

WORKWARE[®] 3

WORKWARE manages your workout data with ease. Begin by creating sets with a name you choose. Each set can have multiple intervals and a stroke description. Save your sets in categories so they are easy to find the next time you want to use them. Now you can build the sets into workouts with programmed rests. **WORKWARE** saves everything in a virtually unlimited memory, so you can keep a whole season's worth of practices to use over and over again .

WORKWARE sends that data to your IST or other scoreboard with interval counters along with times. You can run a different workout on each line of your scoreboard so each lane's practice is tailored to the skill level of your swimmers. You can stop, change and restart each workout as needed without interfering with the workouts running in other lanes.

IST WORKWARE3 - 3.0 - 8/27/14 (Demo Mode Enabled)

Library Download Options Message Board Utilities Help

IST Set Information

Category: POWER SETS

Set: POWER 500

Add Set Edit Set Copy Set Delete Set Print Set Exit

COUNT UP
 COUNT DOWN

REPEAT: 1 X DISTANCE: 25 STROKE: ON TIME: ENTER CANCEL

INSERT PAUSE INSERT REST

SET REPEATS: 1 TIMES

INT/REP	DISTANCE	STROKE	TIME
1	25	FREE	:30
1	25	FREE	:30
1	50	FREE	1:00
1	25	FREE	:30
1	75	FREE	1:30
1	50	FREE	1:00
1	50	FREE	1:00
1	25	FREE	:30
1	75	FREE	1:30
1	25	FREE	:30
1	50	FREE	1:00
1	25	FREE	:30

TOTAL YARDS: 500 TOTAL TIME: 10:00

ADD INTERVAL DELETE INTERVAL DONE

Set Comments: All distances should be at 75%-85% effort

IST brings you practical technology to help you make the most of your practice time. Coaches who use **WORKWARE** say it's like having an assistant coach for every lane in the pool!



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