# *Swim Smooth Stroke Rate Ramp Test*

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|---|---|
| Name: | |
| Date: | |
| Comments: | |

Required: 1 x Tempo Trainer PRO and a coach or assistant to record your data onto this sheet on the pool-deck.
Start at about 10 SPM below your natural stroke rate and increase in steps of 3 SPM. Swim 50m at each stroke rate setting and record:

| Stroke Rate (Strokes per Minute) Set By Tempo Trainer | Strokes Per 50m | Time | Perceived Effort (1-10) | Comments |
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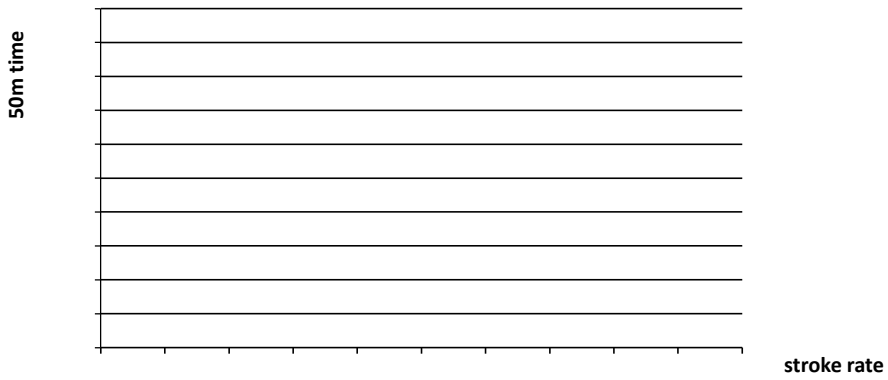


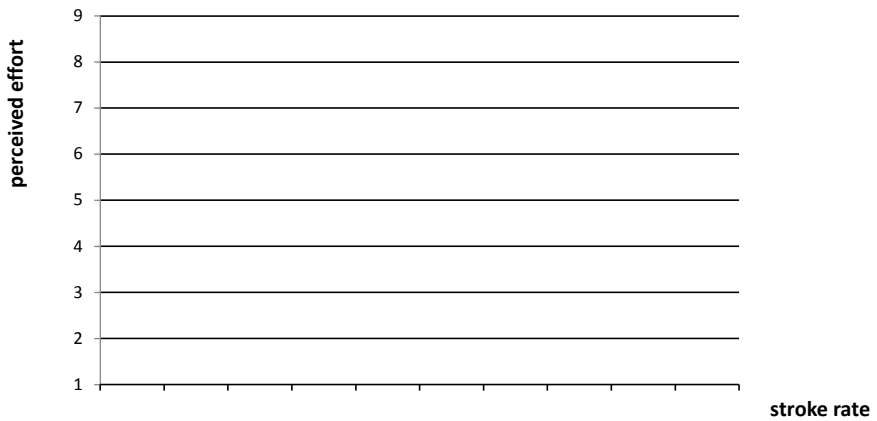


For more information and to download copies of this sheet visit: www.swimsmooth.com/ramptest
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