



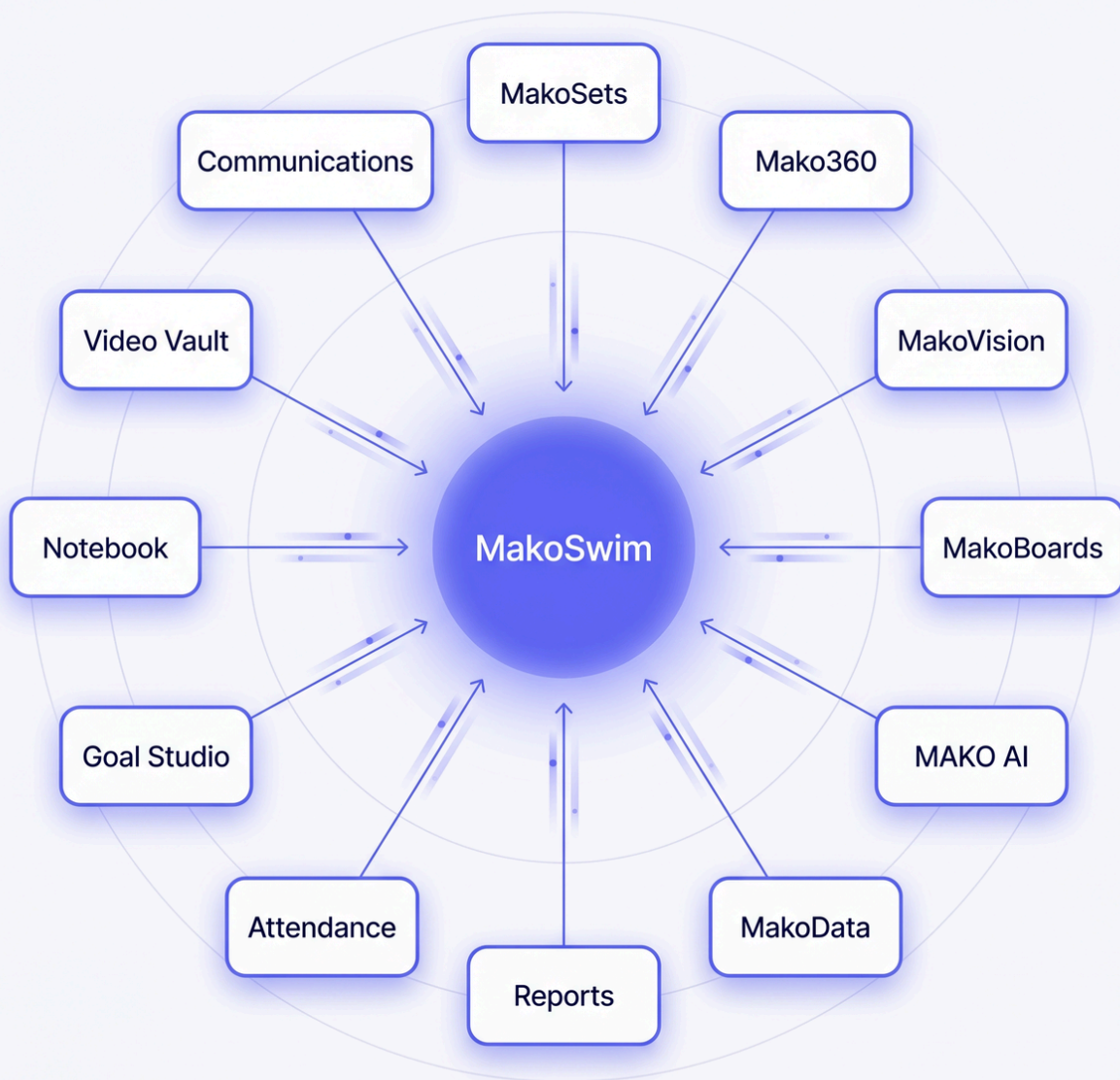
**Everything a swim
coach actually does.
One platform.**

THE WAY IT USUALLY WORKS

Most programs run on a whiteboard, three spreadsheets, a group chat, and a folder of race videos nobody has time to watch.

WHAT MAKOSWIM DOES

It holds all of it in **one platform** — so you spend less time on admin, and more time actually coaching.



Plan the season. Write today's set. Same place.

A full season planner and a workout writer built for swim coaches — laid out the way you already think.

- **Write in your own words.** Your terminology, your shorthand — no rigid templates, nothing new to learn.
- **Coming from other software?** Indentation mode keeps the layout you already use, so switching costs you nothing.
- **Volume, strokes, and energy zones total as you type** — the workout does the math while you write it.

Retire the spreadsheets, notebooks, and outdated software.

The screenshot displays the MakoSwim V2 interface. On the left is a sidebar with navigation options: MakoSets, Editor Tools, Workout History, Set Library, Print Workout, Duplicate to Date, Guest Athletes, Split Workout, and Notation Guide. At the bottom of the sidebar are AI, a chat icon, a notification icon, a Page Walkthrough button, and a Coach Eric profile card (eric@makoapp.io).

The main content area shows a workout plan for 'Test Workout Name' on Wednesday, June 10, 2026, at PM, LCM, with a 'Live' indicator. The workout details include:

- Test quote here (with a close button)
- + Message to athletes
- Warm up: 1 round, Everyone, 1,900, ~38:24
- 500 ch
- 2 x:
 - 4 x 25 drill
 - 4 x 50 swim
 - 2 x [2 x 25 Z5 + 50 Z3]
 - > 100 social kick
- 300 kick
- + New set

At the bottom of the main area, there is a note: 'Open the Notation Guide to learn workout patterns and keyboard shortcuts' and 'Or chat with our AI Tutor in the sidebar'.

The right-hand panel shows a summary for three groups: Sprinters, Main, and Distance. Each group has a total of 1,900m and a 70 load with a ~38:24 time. The summary cards show energy zone breakdowns:

- Sprinters: Z1 (1,500m), Z3 (200m), Z5 (200m)
- Main: Z1 (1,500m), Z3 (200m), Z5 (200m)
- Distance: Z1 (1,500m), Z3 (200m), Z5 (200m)

At the bottom of the right panel, there is a 'WEEK TOTALS' section with a right arrow.

Every split, every stroke, every frame.

Break a race down on any screen — phone on the pool deck, laptop at home — without scrubbing a timeline for an hour.

- **Tag a full race in minutes** — splits, underwater distance, and stroke rate, captured as you go.
- **Works the same on any device** — phone, tablet, or desktop, on the deck or at your desk.
- **Hand it to your athletes.** It's simple enough to learn in an afternoon, so they break down their own races.

Your whole squad analyzing races — not just you.

MakoSwim MakoVision

Session
Ethan Garcia
100m - freestyle - LCM
Competition

Analysis Tools

- Tagging 1
- Stroke Count 2
- Stroke Rate 3
- Analysis 4
- Vision Guide 5

Finish Session

0.00 / 53.96

0.00 Space Play/Pause A/D Navigate S Speed Q Action 53.96

PROGRESS 0/13

START

Start TAP TO BEGIN

FIRST 50M • ACTIVE

Break 1	15m	25m	35m	45m
50m				

50-100M

Break 2	65m	75m	85m	95m
Finish				

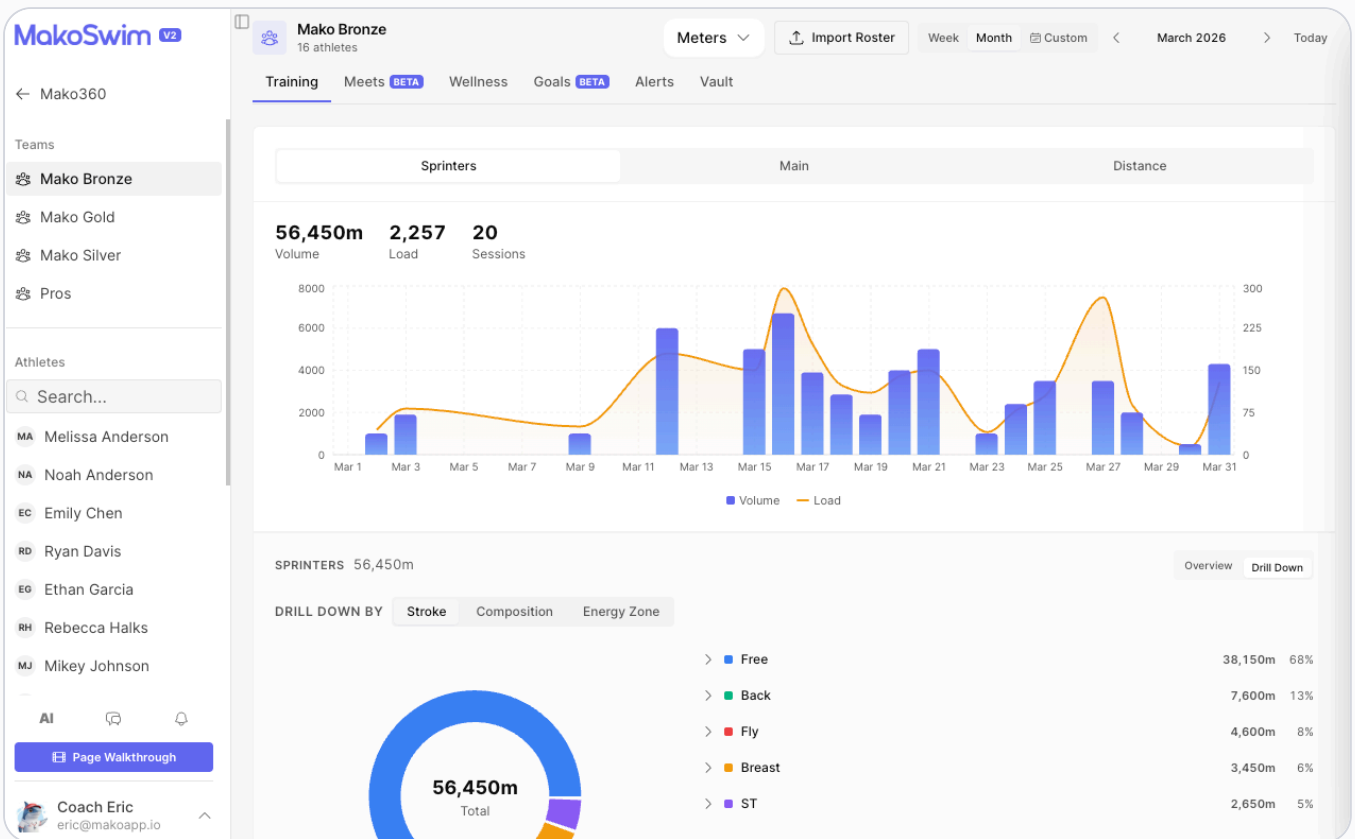
Coach Eric
eric@makoapp.io

Your whole program, in numbers you trust.

Every session you write rolls up on its own — training logs, competition history, wellness, and goals, all in one place.

- **Load and volume, calculated for you** — by stroke, energy zone, and session, the moment the set is written.
- **Team, group, or one swimmer.** The same data organizes itself at every level — pull back to the season, or drill into one athlete.
- **Tied to attendance,** so the numbers reflect who actually did the work — no spreadsheets to reconcile.

Decisions backed by data, not gut feel.



Rank your squad on anything that matters.

Build any metric your program cares about — a dive, a kick set, a step test — and rank the whole squad on it.

- **Track any test**, from a 25m dive to a 200 step test, and log results in seconds.
- **Keep the context with the number** — heart rate, stroke count, stroke rate, even lactates — on every result.
- **Link the video to the result**, so a time always carries the technique that produced it.

Competition that drives the work.

The screenshot shows the MakoSwim web application interface. The main content area displays a 'Rankings' page for the '25m Dive' metric, showing 13 athletes ranked by their performance times. The table includes columns for Rank, Athlete, Performance, Details, and Actions.

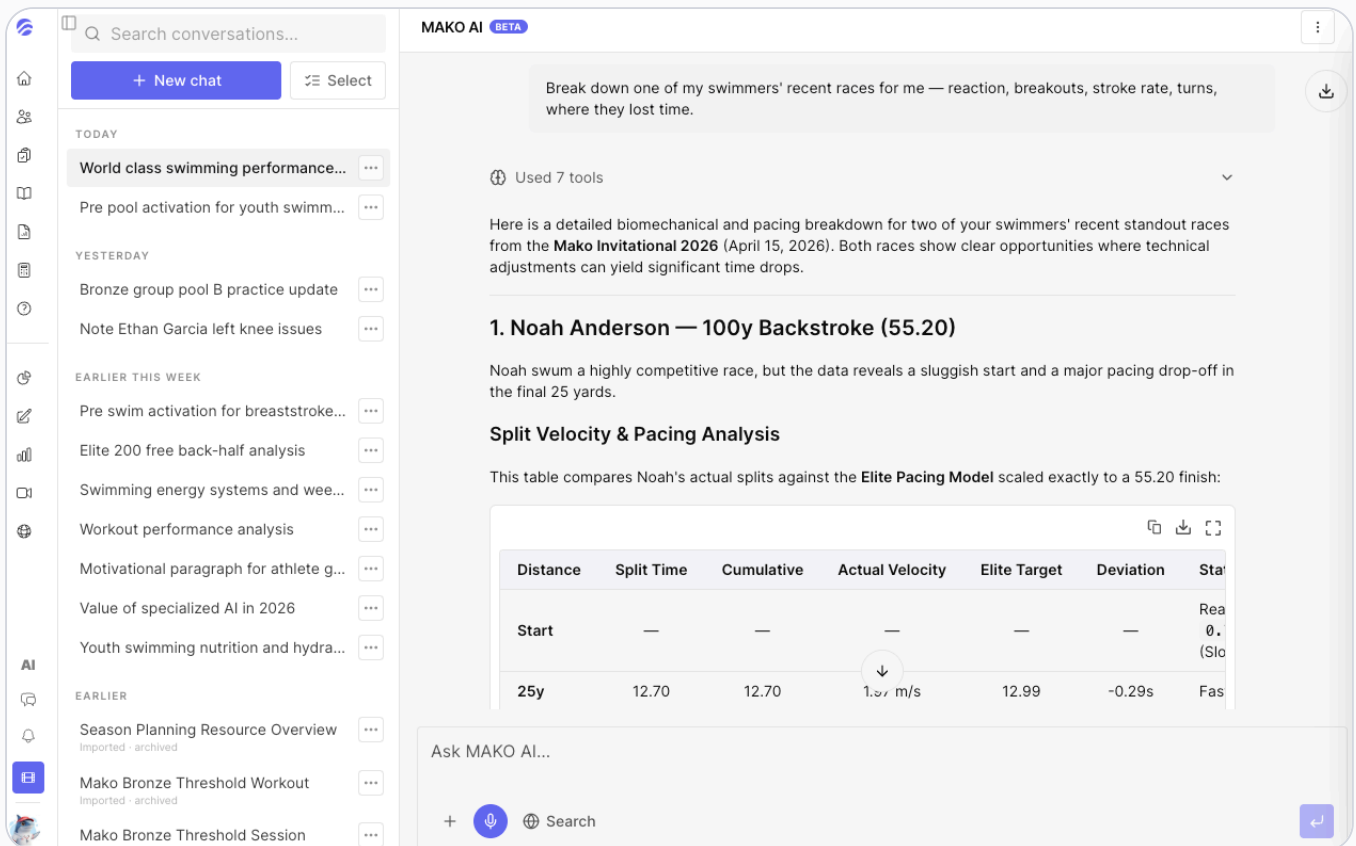
RANK	ATHLETE	PERFORMANCE	DETAILS	ACTIONS
1	Alex Rivera (22M)	10.34	Apr 22 · Back · Train	
2	Jake Thompson (23M)	10.50	2w ago · FR · Train	
3	Marcus Chen (24M)	10.75	Apr 15 · Free · Train	
4	Kai Petrov (M)	10.78	Apr 15 · Free · Train	
5	Bob Reed (21M)	10.90	2w ago · FR · Train	
6	Leo Andersen (23M)	11.07	Apr 1 · Free · Train	
7	Zoe Hartley (25F)	11.13	Apr 22 · Back · Train	
8	Mia Tanaka (F)	11.34	Apr 22 · Back · Train	
9	Emily Chen (21F)	11.52	Apr 29 · FR · Train	
10	Ryan Okafor (19M)	11.83	Apr 8 · Fly · Train	
11	Jason Owens (16M)	11.90	2w ago · FL · Train	
12	Ava Martinez (22F)	12.53	Jun 15 · FR · Train	
13	Ellen Davis (21M)	12.70	Apr 15 · FR · Train	

An assistant that actually knows your team.

Ask in plain language and MAKO AI answers from your own program's data — not the open web.

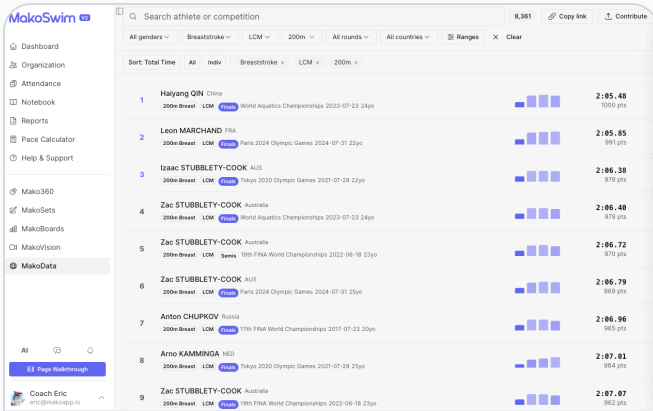
- **Hand off the admin** — draft a parent update, build a chart, pull a race breakdown — in seconds.
- **Plan alongside it** — map a season or co-author a training block with a partner that already knows your squad.
- **Built into everything.** It reads across workouts, performances, wellness, and attendance, so the answers fit your program.

Hours of admin, gone.



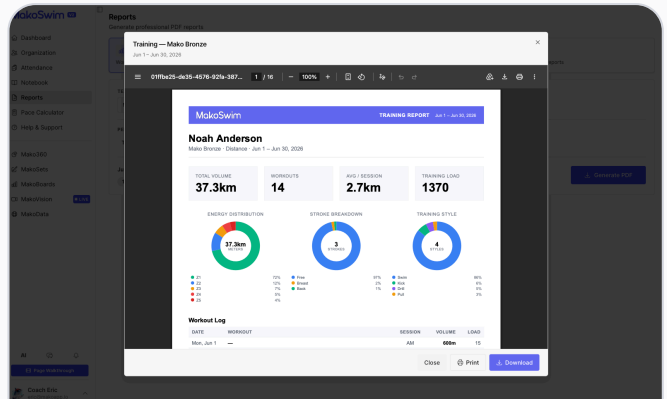
Track every athlete — and prove it on paper.

Beyond the flagship modules, everything else a program runs on — in the same system, no extra tools.



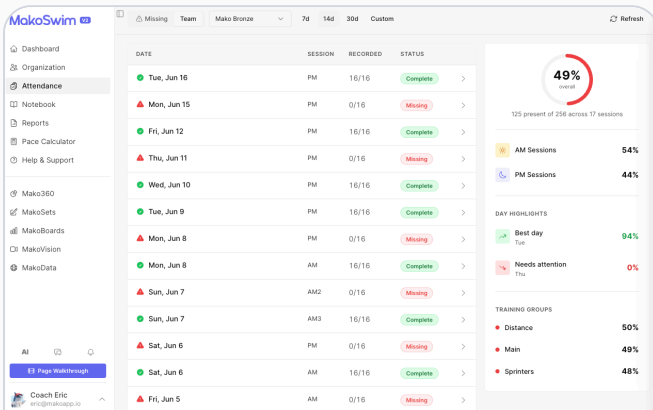
MakoData

Rankings that read past raw time — split ratios isolate mechanical efficiency, and benchmark any swimmer against peer groups or world-class pacing.



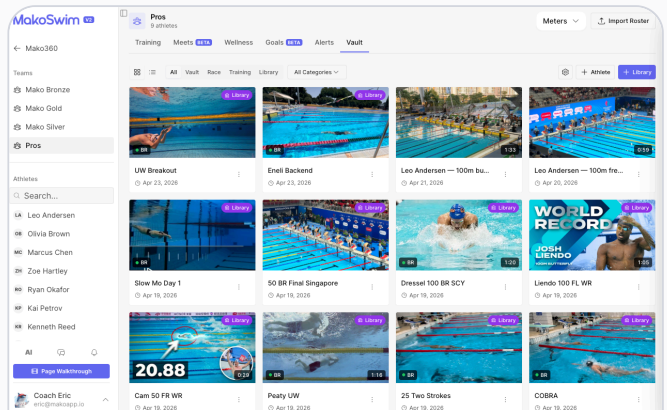
Reports

One click turns your data into a clean, presentation-ready PDF — one athlete or a whole group — ready for parents, club boards, and athletic directors.



Attendance

Take full-roster attendance on deck in a few taps — and a dashboard flags missing or partial records across the whole club.

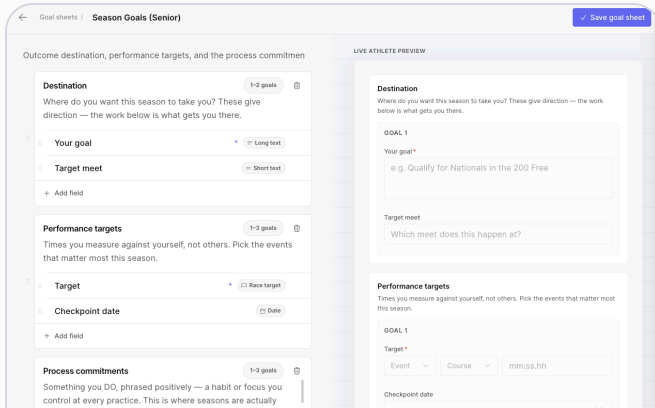


Video Vault

A private film library for every athlete — race and technique footage, tagged and searchable by swimmer, group, or week.

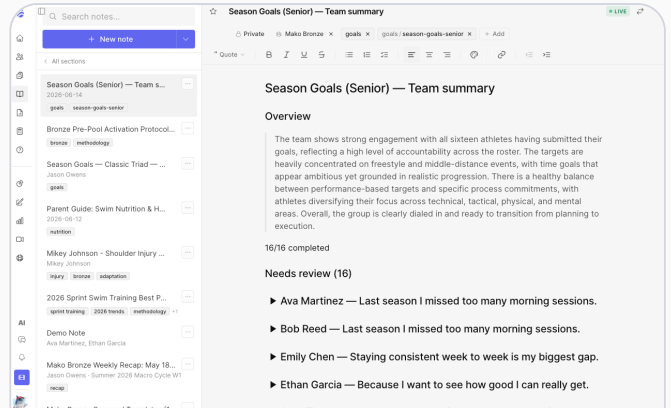
Plan the season. Keep everyone aligned.

Beyond the flagship modules, everything else a program runs on — in the same system, no extra tools.



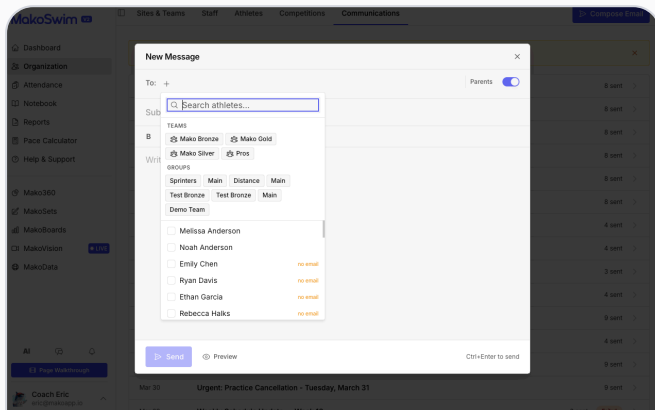
Goal Studio

Build seasonal goal questionnaires from scratch or a proven template. Athletes fill them in from their app, and you're alerted to review and sign off.



Notebook

A shared notebook your whole staff writes in together — athlete notes, context, and week-by-week planning, all in one searchable place.



Communications

Broadcast email to any team, group, or parents — plus in-app chat with coaches and athletes.

AND IT ALL CONNECTS

Every module feeds one source of truth — and MAKO AI can read all of it.

Ask for a dual-meet lineup, a federation report, or a training-load summary, and it pulls from your whole program.

Built for coaching. Proven by coaches.

“Mako brings everything a swim coach needs into one platform — and every part of it feels built with purpose. From tracking training load and athlete wellness to breaking down races, it’s all seamless. It is sure to change how coaches manage their programs.”

Michael Bohl

Multi-time Olympic Champion Coach

“MakoSwim has fundamentally changed my workflow as a coach. I’ve gone from spending 4–5 hours a day planning and organizing to having everything — data, visuals, and practice design — in one place. It allows me to coach with more clarity, more confidence, and ultimately deliver better outcomes for my athletes. It’s made me a more efficient and effective coach.”

Ron Aitken

Head Coach, Sandpipers of Nevada · 2024 US Olympic Head Coach

“The MakoSwim system is an incredible replacement to how I plan and record data as a busy Head Coach. Its functional system, which allows my athletes to actively feed information into the system, has been transformational.”

Kevin Brooks

Head Coach, Wycombe District SC · Swim England Performance Centre

Plans that scale with your program.

Start with just workouts, or run your whole program on MakoSwim. Every plan is one flat monthly price.

Workouts Only

Includes

- ✓ MakoSets
- ✓ Season Planning
- ✓ MakoBoards
- ✓ Notebook
- ✓ All Training Analytics
- ✓ Basic AI features

Solo Workouts

€25 /mo

- 30 athletes
- 1 coach
- 1 team

Team Workouts

€43 /mo

- 120 athletes
- 6 coaches
- 5 teams

Full Platform

Everything in Workouts Only, plus

- ✓ MakoVision
- ✓ Goal Studio
- ✓ Video Vault
- ✓ Athlete Wellness Monitoring
- ✓ Advanced AI features

Solo Coach

€60 /mo

- 30 athletes
- 1 coach
- 1 team

Small Club

€130 /mo

- 120 athletes
- 6 coaches
- 5 teams

Large Club

€219 /mo

- 300 athletes
- 10 coaches
- 10 teams

All plans include a 14-day free trial. Save with annual billing. Custom plans available on request.

Bring your whole program into one place.

See MakoSwim with your own team's data, and we'll show you exactly where it saves you time.

[Book a demo →](#)

[Contact us](#)