

# Using the Finis Tempo Trainer Pro



The Tempo Trainer Pro is a great training tool that we will utilise often during training.

## Mode Button:

This is the single button on the top of the tempo trainer. Press to switch from Mode 1-3.

## Mode 1: CSS Pacing sets - Staying with the Beeper

Use the tempo trainer to set your desired 25m pace.

For example if you are swimming 300-400m intervals and wish to hold 1:30 (90sec) pace per 100m. This is equivalent to 22.50s per 25m. Similarly 1:45 pace (105 seconds) is 25.25seconds per 25m. Once the tempo trainer is set, place it in your cap and give the Mode Button (single button on the top) a QUICK press so that it immediately beeps as you push off the wall. The TempoTrainer then beeps at the interval you set.

Your goal is to get to each 25m marker (middle/end of the pool) each time it beeps. Do not "bank" time by getting ahead of the beeps at the start of the swim, then slow down further along the swim. Try to keep a consistent pace throughout. You should finish the interval on the wall as the tempo trainer beeps. Typically you will be instructed to take 1 or 2 beeps rest before setting off again.

How will it help your swimming?

(a) once you are familiar with your pace and what you can hold, it will teach you your pacing over time. If you are in tune with your swimming, you should be able to intuitively know what your desired pace feels like

(b) If you are consistently training and keeping to your paces, over the weeks, your aim should be to reduce the setting on the beeper by about 0.1–0.2seconds each week or two. This does not sound like much but a modest 0.1 seconds per beep translates to 0.4 seconds per 100m, or 6 seconds per 1500m race. Extrapolate over 10 weeks of 0.1 improvements, it comes to 1 min gain in an OD race.

## Mode 2: Red Mist sets - Beating the Beeper

This operates similar to Mode 1, however there is less flexibility to make small fraction of second adjustments. During Red Mist set, we often prescribe intervals in Mode 2, with the Tempo Trainer set to beep every 50m, instead of every 25m and to include the rest interval such that you are required to get ahead of the beep in order to get your rest. The Tempo Trainer in Mode 2 is used very similar to a traditional pace clock in the setting of rep intervals. Only you get extra feedback every 50m so you know how far ahead you are.

For example, a set such as 10x100m on 1min40s using the pace clock, requires a bit of mental arithmetic to figure out the send off-time with each rep. The swimmer pushes off the wall every 1:40 with the aim of coming back faster than 1:40 to catch some rest. If you hit the wall at 1:25, you will have 15sec rest before the clock reaches 1mins40s.

In Mode 2, 1min40 is equivalent to 100 seconds per hundred meter, hence we set the tempo trainer to beep every 0:50 (50 seconds per 50m). When we hit the wall at the end of the 100m, we wait for the beep, then push off again.

## Mode 3: Stroke Rate

Speed is a function of stroke length and stroke rate. Use the tempo trainer to train your stroke rate, which is measured in strokes per minute.

For example, 60 beeps per minute=1 stroke/s, 70 beeps per minute= 1 stroke every 0.86 strokes/s. Think of it as cadence meter that beeps as each hand enters the water (left-right-left-right etc.).

Everyone in the Swim Lab squad should be aiming to be over 60 beats per minutes, with most age

group triathletes falling between 65-80 strokes per minute. Swimmers are all individual and your stroke rate will depend on your arm length, stroke style and swimming experience. As a guideline though, most elites are over 80 strokes per minute, with some getting over 90 strokes per minute.

# FEATURES & BENEFITS

## CONVENIENT SIZE

Easily placed under a swim cap or goggle strap

## 3 MODES

Single beep, triple beep, strokes/strides per minute  
*\*More detail on next page*

## SYNC BUTTON

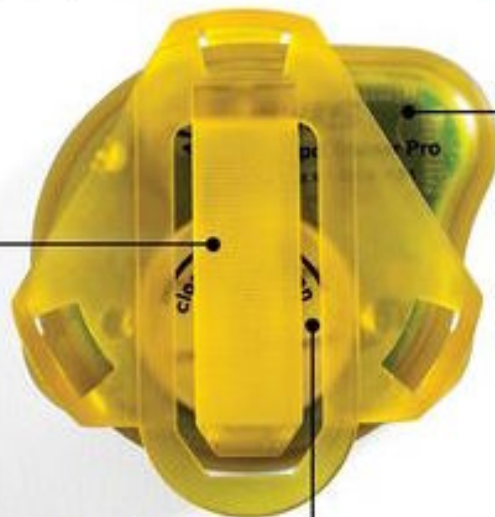
Synchronize the device to a pace clock or stop watch

## ADJUSTABLE

Tempo can be adjusted by 1/100 of a second

## MULTI SPORT

Applicable for swimming, biking, running, & more



## AUDIBLE BEEP

Loud enough to hear in and out of the water

## PERFECT FOR PACING

Consistent stroke tempo eliminates lulls in races or workouts

## DRYLAND CLIP

Use removeable clip to secure to clothing

## REPLACEABLE BATTERY

Allows for an extended life