

Title (en)  
SYSTEM AND METHOD FOR TRAINING A SWIMMER

Title (de)  
SYSTEM UND METHODE ZUM TRAINIEREN EINES SCHWIMMERS

Title (fr)  
SYSTEME ET PROCEDE D'ENTRAINEMENT A LA NATATION

Publication  
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Application  
**EP 98956126 A 19981020**

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Abstract (en)  
[origin: WO9920351A2] A training system and method used to improve the biomechanics, distance per stroke, and areobic metabolism of a swimmer is disclosed. The system employs a computer interface which allows a coach or a swimmer to input a particular training strategy using pace lights and timing system or, alternatively, using the system's internal training program. The system provides a generator to collect data from a swimmer. A part of the training system is designed to automate the data collection routine while operating in tandem with a swim meter. Another part of the system analyzes the swimmers' performance and outputs the appropriate data to the space light controlling circuitry.

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