SwimBETTER

GETTING STARTED WITH eo SwimBETTER
A STEP-BY-STEP GUIDE FOR COACHES

This guide is designed to help coaches easily introduce **eo** SwimBETTER into their program. This step-by-step process will ensure both coaches and their athletes understand how to use **eo** SwimBETTER effectively to get the most out of the data.

By following this approach, coaches will empower their swimmers to take ownership of their technique development through real-time feedback and ongoing progress tracking.

STEP 1: TRY IT YOURSELF

Before introducing **eo** SwimBETTER to your athletes:

- Go for a swim yourself and play with the handsets.
- Practice starting/stopping recording.
- Download, upload and review your data on the **eo** app and **eo** platform.

This first-hand experience is essential for you to confidently instruct your athletes on use.

STEP 2: RUN A QUICK POOLSIDE SIT-DOWN

Gather your athletes for a 10-15 minute poolside sit-down to:

- Explain how to use the handsets.
- Introduce the Force Field chart and discuss what 'good' data looks like so they have a benchmark to swim to.
- Discuss common technique issues (e.g. how to turn too much downward force into propulsive).
- Emphasise the importance of self-driven learning.

Set clear expectations: this is a self-guided learning tool, not hand-held coaching.

STEP 3: LET ATHLETES EXPERIMENT

Give each athlete 5-10 minutes to:

- Record a swim (2 laps is plenty).
- Download and view their data in the app and have a quick chat about what they're noticing.

This will build familiarity and confidence with the technology and in analysing their data.

STEP 4: ESTABLISH A BASELINE TIME TRIAL

Have athletes swim a race-pace trial at their usual race distance(s). This recording will:

- Be stored permanently in their account.
- Serve as a benchmark for all future comparisons.

Record separate benchmarks for athletes who race multiple distances and disciplines.

STEP 5: TRACK PROGRESS WITH TIME TRIALS

Schedule follow-up time trials every 2, 4, or 6 weeks - or at intervals that align with each athlete's training structure.

Use these sessions to compare swim times and key metrics:
- % Propulsive Force
- Distance per Stroke
- Stroke Rate

Use the **eo** SwimBETTER Platform Dashboard to:
- Apply filters to compare like-for-like swims (same stroke, distance and pool length).
- Track improvements over time.

*Avoid using the **eo** app for metric comparisons - the **eo** platform provides more detailed insights.*

STEP 6: SET WEEKLY DATA SESSIONS

We recommend 2 x 30-minute independent sessions per week where athletes:

- Play with the handsets and record data.
- Download and review data immediately.
- Record again, testing technique changes with a focus on improving their Force Field values.

Immediate feedback helps swimmers test and confirm technique adjustments on the spot.

This Force Field Guide is a useful resource to share with your athletes and gives them some numbers to aim for.

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