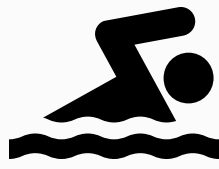


HOW TO USE SWOLF

to improve your efficiency in the pool



WHAT IS SWOLF

SWOLF (SWim gOLF) is a simple game you can play against yourself. The goal is to reduce your score, which will build efficiency in the water.

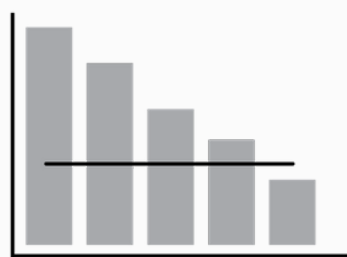


HOW IT'S MEASURED

SWOLF is measured by adding together an athlete's split time and number of strokes. Just like in golf, you are looking for a low score.

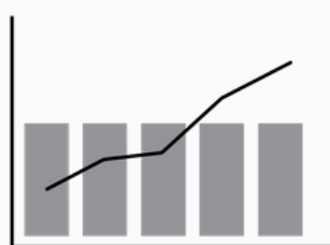
HOW TO BEAT YOUR SCORE

Reducing the score can be achieved through any combination of lengthening the stroke, better underwater technique, and faster speed.



1. MAINTAIN SPEED, DECREASE STROKE COUNT

Maintain the same split time or speed while increasing the distance travelled per stroke (DPS) and/or going further underwater before taking the first stroke.



2. MAINTAIN STROKE COUNT, INCREASE SPEED

Work on swimming faster, to lower split time consistently, while maintaining the same number of strokes. This technique is best suited for swimmers with a proficient distance per stroke.