

tempo trainer pro

REFERENCE GUIDE

FINISswim.com

FINIS[®]
simplify swimming

ANTHONY ERVIN
3X OLYMPIC GOLD MEDALIST, 2X WORLD CHAMPION

how to use

ON

Press and hold button **B**

OFF

Press and hold buttons **B** and **C** at the same time

SCROLL UP

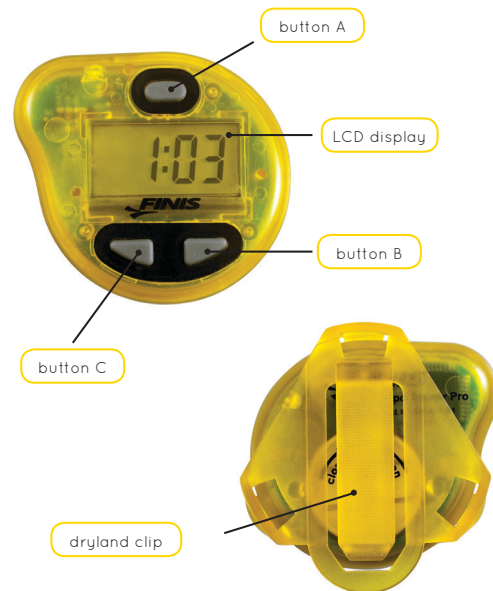
Press button **B** - to scroll faster, press and hold button **B**

SCROLL DOWN

Press button **C** - to scroll faster, press and hold button **C**

SWITCH MODES

Press and hold button **A**



REPLACABLE BATTERY
Extends the device's lifespan



WATERPROOF
Tested to perform at a depth of 10 meters



MULTIPLE SPORTS
Applicable for swimming, biking, running and more

features and benefits

Designed to keep athletes on pace by providing an audible tempo beep.

1



1

LCD DISPLAY
Provides clear visibility in outdoor and indoor environments

PERFECT FOR PACING
Consistent stroke tempo eliminates lulls in races and workouts

2



2

DRYLAND CLIP
Removable clip attaches to clothing

AUDIBLE BEEP
Loud enough to hear in and out of the water

3

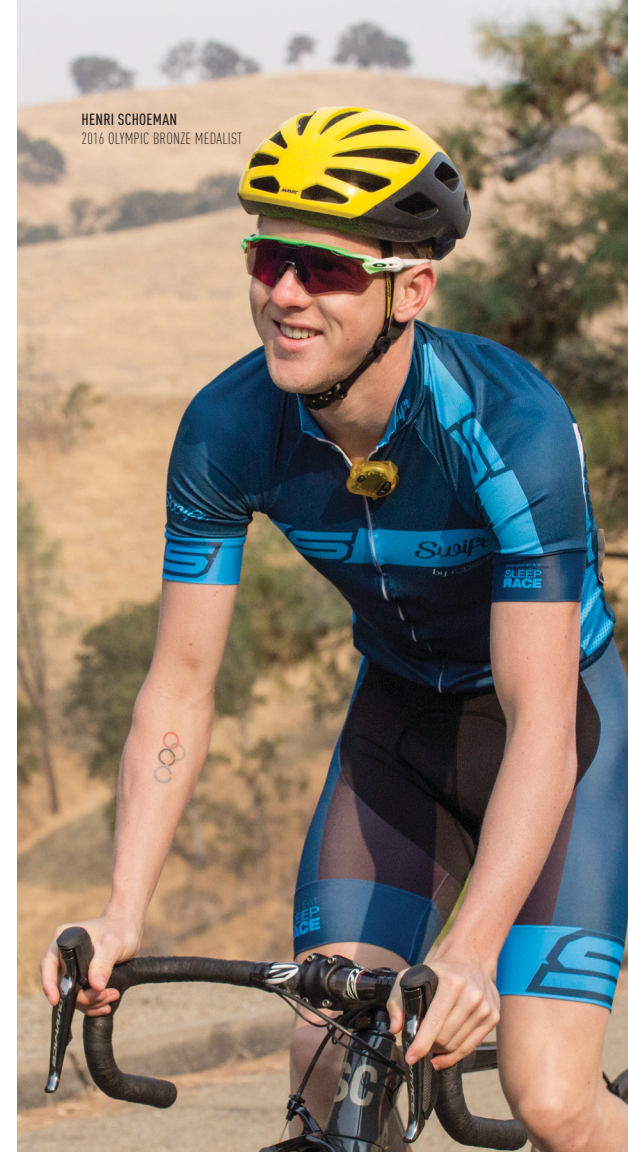


3

SMALL CONVENIENT SIZE
Easily attaches to goggle straps or beneath a swim cap

ADJUSTABLE TEMPO
Tempo adjustable by 1/100th of a second

HENRI SCHOEMAN
2016 OLYMPIC BRONZE MEDALIST



modes

mode 1

PURPOSE

Monitor and set your stroke rate or tempo.

BENEFIT

Adjustable by very specific amounts of time, down to 1/100th of a second.

Enhances your sprints and prepares you for shorter races.

These small adjustments can translate into big changes in stroke length and efficiency over time.

HOW TO USE

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.

A SINGLE beep occurs between 00:20 and 4.99 seconds.
A DOUBLE beep occurs between 4.99 and 99.99 seconds.

USER TIP*

The colon [:] will not flash in this mode.

EXAMPLE

If you set the device to .40, your hand needs to hit the water every 4/10ths of a second.

mode 2

Monitor and set pace times for laps, distance sets or intervals.

Adjustable by full seconds.

Enhances your endurance and prepares you for distance races and open water swimming.

This mode can also be used during sprint sets to determine benchmarks.

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.

A TRIPLE beep will occur.

The colon [:] will flash in this mode.

For a goal time of 1 minute for 100 yards, set the device to triple beep every 15 seconds to make sure pace is on track every 25 yards.

mode 3

Monitor and set your stroke rate or tempo using strokes/cycles per minute.

Tracks strokes-per-minute and distance-per-stroke.

Ensures that your strokes are not getting shorter as you swim.

The device will automatically calculate how often to beep.

Set the Tempo Trainer Pro to your desired strokes/cycles per minute.

The interval ranges from 10 to 200. 10-120 scrolls by a single unit. 120-300 scrolls by units of five.

A SINGLE beep will occur.

The colon [:] will not be displayed in this mode.

If you set it at a value of "75", the Tempo Trainer Pro will beep at a rate of 75 times per minute (every .80 seconds).

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

switching modes

1

When the device is turned on it will automatically go into the previous mode and setting.

2

Press and hold button A for 2 seconds to get to the modes.

3

The device will display the next mode number, and cycle through in order (Mode 1, Mode 2, Mode 3).

4

Release button A to stay in a mode.

5

To go from Mode 2 to Mode 1: Press and hold button A for 2 seconds to get to "Mode", then press and hold button A again for 2 seconds to cycle back to Mode 1.





reference charts

By Ernie Maglischo

Whether you are a swimmer or a coach, these charts enable helpful, instant guidelines for determining stroke rates.

CHART 1

Lists a range of stroke rates for male and female world class swimmers in each event.

CHART 1			CHART 1		
MEN			WOMEN		
	MODE 1 SEC/STROKE	MODE 1 SEC/STROKE		MODE 1 SEC/STROKE	MODE 1 SEC/STROKE
50 Free	.45 - .54	56 - 67	50 Free	.44 - .50	60 - 65
100 Free	.60 - .54	50 - 56	100 Free	.54 - .57	53 - 56
200 Free	.59 - .70	43 - 51	200 Free	.56 - .63	48 - 54
400/500 Free	.65 - .79	38 - 46	400/500 Free	.55 - .71	42 - 55
800/1000 Free	.70 - 77	39 - 43	800/1000 Free	.56 - 68	44 - 54
100 Back	.63 - .57	48 - 53	100 Back	.54 - .60	50 - 56
200 Back	.68 - .71	42 - 44	200 Back	.71 - .75	40 - 42
100 Breast	1.08 - 1.15	52 - 55	100 Breast	1.13 - 1.28	47 - 53
200 Breast	1.43 - 1.58	38 - 42	200 Breast	1.33 - 1.76	34 - 45
100 Fly	1.07 - 1.15	52 - 56	100 Fly	1.07 - 1.15	52 - 56
200 Fly	1.11 - 1.33	45 - 54	200 Fly	1.11 - 1.33	45 - 54

CHART 2

Standard stroke rate conversion table with three different modes.

CHART 2			CHART 2			CHART 2		
MODE 1 SEC/STROKE	MODE 1 SEC/STROKE	MODE 1 SEC/STROKE	MODE 1 SEC/STROKE	MODE 1 SEC/STROKE	MODE 1 SEC/STROKE	MODE 1 SEC/STROKE	MODE 1 SEC/STROKE	MODE 1 SEC/STROKE
20	3.00	1.50	39	1.54	0.77	58	1.03	0.52
21	2.86	1.43	40	1.50	0.75	59	1.02	0.51
22	2.73	1.36	41	1.46	0.73	60	1.00	0.50
23	2.61	1.30	42	1.43	0.71	61	0.98	0.49
24	2.50	1.25	43	1.40	0.70	62	0.97	0.48
25	2.40	1.20	44	1.36	0.68	63	0.95	0.48
26	2.31	1.15	45	1.33	0.67	64	0.94	0.47
27	2.22	1.11	46	1.30	0.65	65	0.92	0.46
28	2.14	1.07	47	1.28	0.64	66	0.91	0.45
29	2.07	1.03	48	1.25	0.63	67	0.90	0.45
30	2.00	1.00	49	1.22	0.61	68	0.88	0.44
31	1.94	0.97	50	1.20	0.60	69	0.87	0.43
32	1.88	0.94	51	1.18	0.59	70	0.86	0.43
33	1.82	0.91	52	1.15	0.58	71	0.85	0.42
34	1.76	0.88	53	1.13	0.57	72	0.83	0.42
35	1.71	0.86	54	1.11	0.56	73	0.82	0.41
36	1.67	0.83	55	1.09	0.55	74	0.81	0.41
37	1.62	0.81	56	1.07	0.54	75	0.80	0.40
38	1.58	0.79	57	1.05	0.53			

care instructions



Rinse with fresh water after use.



Pat dry, and store in a cool, dry environment.



Do not place in direct sunlight to dry as this may cause damage.



Read the instructions before replacing the battery to ensure that it is properly sealed after.



more information

See the Tempo Trainer Pro's full instruction manual to:

- Replace The Battery
- Sync Modes
- Training Suggestions

To view swim tips and workouts, visit:

[FINISswim.com](https://www.FINISswim.com) > Community > Workouts & Training Tips

For more information, visit:

www.FINISswim.com/Tempo-Trainer-Pro

testimonials

“The Tempo Trainer Pro is really effective in setting up my ideal stroke rate in the water. What makes it even better, is that I also get to use it while running to set up the perfect rulons.

—HENRI SCHOEMAN, 2016 OLYMPIC BRONZE MEDALIST

“I love using the Tempo Trainer Pro, it is a great way for me to reset my stroke count and make sure I am working at the correct pace. When I am having a tough training set it really helps me maintain the focus on pace and stroke count, so I can maximize my workout.

—NICK GRAINGER, 2015 WORLD CHAMPION

“Since the origin of the FINIS Tempo Trainer Pro, the device has been an integral part of our swimmers’ development. We use the TTP on a daily basis, for all groups and levels, to help our swimmers become much more intelligent and aware of their stroke rates. By utilizing the TTP in conjunction with stroke counts and splits, coaches can achieve dramatic results with higher quality training in a very cost-effective manner.

—RON HEIDARY, HEAD COACH, ORINDA AQUATICS

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For all technical issues please contact FINIS:
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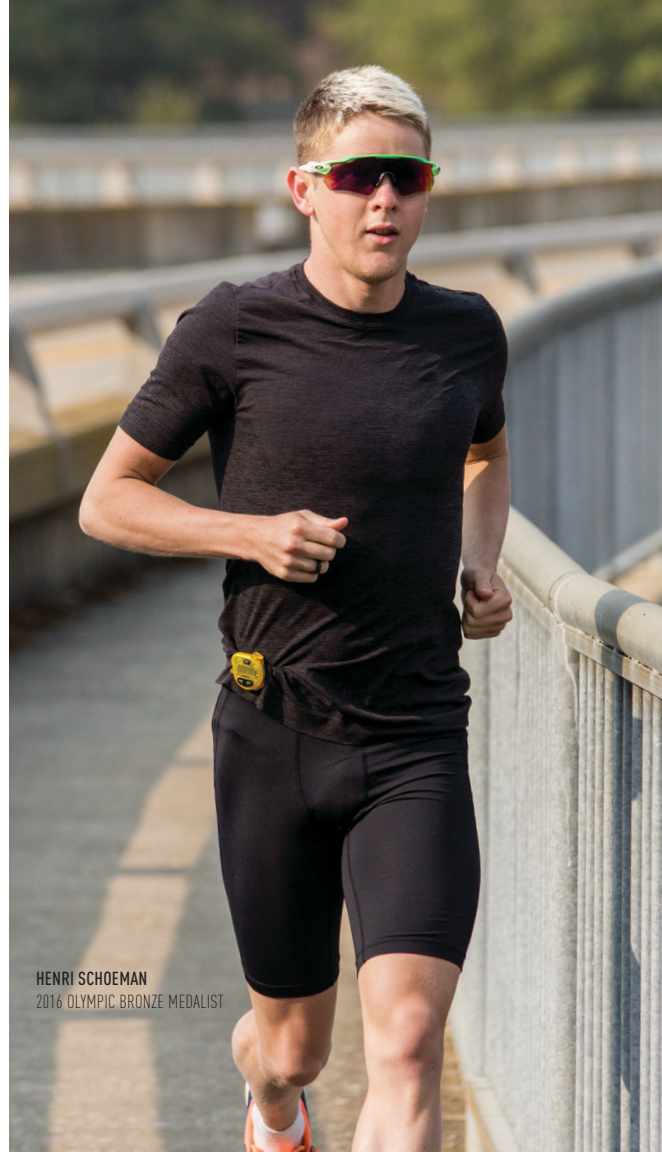


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