improves athlete accountability
- Increases athlete engagement

