

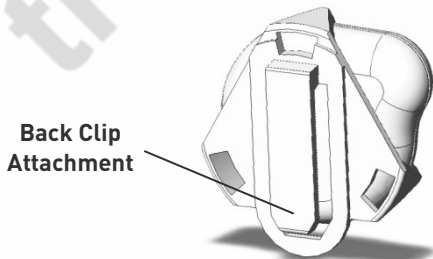


## **Tempo Trainer Pro Instructions & Training Tips**

*Support information, workout suggestions,  
and drills can be found at [FINISinc.com](http://FINISinc.com)*

# Get to know your Tempo Trainer Pro

## Device Layout



## What is it?

The Tempo Trainer Pro is an electronic training device that transmits an audible beep to help you develop a consistent pace and tempo. The device is also floatable so that it is not easily lost in a pool, lake, or ocean.

## Wearing the Tempo Trainer Pro

The Tempo Trainer Pro can be worn underneath a swim cap or goggle strap, or can be attached to a bicycle helmet, baseball cap or active wear for cross training. The **clip attachment** is only to be used when clipping the Tempo Trainer Pro to hats or clothing. **Do not use the clip attachment while swimming.**

## Operation

- To turn the unit **ON**, press and hold button **[B]** button for 1 (one) second
- To turn the unit **OFF**, hold down both buttons **[B]** and **[C]** at the same time
- To scroll the setting **UP**, press button **[B]**. Hold down button **[B]** to make the time scroll faster.
- To scroll the time **DOWN**, press button **[C]**. Hold down button **[C]** to make the time scroll faster.
- Hold down button **[A]** to switch modes
- To conserve battery life, the device will automatically shut down after 3 (three) hours of continuous operation with no button push activity

## Using the Three Modes

### Mode 1

Primarily for monitoring and setting your stroke rate or tempo

- Set the Tempo Trainer Pro to beep every XX:XX seconds
- Time ranges from **00:20** (0.2 seconds) to **99:99** (99.99 seconds), scrolling by hundredths of a second
- Gives a **SINGLE** audible beep
- The colon **[ : ]** in the middle does not flash

### Mode 2

Primarily for monitoring and setting pace times for laps, distance or intervals.

- Set the Tempo Trainer Pro to beep every XX minutes and XX seconds.
- Time ranges from **00:01** (1 second) to **9:59** (9 minutes, 59 seconds), scrolling by seconds
- Gives a **TRIPLE** audible beep
- The colon **[ : ]** in the middle flashes

*Tip: Look at the colon **[ : ]** in the middle of the display to determine which mode you are in.*

### Mode 3

Similar to Mode 1, this mode is primarily for monitoring and setting your stroke rate or tempo. However the Mode 3 setting is in “strokes per minute”.

- Set the Tempo Trainer Pro to beep in strokes/strides per minute
- The interval ranges from **10** to **300**, where values 10-120 scroll by single integers, and values 120-300 scroll by units of 5
- Gives a **SINGLE** audible beep
- The colon will not be displayed

***Tip:** If you were to set Mode 3 at a value of “75”, then the Tempo Trainer Pro will beep evenly at a rate of 75 times per minute (beeps every 0.80 seconds).*

### Switching Between Modes

When the device is initially turned **ON**, the LCD will display the current mode and then beep at the pre-set interval.

To switch between the three modes:

- 1) Press and hold button **[A]** for 2 seconds
- 2) After 2 seconds, the device will display the next mode number

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- 3) Release and the LCD will show the setting for the selected mode
- 4) The modes will cycle through in the order they are named:
  - Mode 1
  - Mode 2
  - Mode 3

**Tip:** *If you want to go from Mode 2 to Mode 1, first press and hold button **[A]** for 2-seconds to get to mode 3. Then press and hold button **[A]** again for 2 seconds to cycle back to Mode 1.*

### **Synching a Mode**

To “synch” a mode simply means to re-start the current interval setting that the Tempo Trainer Pro beeps at.

- To synch, press and release button **[A]** at any time
- Upon release, the unit will automatically give the appropriate beep (single beep in Modes 1 and 3, triple beep in Mode 2)
- The device will proceed to beep at the set interval of the current mode

## Why would you Synch a Mode?

Many athletes typically synch Mode 1 or 2 to a pace clock or watch to help get live pacing feedback during a workout.

For example, if the Tempo Trainer Pro is set to 00:14 in Mode 2 (14 seconds), you can press and release button **[A]** at any point. Doing so will cause the device to give a triple beep, and the 14-second interval will be reset and started again from the time you pressed button **[A]**.

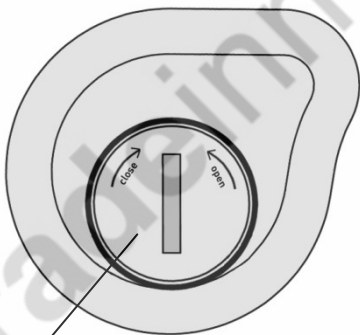
## Replacing the Battery

The Tempo Trainer Pro comes with a **CR1620 3V** battery already included with each unit. A small battery compartment on the back of the device allows you to replace the button battery once it has been exhausted. Do not try and open up any other part of the Tempo Trainer Pro as the housing has been ultrasonically sealed for waterproofness.

- 1) **Make sure the device is powered OFF before replacing the battery**
- 2) Use a small coin and twist the battery compartment counter-clockwise to open
- 3) Wedge the small battery out and replace with a **CR1620 3V** Lithium button cell battery

- 4) Replace the lid and twist clockwise to securely close so that water does not get inside
- 5) Do not over twist and use care to not damage the o-ring seal around the battery compartment

### Back View



**Battery  
Compartment**

**CAUTION:** Make sure the device is powered OFF before replacing the battery. Otherwise, the device may malfunction.



## Training Suggestions

### Getting Started

The purpose of the Tempo Trainer Pro is to help you find the optimum combination of Distance-per-Stroke (DPS) and stroke rate. Start with the outer parameters of each and work your way in.

- 1) 1 x 25 Freestyle, with the Tempo Trainer Pro set at 0.40 seconds in Mode 1. This means that every four tenths of a second, your hand will hit the water. For most people this will be a high turn-over.
- 2) 1 x 25 Freestyle, set at 0.80 seconds. You will be amazed at how much slower and longer eight tenths of a second will feel. Reach and rotate with good DPS.
- 3) Now that you have established both ends of the spectrum, you will want to find that ideal setting where you are most efficient
- 4) 1 x 25 Freestyle, set at 0.42 seconds
- 5) 1 x 25 Freestyle, set at 0.78 seconds
- 6) 1 x 25 Freestyle, set at 0.44 seconds
- 7) 1 x 25 Freestyle, set at 0.76 seconds
- 8) Continue the pattern of adding and subtracting 2 one-hundredths of a second per 25 repeat
- 9) At some setting you will find the perfect combination of stroke rate and DPS that will elevate the quality of your swimming. This setting should also be your fastest 25.

## Stroke Rate Swim Set Example

5 rounds of (4 x 50's) on a moderate interval

- 1) Round 1: Set the Tempo Trainer Pro in Mode 1 or 3 at your ideal stroke rate. Swim the 4 x 50's at 80% percent effort. Note your average time per 50.
- 2) Round 2: Keep the same Tempo Trainer Pro setting and increase the effort level to 85%. Improve your average time from Round 1.
- 3) Round 3: Same setting, and increase the effort level to 90%. Improve your average time from Round 2.
- 4) Round 4: Same setting, and increase the effort level to 95%. Improve your average time from Round 3.
- 5) Round 5: Same setting, and increase the effort level to 100%. Improve your average time from Round 4.

***Tip:** Because your stroke rate is constant, the only ways to improve your time each round are to increase DPS, to kick harder, or to have better push-offs and turns.*

## Setting the Tempo Trainer Pro for Pacing

Take advantage of Mode 2 and set the Tempo Trainer Pro for longer goal pacing.

If you have a goal pace time of 1 minute per 100, then you can set the Tempo Trainer Pro to triple beep every minute. Or, breaking it down further, you can set the device to triple beep every 15 seconds so that you can hear if you are ahead or behind your goal pace at every 25 distance.

### Pacing Swim Set Example

6 x 100's on a short-rest interval

- 1) Set the Tempo Trainer Pro in Mode 2 at your ideal pacing setting per 25. So if your goal pace is 1:08 per 100 distance, set the Tempo Trainer Pro at 0:17. The device will triple beep every 17 seconds, which corresponds with your 25 split times.
- 2) Before starting each 100, press button **[A]** to synch the Tempo Trainer Pro to your send-off. You will hear a triple beep and you should immediately start your swim.
- 3) Descend your time on each of the 100's. Getting faster from 1-6.

***Tip:** At every 25, listen to hear if you are ahead or behind your goal pace.*

## Stroke Rate Charts

These charts are helpful in providing swimmers and coaches instant guidelines for stroke rates of every event. For additional information visit FINISinc.com or pick up a copy of "Swimming Fast" by Ernie Maglischo.

*"One job of the coach is to help athletes find the optimum combination of stroke rate and stroke length that will allow them to swim at some desired speed with the least energy expenditure. Nevertheless, the range of difference is small enough to allow us to make generalizations concerning the best rates for each event."*

*- Ernie Maglischo & Spot  
Author of "Swimming Fast"*

### **Chart 1** - (page 13)

The range of stroke rates for elite male and female swimmers in each competitive event. (Olympic Games, Atlanta '96 and World Championships, Perth '98)

### **Chart 2** - (pages 14-16)

Conversion chart between Mode 3 (stroke rate) and Mode 1 (timed beep). A "cycle" is one complete revolution of both the left and right arm.

<b>CHART 1</b>	<b>Mode 3 Setting</b>	<b>Mode 1 Setting</b>
	Strokes / Min	Sec / Stroke
<b>Women</b>		
50 Free	60 - 65	.46 - .50
100 Free	53 - 56	.54 - .57
200 Free	48 - 54	.56 - .63
400/500 Free	42 - 55	.55 - .71
800/1000 Free	44 - 54	.56 - .68
100 Back	50 - 56	.54 - .60
200 Back	40 - 42	.71 - .75
100 Breast	47 - 53	1.13 - 1.28
200 Breast	34 - 45	1.33 - 1.76
100 Fly	52 - 56	1.07 - 1.15
200 Fly	45 - 54	1.11 - 1.33
<b>Men</b>		
50 Free	56 - 67	.45 - .54
100 Free	50 - 56	.60 - .54
200 Free	43 - 51	.59 - .70
400/500 Free	38 - 46	.65 - .79
1500/1650 Free	39 - 43	.70 - .77
100 Back	48 - 53	.63 - .57
200 Back	42 - 44	.68 - .71
100 Breast	52 - 55	1.08 - 1.15
200 Breast	38 - 42	1.43 - 1.58
100 Fly	52 - 56	1.07 - 1.15
200 Fly	45 - 54	1.11 - 1.33

## CHART 2 - CONVERSION TABLE

<b>Mode 3 Setting</b> Strokes / Min	<b>Mode 1 Setting</b> Sec / Cycle	<b>Mode 1 Setting</b> Sec / Stroke
20	3.00	1.50
21	2.86	1.43
22	2.73	1.36
23	2.61	1.30
24	2.50	1.25
25	2.40	1.20
26	2.31	1.15
27	2.22	1.11
28	2.14	1.07
29	2.07	1.03
30	2.00	1.00
31	1.94	0.97
32	1.88	0.94
33	1.82	0.91
34	1.76	0.88
35	1.71	0.86
36	1.67	0.83
37	1.62	0.81
38	1.58	0.79
39	1.54	0.77
40	1.50	0.75
41	1.46	0.73

## CHART 2 - CONVERSION TABLE

<b>Mode 3 Setting</b> Strokes / Min	<b>Mode 1 Setting</b> Sec / Cycle	<b>Mode 1 Setting</b> Sec / Stroke
42	1.43	0.71
43	1.40	0.70
44	1.36	0.68
45	1.33	0.67
46	1.30	0.65
47	1.28	0.64
48	1.25	0.63
49	1.22	0.61
50	1.20	0.60
51	1.18	0.59
52	1.15	0.58
53	1.13	0.57
54	1.11	0.56
55	1.09	0.55
56	1.07	0.54
57	1.05	0.53
58	1.03	0.52
59	1.02	0.51
60	1.00	0.50
61	0.98	0.49
62	0.97	0.48
63	0.95	0.48

## CHART 2 - CONVERSION TABLE

<b>Mode 3 Setting</b> Strokes / Min	<b>Mode 1 Setting</b> Sec / Cycle	<b>Mode 1 Setting</b> Sec / Stroke
64	0.94	0.47
65	0.92	0.46
66	0.91	0.45
67	0.90	0.45
68	0.88	0.44
69	0.87	0.43
70	0.86	0.43
71	0.85	0.42
72	0.83	0.42
73	0.82	0.41
74	0.81	0.41
75	0.80	0.40

### Care

- Rinse the Tempo Trainer Pro in fresh water after use. Wipe clean. Store indoors in a dry environment.

### CAUTION

- Keep the Tempo Trainer Pro out of reach of children. Certain parts may create choking hazards.
- All users of this product assume risk resulting from its use. Whether proximate or remote, there may be a risk of injury. Neither manufacturer nor seller of this product assumes any liability.
- If new to an exercise program, consult a physician for precautions before using.

**Web:** [FINISinc.com/support](http://FINISinc.com/support)      **Phone:** 888-333-4647

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