

Swim Metric Definitions

Helpful Definitions

- **INTERVAL:** One or more lengths of the pool swum continuously without including rest time
- **LAP:** One full circle in the pool, down and back (2 lengths)
- **REST TIME:** Time spent resting between intervals during your workout with the device is paused.
- **WORKOUT:** Your entire swim session including all intervals and rest periods.

Swim Metrics

The metric data that the Swimsense™ records while swimming and what it means to you:

- **DISTANCE:** How far did you go? Records the total workout or interval distance in meters or yards.
- **LAP COUNT:** Number of laps you completed within a workout or an interval.
- **CALORIES BURNED:** Tracks how many total calories you worked off while swimming.
- **STROKE COUNT:** The average number of stroke cycles you take per length. Can be viewed by interval, stroke type, or workout. Note a stroke cycle is one complete revolution of both the left and right arm.
- **STROKE TYPE:** Swimsense™ not only knows that you are swimming, but it knows what you are swimming. This metric lets you see the details of Backstroke, Breaststroke, Butterfly, or Freestyle disciplines.
- **PACE:** A measure of average time per 100. For example, if you want to do a 500 in 6:00, then your pace time per 100 will be 1:12. Track your pace by interval, stroke type, or workout.
- **STROKE RATE:** The average time in seconds it takes for you to complete a full stroke cycle. Measured in Seconds/Stroke. Try maintaining the same stroke rate while getting faster in the water. You will be happy with the results!
- **DISTANCE PER STROKE:** How far you travel with each stroke cycle. Measured in meters or yards, this metric lets you understand how long or short your stroke may be.
- **SWOLF SCORE:** A measurement of efficiency, SWOLF adds both the stroke count per length and the time per length. Similar to golf, the lower the score the better! Try taking fewer strokes per length while staying at the same time. Or try going a faster time while maintaining the same stroke count. This metric helps you find the inefficiencies within your stroke.