

Run Mako under your own brand

Federations, universities and clubs already run MakoSwim under their own name. Your logo and colours carry through the coach app, the swimmer app, the invitation pages, the emails and the PDF reports.

← MakoStrength

Blocks

Sessions

Programs

Exercises

Q Search the library

Blocks5

Core Circuit 1: Plank Series
Plank Hold, Plank Lateral T...

Core Circuit 2: Rotation and Obliques
Russian Twist, Mountain Cli...

Core Circuit 3: Streamline and Kick

AI

Lessons7

Coach Eric

eric@makoapp.io

← Programs

Sprint and Middle: Strength and Power (14 weeks)

Mako Bronze

Day

Week

Month

Who

Whole team

Apply to a team

<

>

Week 1 of 14

Hide empty days

Compare weeks

...

Mon

Tue

Gym A: Lower and Pull (Foundation)

Gym21 sets

A Warm-up

Not recorded

Jumping Jack

1 × 45 s
Body weight

Arm Circles

1 × 15
Body weight

Bodyweight Squat

1 × 10
Body weight

Add exercise

Wed

Thu

Gym B: Hinge and Push (Foundation)

Gym21 sets

A Warm-up

Not recorded

Jumping Jack

1 × 45 s
Body weight

Arm Circles

1 × 15
Body weight

Bodyweight Squat

1 × 10
Body weight

Add exercise

Fri

Sat

Sun

Hamilton Aquatics

Dubai, United Arab Emirates

← MakoBoards

Q Search metrics...

10 × 100 BA @ 1:30

5m in, 10m out Turn

Broken 200 (50 D / 50 ...

100m Kick

Dive 25 Swim

Create Metric

AI

Lessons4

Coach Eric

eric@makoapp.io

Metrics

Rankings

Entry

Detail Entry

Insights

100m Kick14 athletes

All Teams

Best

All

Filters

Export

RANK	ATHLETE	PERFORMANCE	DETAILS	ACTIONS
1	Samuel Johnson (21M)	1:14.71	2w ago · FL	
2	Ryan Davis (22M)	1:19.59	2w ago · FL	
3	Jason Owens (16M)	1:22.70	3w ago · FR	
4	Melissa Anderson (15F)	1:22.75	2w ago · FR	
5	Noah Anderson (22M)	1:27.28	2w ago · FR	
6	Jake Thompson (23M)	1:27.40	3w ago · FR	
7	Mikey Johnson (19M)	1:28.15	2w ago · BR	
8	Tilda Sorensen (16F)	1:32.78	2w ago · FR	

GTI Swim

Greve, Tune and Ishøj, Denmark

In the app

Your logo and colours across the coach app and the swimmer app, in light and dark mode.

On what you send

Invitation pages, emails and PDF reports carry your logo and colours.

Set up for you

Send us your logo and we do the rest, with one revision included.

makoswim.io

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