Tempo Trainer Conversion Chart (sec/cycle to strokes/min) for Mode 1

Time (sec)	Rate (spm)		Time (sec)	Rate (spm)		Time (sec)	Rate (spm)
2.5	24		1.9	32		1.4	43
2.4	25		1.8	33		1.3	46
2.3	26		1.7	35		1.2	50
2.2	27		1.6	38		1.1	54
2.1	29		1.5	40		1.0	60
2.0	30						

Operating Instructions:
1. Basics
    a. To turn on, press and hold R button for one second
    b. To turn off, hold down both L and R buttons simultaneously
    c. To shorten the interval, press L button (hold down to accelerate the setting change)
    d. To lengthen the interval, press R button (hold down to accelerate the setting change)
    e. To switch modes, hold down top button for two seconds
        (1) Cycles through modes in numerical order: $1 > 2 > 3 > 1$ etc,
2. Three time modes are available
    a. Mode 1 is for stroke rate
        (1) Setting is for time/pull (cr and ba) or time/cycle (br and fl)
        (2) Range is from 0.2 sec (appears as 00:20) to 99.99 sec (appears as 99:99)
            (a) Colon is constant (not flashing)
        (3) Gives a single or double beep, depending upon the interval
            (a) 00:20 to 4:99—single beep
            (b) 5:00 to to 99:99—double beep
    b. Mode 2 is for pace times
        (1) Usually set it for ¼ of the desired pace/length
            (a) Must complete each length in 4 beep cycles to remain on pace
        (2) Range is from 1 sec (00:01) to 9 minutes and 59 seconds (9:59)
            (a) Shows only full seconds
            (b) Colon is flashing
        (3) Gives a triple beep on the interval
            (a) Approximately 0.5 sec between 1st and 3rd beep
    c. Mode 3 is for stroke rate
        (1) Setting if for pulls/min (cr and ba) or cycles/min (br and fl)
        (2) Range is 10 to 300
            (a) Scrolls by integers from 10 to 120
            (b) Scrolls by units of 5 between 121 and 300

(3) No colon will be visible
3. Synching a mode with the pace clock for paced sets
   a. Will use this feature in mode 1 and set interval for desired 25 pace divided by 4 (referred to as the "quarter beep cycle")
   b. Press and release top button to start the next beep cycle
   c. Push off the wall at the same time

FPAT (fastest possible at tempo) instructions:
1. Start with a DPS focus and descend while attempting to hold SC
   a. Advance to faster interval between rounds only if you increased speed in the previous round and held SC to within one cycle per length of previous round's SC and two cycles/length of starting SC
   b. Otherwise, remain at the current interval until you can drop time and contain your SC
   c. When moving from 50's to 25's, to determine target speed, divide your 4th-round 50 time by 2 and subtract 2 seconds from that quotient to determine your time to beat for the 5th-round
      (1) E.g., 38 (time for round 4)/2 = 19; 19-2 = 17, your new target time

FPAT sample set

6 x 2 cr FPAT at tempos of 30, 33, 38. 43, 50, and 54, respectively. Cycles 1-4 are done as 4 x 50 @ 45, 50, 55, and 60m respectively. Cycles 5 and 6 are 8 x 25 @ 35 and 40, respectively. See attachment for corresponding TT interval Follow rules of progression for advancement to the next interval: 1) cannot increase number of stroke cycles/15 by more than 1 from round to round and more than 2 from start of set to finish, and 2) must go faster with each tempo increase (to get 25 goal time on round 5, divide 50 time from round 4 by 2 and subtract