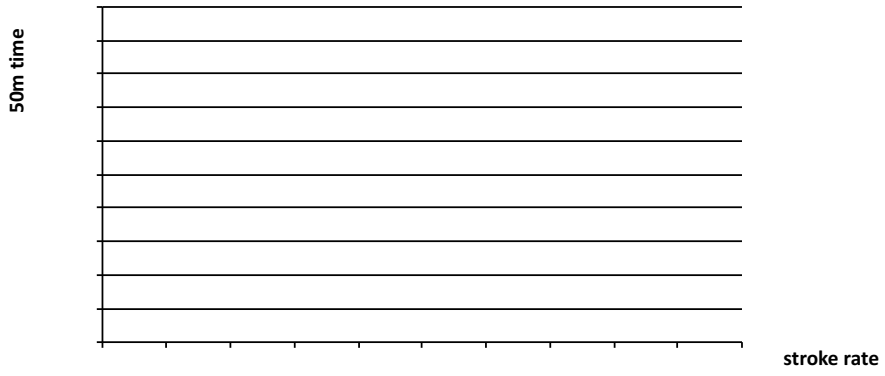
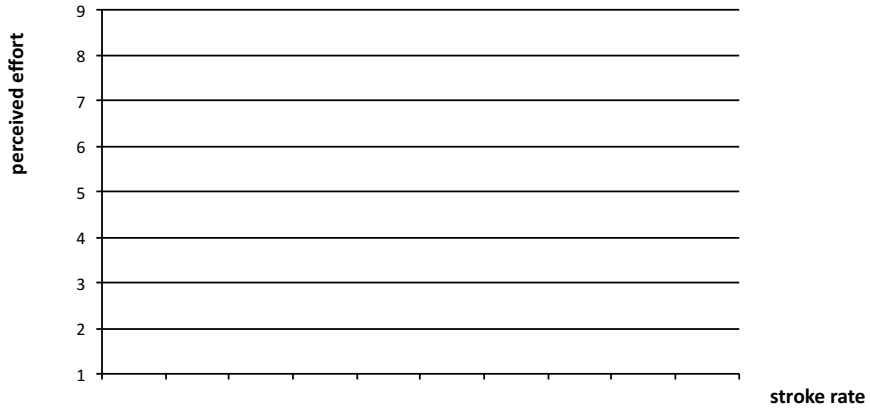
Swim Smooth Stroke Rate Ramp Test

Name:	
Date:	
Comments:	

Required: 1x Tempo Trainer Pro and a coach or assistant to record your data onto this sheet on the pool deck.
Start at about 10 SPM below your natural stroke rate and increase in steps of 3 SPM. Swim 50m/yds at each stroke rate setting and record:

Stroke Rate (Strokes per Minute) Set By Tempo Trainer Pro	Strokes Per Length	50m/yd Time	Perceived Effort (1-10)	Comments





For more information and to download copies of this sheet visit: www.swimsmooth.com/ramptest

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