SwimBETTER

CASE STUDY

ATHLETE:	JACK FABIAN
AGE:	63
COUNTRY:	USA
SPORT:	SWIMMING - DISTANCE
OCCUPATION:	ONLINE COACH - TOWER26
BACKGROUND:	FORMER USA HEAD COACH - OPEN WATER TEAM

RESULTS OVER TIME

Jack started using **eo** SwimBETTER while swimming just under 13:00 for a 1,000yd time trial. Making focused technical changes, guided by his **eo** SwimBETTER data, Jack progressed to:

New PB
12:09 – 1,000YD

Technique-Driven Progress
NOT VOLUME-DRIVEN

Dropped 45 sec
1,000YD TIME TRIAL

> It took a while to understand how to use the data. But once I focused on hand path – entering wider, holding the elbows out and pushing back – the improvement came.
>
> The biggest change wasn't working harder. It was apply force in the right direction.

Jack Fabian, Distance Swim Coach

JACK'S APPROACH: MEASURING, ADAPTING, REFINING

At first, the challenge wasn't effort – it was understanding what the data was showing. It didn't take long for that to click, especially using **eo**i – **eo**'s bespoke AI analysis tool – and for the focus to become clear:

- Enter slightly wider
- Hold a wider elbow position through the catch
- Apply force back – instead of down

Using **eo** his SwimBETTER data, instead of guessing, Jack could immediately see exactly how each adjustment affected his output.

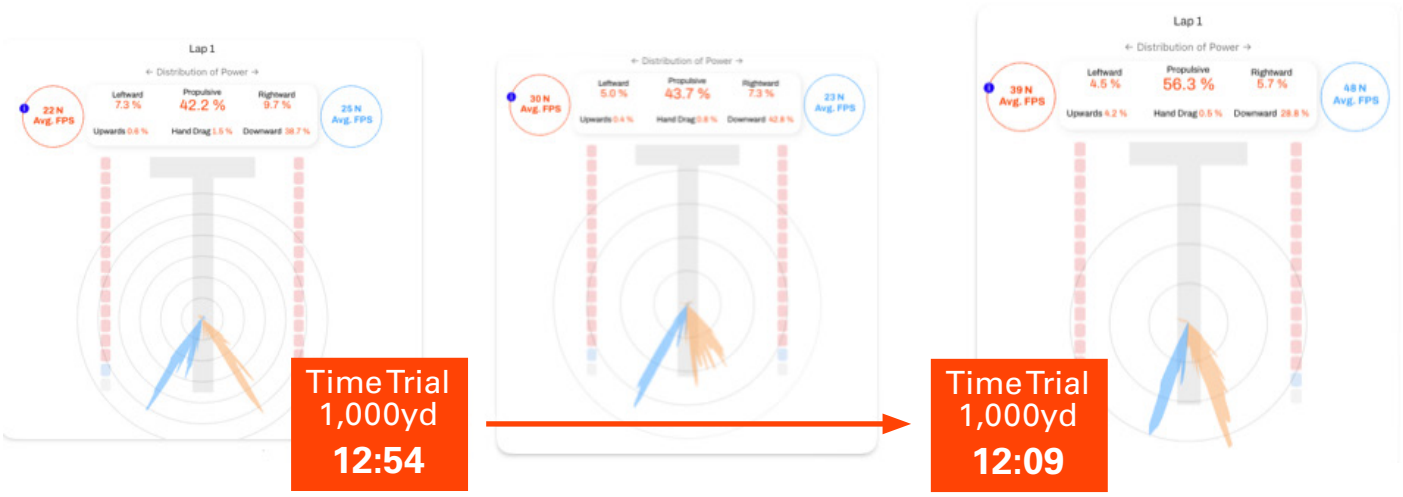
WHAT CHANGED

Force direction

Initial data showed a high portion of force being lost – both downward and laterally. Progression showed:

- **Increased propulsive force**
- **Reduced wasted force**
- **Better balance between left and right hands**

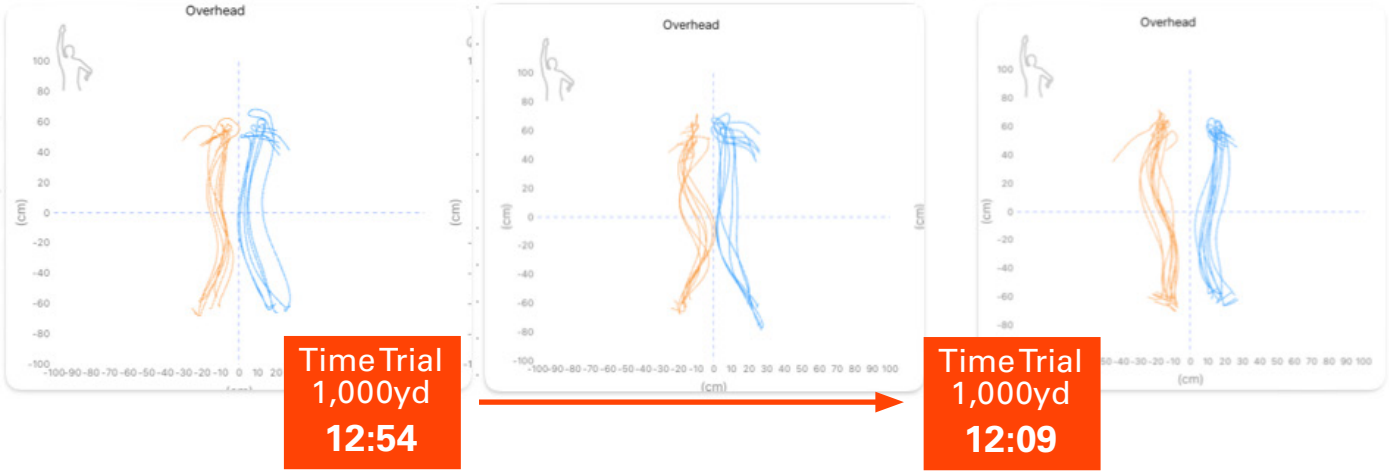
Result: Less energy lost. More speed gained



Consistency under load

With each session, changes weren't just visible – they became repeatable. Stroke patterns stabilised across training sets and time trials (TT).

Result: Technique held together when it mattered.

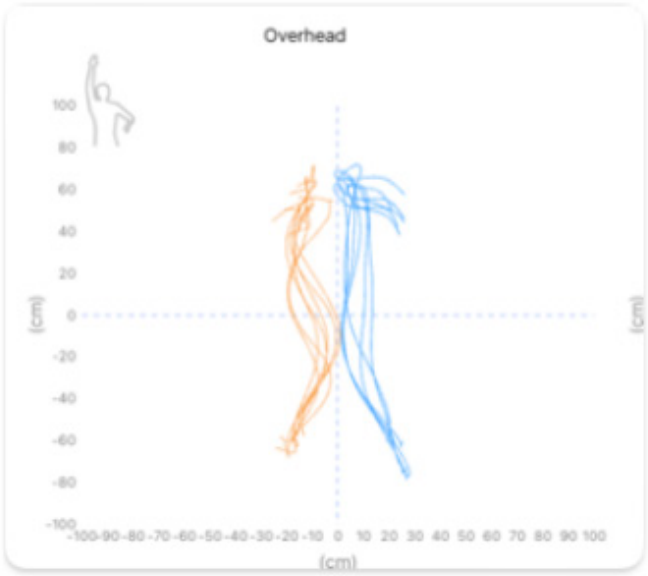


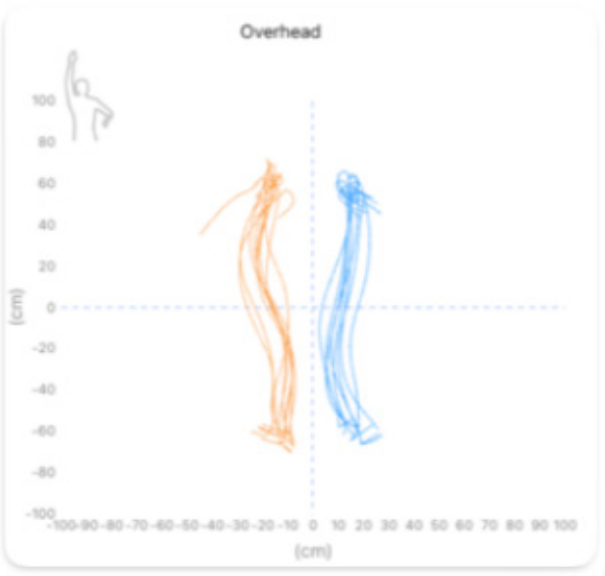
Hand path

Early data showed a narrower, less effective path with more downward force. Over time:

- Entry moved wider
- Catch position improved
- Hand path became more stable and repeatable

Result: More force directed backwards = more propulsion.





FROM 12:54 → 12:09

SMALL TECHNICAL CHANGES. MEASURED. REFINED. REPEATED. EMBEDDED.