

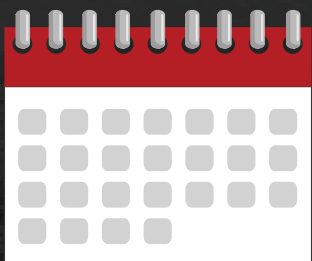


TRITONWEAR

TRACKING PROGRESS TO ACHIEVE YOUR GOALS

Becoming a better athlete isn't just about putting in the hours. It's about training with a purpose. To truly maximize the efficiency of each training session, start recording and tracking metrics.

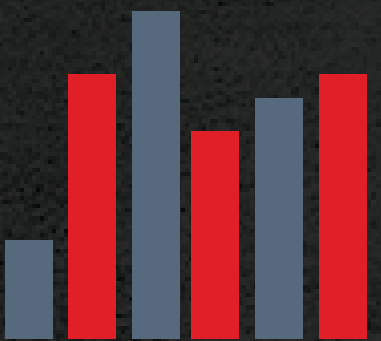
ACCOUNTABILITY AND CONSISTENCY



- a concrete reminder for every training session, that each lap in every set counts
- reviewing data regularly encourages you to outperform yourself
- showing up to practice: accountability leads to consistency

Stay involved: go through your analytics on TritonWear Live with your coach

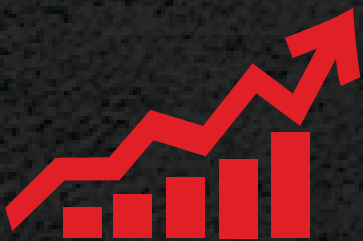
SPOT YOUR WEAKNESSES



- tracking metrics easily highlights specific areas for improvement
- view detailed information on something your coach noticed, or perhaps you had felt during a set.
- monitor progress on your specific areas for improvement over time

Pin pointing your weaknesses early will improve your training in the long term

EVALUATE PROGRESS



- tracking progress through your metrics improves understanding of the path to achieve results
- progress is an excellent motivator
- go back and compare specific metrics from past practices, to see how performance has changed over time

If you've plateaued, or lack progress, don't despair; work on targeted metrics

Achieve Goals: Accountability and consistency help with accomplishing process goals. You become mindful of the things you need to do to get to your performance and outcome goals. Identifying weaknesses help with setting performance goals. The metrics show specific areas that need improvement, so you can break down your targets. At any point, you can track and evaluate your progress to see if you are still going in the right direction.