



To: Fitness Dealers  
 From: Stan Brajer, Director, Fitness Sales and Marketing  
 Date: February 21, 2012

## Pool Swimming with the Forerunner® 910XT

### ➤ FAQs

Q - How does the Forerunner 910XT determine indoor pool swimming distance?

A - The device houses an accelerometer, which is a sensor that measures motion. Specifically designed software analyzes the arm motion to determine when the user executes a turn or stops to rest. A length (one trip down the pool) is counted for every turn or stop. The distance is the length count multiplied by the pool length. The pool length is manually entered by the user when entering Pool Swimming Mode. The device does not use GPS for indoor pool swimming and there is no calibration required.

Q - How does the Forerunner determine the other indoor pool swimming metrics?

A - The device software analyzes the motion information to count a stroke for every full cycle of the arm wearing the device. Stroke count and length count are used in combination with timing information to compute all the other swim metrics including pace, stroke rate, SWOLF, and swimming efficiency. Specific characteristics of the swimming motions within the different strokes are used to identify the stroke type (freestyle, backstroke, breaststroke, or butterfly).

### ➤ Tips for using the Forerunner in a pool

- Always press the Lap button at the start of a rest and then again when resuming swimming. This creates separate swim intervals and rest intervals.
- Stop the device when doing kick sets or other drills where arm motion is affected.
- Try to avoid sudden speed changes, stopping, or changing strokes in the middle of a length.
- Strive for a consistent stroke pattern as is seen in swimmers with lap swimming experience.
- Strive for a strong push off from the wall.

### ➤ Example Forerunner 910XT training pages

Training Pg 1- Swim metrics for the full session

Training Pg 3- Swim metrics for interval just completed (last interval)



press for rests to create rest intervals



stop the timer for drills

➤ Example Garmin Connect™ swim data

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### Indoor Swim

Tue, Jan 3, 2012 11:00 AM Greenwich Mean Time By garmin  
Activity Type: **Lap Swimming** | Event Type: **Uncategorized** | Course: --

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Details Intervals

#### Summary

Distance: 2,000 yd  
Pool Length: 25 yd  
Time: 41:18  
Avg Pace: 2:04 min/100 yd  
Calories: 369 C  
Avg Efficiency: 36  
Avg SWOLF: 33

#### Swim Graph

#### Details

##### Timing

Time: 41:18  
Elapsed Time: 41:18  
Avg Pace: 2:04 min/100 yd  
Best Pace: 1:29 min/100 yd

##### Strokes

Avg Strokes: 7.3 / length  
Total Strokes: 586.0

#### Charts

##### Timing

##### Strokes

#### Intervals

Interval	Time	Distance	Avg Pace
1	8:49.5	500	1:46
Rest	2:08.6	0	--:--
2	1:35.7	100	1:36
Rest	:09.8	0	--:--
3	1:40.7	100	1:41
Rest	:11.6	0	--:--
4	1:41.8	100	1:42
Rest	:11.8	0	--:--
5	1:41.9	100	1:42
Rest	:15.1	0	--:--
6	3:27.4	200	1:44
Rest	:18.2	0	--:--
7	3:25.4	200	1:43
Rest	1:35.1	0	--:--
8	6:38.6	400	1:40
Rest	1:17.3	0	--:--
9	:46.2	50	1:32
Rest	:07.8	0	--:--
10	:51.3	50	1:43
Rest	:13.3	0	--:--
11	:49.0	50	1:38
Rest	:06.3	0	--:--
12	:51.4	50	1:43
Rest	:23.5	0	--:--
13	1:51.3	100	1:51
Rest	:09.7	0	--:--
<b>Summary</b>	<b>41:18.3</b>	<b>2,000</b>	<b>2:04</b>

#### Efficiency

#### Additional Information

Device:  
Forerunner 910XT, 2.20.0.0

Summary Data:  
Original

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➤ **Resources**

- For a full list of 910XT FAQs please visit:  
[http://support.garmin.com/support/searchSupport/search.htm?search\\_key=Forerunner 910XT](http://support.garmin.com/support/searchSupport/search.htm?search_key=Forerunner+910XT)  
Note: Type “swim” into the search bar at the top right, to view all swimming related FAQs.
- Link to Training Videos, including “Swim Metrics”  
<http://www8.garmin.com/learningcenter/training/forerunner910xt/index.html>
- Link to manuals  
<http://support.garmin.com/support/manuals/manuals.htm?partNo=010-00741-21&language=en&country=US>