



Biomechanics and Physiological Analysis

Swimming Biomechanics Analysis

Swimming is technically demanding sport and a lot of work and time needs to be put on in order to refine a swimmer's technique. Respecting each swimmer's individuality, Planet Swim offers a variety of services that will help athletes and coaches to better understand and correct any technical mistakes in their swimming. We offer 4 types of stroke analysis packages: Bronze Package, Silver Package, Gold Package and the Peak Performance Package.

Bronze Package: The simplest form of stroke analysis, this package includes a edited DVD with above and underwater images of the recorded swimming and a print out quality control checklist report where swimmers and coaches will be able to develop an action plan in order to improve swimming technique.

Price: \$45.00 per stroke/ \$20.00 for each additional stroke

Silver Package: The silver package analysis includes a full assessment of the swimmer's stroke, start and turns technique. It also includes a set of comments and action plan suggestion where the swimmer will be able to review with their coaches and best implement the suggested changes. Like in the Bronze package, swimmers will receive an edited DVD with all the recorded videos.

Price: \$95.00 per stroke/ \$60.00 for each additional stroke

Gold Package: This is a 90 min. consultation session where after being filmed the swimmer will be able to watch the recorded video and receive instant feedback. The swimmer will then perform a set of exercises/drills in and out of the water in order to learn a few technical points to improve their stroke efficiency. The package also includes an edited DVD with all the recorded videos and a comprehensive report analysis with Stroke Rate, Distance per Stroke, Swimming velocity and Stroke Index data.

Price: \$195.00 per stroke

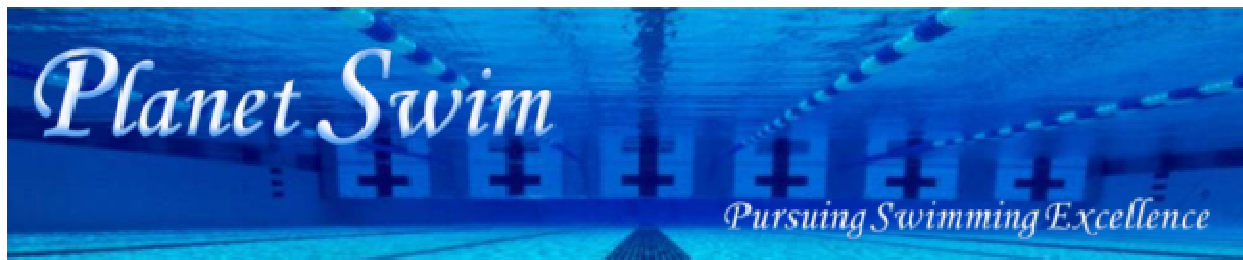
Platinum Package: The Platinum package is the most comprehensive and detailed stroke analysis offered by Planet Swim. Analysis is done using a swimming velocity and power meter where we will be able to analyze all of the key parameters of swimming such as peak velocity and peak power in order to determine in which points of maximum speed the swimmer becomes inefficient. During the 120 min session, swimmers will be able to receive instant feedback based on the collected data. Analysis includes stroke pull analysis, stroke kick, start and full swimming cycle. Swimmers will also receive an evaluation report package including a quality control checklist, a quantitative analysis report and DVD with all the recorded videos.

Price: \$295.00 per stroke/ \$95.00 for each additional stroke

Physiological Evaluation

Swimming provides coaches and athletes significant opportunities to apply information obtained from physiological testing.

The proposed evaluation consists of graded incremental repetitions for measurement of cardiovascular (Heart Rate) and metabolic responses (Blood Lactate) to increasing swimming



speeds. After the evaluation is performed swimmers and coaches will be able to look over the results and the swimmer will receive an evaluation report including comments and training intensities suggestions.

Output from physiological evaluation:

- ✓ Monitor and assess the effectiveness of her training program and examine alternative preparation technique
- ✓ Be aware of the varying training intensities she should be practicing in order to peak performance
- ✓ Better understand her event-specific physiological profile
- ✓ Help detect and/or confirm any acute or chronic overtraining syndrome

Types of evaluations:

Anaerobic Fitness Evaluation - This particular test is an extremely accurate assessment of one's anaerobic capacity. It provides swimmers and coaches with accurate information on the swimmers' ability to work anaerobically. Swimmers will receive an evaluation report including comments and training suggestions, as well as be able to discuss the test results with the evaluator.

Price: \$60.00

Test Duration: 60 min

Aerobic Fitness Evaluation or Stroke Specific Aerobic Fitness Evaluation - The main goal of this evaluation is to provide objective information on the swimming specific aerobic fitness of the swimmer. This evaluation consists of graded incremental repetitions for measurement of cardiovascular and metabolic responses to increasing swimming speeds. After the evaluation is performed swimmers and coaches will be able to look over the results and the swimmer will receive an evaluation report including comments and training intensities suggestions.

Price: \$95.00

Test Duration: 90 min.

All of these services are offered to individuals, teams and/or swim camps. For services inquiries, please e-mail us at info@planetswim.org or call us at (904) 285-7545.