



Case Study #1

Matt Patton

Breaking through the Barrier

In May of 2009 Matt Patton officially became a post graduate swimmer; training under Mike Bottom and Jon Urbanchek at the University of Michigan. During that year he competed in three meets: Charlotte Ultra Swim, Canadian Cup and the World University Games. These were the days of the 'super suits' and although the suit had a major effect on his times, Matt was happy with where he placed at the World University Games and his national ranking. Post World University Games Matt decided to 'retire' although he was still on campus at Michigan. While he was not training, he was on deck everyday helping the coaching staff. It was a good experience as it taught him a lot about technique and soon enough, Matt realized that he wasn't ready to call it a career – he felt like he could still compete better.

A bit about Matt's background in swimming:

- Club Swimming- grew up swimming in North Carolina for SwimMAC
- Went to Michigan in fall of 2005.
- Competed at Pan American Games and World University games while at Michigan
- Competed in 4 Big Ten Championships and 4 NCAA championships with 8 Big Ten titles and 8 NCAA all American titles
- Two Big Ten Team championships
- Swam for Bob Bowman 2008
- Graduated 2010

In January of 2010, Matt decided to get back into the water - it took approximately three months until he was in condition to compete in practices and meets. At this point he was fully training under Mike Bottom; his training schedule included a three day circuit twice a week that consisted of an aerobic threshold, kick set and an anaerobic set – also implementing a strength program. During the summer of 2010 he competed in the Austin Grand Prix, Ohio State Grand Prix and the Charlotte Ultra Swim. It was a disappointing year for Matt and it was also plagued by an injury to his jaw from a concussion.

Matt incorporated Avidasports into his training regimen in March 2011. It took some getting used to, as far as the equipment and the ear bud, and he said it only took about two weeks (*5 practices*). Once he started to learn the usage and what the metrics meant he started looking through his best practices in the Review section and he learned what each meant for his individual training performances. He understood what he was doing during each length and could set goals to strive for during each length and now if he was getting better (or not). Matt was training hard, but as with any training regimen, he struggled before he saw positive results. After two unsuccessful meets he questioned his training and commitment to the sport.

Approximately three weeks later he headed to Colorado Springs to train with Club Wolverine. Coach Bottom knew he was frustrated and pushed Matt to change his stroke; he felt his tempo should increase. Matt resisted at first but eventually experimented with increasing tempo (but kept his stroke unchanged), leading up to the Charlotte Ultra Swim in May 2011.

At the Charlotte Ultra Swim he had a disappointing 200 free the first day, so he knew something had to change. As he got ready to start the 400 free; Matt decided to race with a higher tempo (like he was 'spinning'). During the race he felt and swam great – he swam the fastest prelim 400 in almost two years. That was it, he knew right after the race that he was competitive with the best in the country, because he swam great with a stroke he never trained with before. It wasn't about working harder and harder...it was about swimming smarter!

Matt took his 'new stroke' into training for the rest of the summer; using Avidasports to truly track his progress. By using Avidasports, he could tell by every length if he was hitting a tempo that was similar to his race at Charlotte. After Charlotte he started to shoot for a 1.7 tempo – with more training at the new stroke and tracking fast performances with Avidasports he learned his ideal race tempo (for example, for the 400 free, it was 1.5 sec/cycle). Matt started using Avidasports for tempo purposes after he changed my tempo in Charlotte.

Matt continued to try and strive for this tempo in each training session and leading up to the next meet, he was practicing faster than he had in years and was feeling very confident. Six weeks after the Charlotte, Matt competed at the Canada Cup (July 2011) in the 200 free and 400 free and was thrilled with his performance. After, Coach Bottom told him that on every 50 he hit 1.5 sec/cycle – exactly what he had been tracking to do with Avidasports.

Leading up to U.S. Nationals in August of 2011, Matt now had confidence and was ready to compete! He had been using Avidasports for four months to track his training and it also resulted in renewing his confidence and motivation. He was confident and competitive in his best events (and having fun). Unfortunately, ten days before Nationals, he found himself with a fever and on antibiotics. He still went to Nationals and went non-suit best times. He swam the 200 free and 400 free – during his races he held the exact tempo he was tracking with Avidasports all summer.

During the 2011 summer season, Matt used the system two-three times a week. He used it specifically as noted below:

- Tempo, DPS, breakout, and length time for immediate feedback
- On "race pace" or "anaerobic" practices and for long threshold sets
- During the threshold sets he would try to keep his tempo fast throughout the entire set
- During "race pace" he would try shoot for a 1.5 tempo (race tempo)

After Training, in the Avidasports Review module:

- Matt used review to learn what he was doing during his fastest lengths of the practice
- He examined his performance data to see what his tempo, DPS, and kick count were during the fastest lengths
- He set the fastest metrics as his goals to shoot for during the next practice
- He used review to track his progress over the course of the season

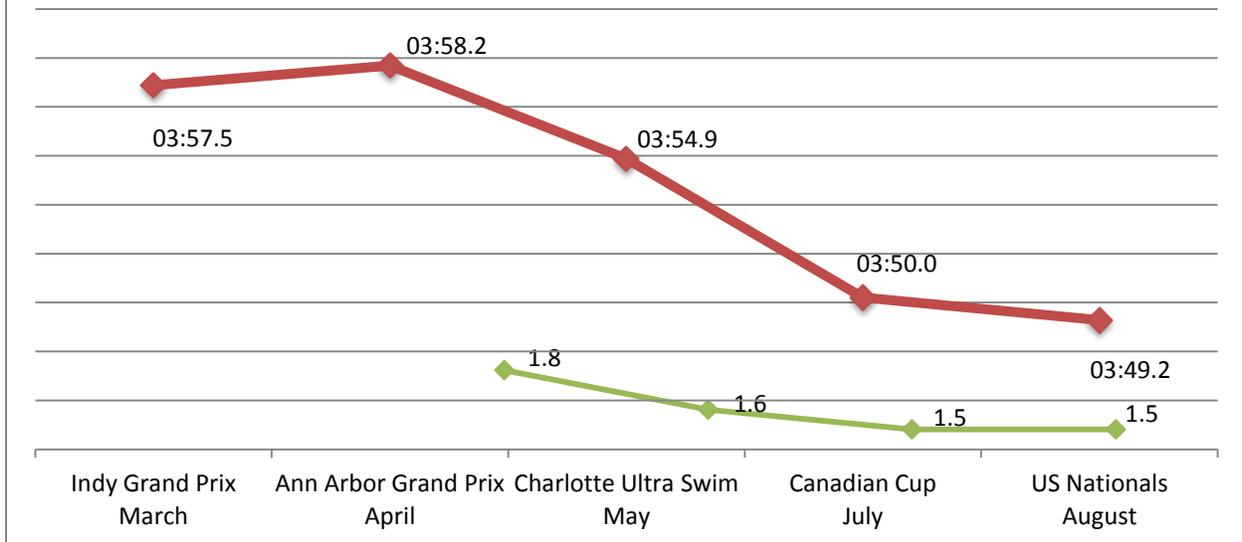
Matt continues to use Avidasports in training today. Since using Avidasports Matt has seen a drastic drop in his times. For example (*see the charts on the next page*): his 400 free has dropped 8.3 second from March 2011 to August 2011 and his 200 free has dropped 5.1 seconds from March to October. As a direct result of using Avidasports, Matt's stroke, stroke tempo and times have improved dramatically. Despite a rotator cuff injury, Matt achieved a LIFETIME BEST time in his 200 Free at the Pan Am Games in October 2011 (Mexico) with a time of 1:48.6.

2011 - 400 Free

the chart shows a loss of 8.3 sec from March to August

RED - length time

GREEN - tempo



2011 - 200 Free

the chart shows a loss of 4.5 sec from March to October

BLUE - length time

GREEN - tempo

