



## Swim Log Feature Sheet.

The creation of unlimited users. Ideal for **club swimmers, long distance swimmers** and **triathletes**.

Logging of all timed swims against Short Course 25M, Long Course 50M and Short Course Y 25Yds.

Immediate displays of Personal Best times and the history of all swims plus improvements made.

Graphical displays of improvement trends of the logged swims with adjustable scale.

Print outs of Personal Best Times up to a specified date.

Creation of Best Time Files, that contain a swimmers PB's, and which can be swapped with other users and imported into Swim Log for viewing.

Creation of Swimmers biography.

The manual creation of Target Times and comparison of these with current performance.

Automatic creation of Pace Swimmers based on targets. Comparison screens.

Logging of split times either as cumulative time or individual split. Easy display of logged splits and history.

The manual creation of Target Split Times and print out of same.

Modeling of new Target Splits based on established percentages of total race time.

Comparisons between two swimmers to show difference in time and distance.

Comparison between Course Times

Basic Logging of distances covered in training.

Graphics of training data over a rolling 16 weeks and rolling 12 months. Optional start date.

Options to log all training data including set details, coach, pool, time of swim and duration.

Facility to use external Training Set templates or create and store your own.

Review screens for day by day training data.

Export of all training details for a specified date range into a format that can be emailed to coach.

Automatic duplication of training session to another named swimmer.

For **Long Distance Swimmers** and **triathletes**– logging of all swims as laps, KM's or miles.

Logging of Bike and Run Sessions with full graphical analysis of data. Option to switch front screen to display this.

Recording of Triathlon and multi-event races.

Graphical display of weekly and monthly distance logged in training – option to switch front screen to display this.

Logging of Height, Weight and resting pulse - reminder date for next recording.

Record future galas and meets with warning issued of the next important date.

Definable hot buttons to favourite websites

System Requirements of Windows XP or above and Screen resolution of 1024\*768

Database back-up and restore facilities.

Dynamic link to the Swim Log web site.

Free upgrades of all new versions.

**FREE TRIAL DOWNLOAD AVAILABLE FROM [WWW.SWIM-LOG.CO.UK](http://WWW.SWIM-LOG.CO.UK)**