

SELECTING METRICS TO COMPLEMENT GOALS



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

