



Tempo Trainer

[eliminate the "lows" from your workout!]



"The Tempo Trainer radically changed my team. We don't even use a stop watch in warm up at meets anymore. I think it's going to be the biggest change in training in the last twenty years!"

- Clark Campbell
Head Swim Coach,
University of Kansas

[control your pace]

What is the Tempo Trainer?

The Tempo Trainer acts as a personal pace coach that elevates training and maximizes performance. It is quickly becoming the standard training tool that elite coaches consistently use to improve their athletes' abilities. The Tempo Trainer is a small electronic device that transmits an audible beep to help develop consistency of stroke and stroke cycle rate, as well as to identify and distinguish between optimal training and race paces.

Why do I need the Tempo Trainer?

A smart race means a smart pace. Go out too fast, and you die all over the place. Too slow, and you're never in the race. The Tempo Trainer is the best available tool to help you focus on achieving the optimum combination of stroke length and stroke rate, the two most critical factors to swimming efficiently.

Today's top coaches agree that maintaining a consistent pace is crucial to achieving success in competition. Regardless of the event, working out with the Tempo Trainer is the best method to achieve your optimum performance.

What does the Tempo Trainer give me?

Control	Isolates two primary fundamentals for controlling speed: distance per stroke and stroke rate
Consistency	Teaches you to maintain speed through proper development of rhythm
Real-Time Feedback	Alerts you immediately to any fade or breakdown in your workout
Muscle Memory	Reinforces a consistent pace through fixed repetition
Motivation	Allows you to set your own personal benchmark to gauge overall performance and monitor improvements
Pace	Regulates your pace from the beginning to the end of your workout, eliminating risk of burnout

"Tempo Trainers are required swim equipment within all our swimmer's gear bags."

- Dr. Dave Salo,
Head Swim Coach,
Irvine Novaquatics
2003 USA Coach /
World Championship
Team



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How do I operate the Tempo Trainer?

Instructions:

- To turn unit ON, press RIGHT button
- To turn unit OFF, hold down BOTH buttons at the same time
- To scroll time UP, press and hold RIGHT button
- To scroll time DOWN, press and hold LEFT button
- LCD times out after 5-10 seconds. Push any button to re-activate display at current pace time.

Unit has two modes:

Mode 1: For monitoring and setting pace for single stroke and stroke cycles

- 0.20 seconds to 9.99 seconds
- SINGLE audible beep
- Colon (:) does not flash

Mode 2: For monitoring and setting pace for laps, distance or intervals

- Hold right (UP) button after reaching 9.99 seconds
- 9.99 seconds to 9.59 minutes
- THREE audible chirps
- Colon (:) flashes

Peter Reid's Pro Set

1000 Warm Up

5 x 400 yds. (with 30-45 seconds rest in between)

After each 400 yards, increase the tempo trainer rate by 2 one-hundredths. (ie: 1st 100 yds: Set Tempo Trainer setting at .84; 2nd 100 yds: Set Tempo Trainer setting at .82 and so on)

"I use my Tempo Trainer every swim workout for any set over 400 yards."

- Peter Reid,
3X Ironman World Champion



Distance per Cycle x Cycle Rate = Pace Time

	Distance per Cycle	Cycle Rate
Swim	Distance per Stroke	Time per Stroke
Bike	Distance per Cycle (RPM)	Time per Cycle (RPM)
Run	Distance per Stride	Time per Stride

Getting Started Tip

After you think you have a nice distance per stroke setting, add a pace clock to the equation. Swim 50 yards at 80% effort and note time. While keeping up with the distance per stroke pace, try to take a second off.

What you'll find is that if you continue to go faster and keep your stroke long, you will have to kick harder, pull through harder and rotate more — in other words, elevate the quality of your swimming.

How do I get started?

Set your Tempo Trainer to 1:00. The unit will beep once every second. Each alternate hand should enter the water every time you hear a beep.

Swim 50 yards at this setting, exerting a very moderate effort. You will find that you either can or cannot make your stroke longer at this setting and effort level.

Either speed the unit up or slow it down until you find your longest realistic stroke. Realistic means the longest stroke without over-kicking (conceivably, you could take one stroke per lap if you kicked really hard). When you find that setting, you've determined your DPS (maximum distance per stroke).

Quick Tip:

If the colon on the LCD display is flashing, you're in Stroke Mode 2. If not, Lap Mode 1.