

Calculate how owning a Vasa SwimErg will actually save you time & money!

Calculation of Cost Savings in \$\$ Dollars

| Step | Use your best guess "average" | Your Answers | | Joe Athlete (sample) |
|------|--|--------------|--------------------------|---|
| C1 | FREQUENCY: List number of swim training sessions per year you do at the pool or open water. | | sessions / year | 150 sessions (3X/week @ 50 weeks/year) |
| C2 | DISTANCE: List the distance in miles you must drive to and from pool (round trip). | | miles to pool | 20 miles |
| C3 | TOTAL DISTANCE: Total miles driven per year to drive to and from pool. | (C1 x C2) | total distance commuting | 3000 miles |
| C4 | MPG: List the miles per gallon of gas for your vehicle. | | MPG your car gets | 26 MPG |
| C5 | GAS USAGE: Total Gallons of gas you will use per year traveling to & from the pool. | (C3 / C4) | gas usage commuting | 115 gallons (3000 miles / 26 mpg) |
| C6 | GAS COST: Average cost per gallon of gas that you pay. | | cost of gas/gallon | \$2.75 / gallon |
| C7 | FUEL COST: Annual Fuel cost to drive to and from pool. (Does not factor in wear and tear on vehicle.) | (C5 x C6) | total fuel savings | \$316.25 |
| C8 | OTHER: How much does your annual pool membership COST? | | pool membership | \$600 |
| C9 | TOTAL COST SAVINGS PER YEAR: by training with a Vasa SwimErg (add C7 + C8) (Assumes replacing pool workouts with Ergometer.) | (C7 plus C8) | TOTAL COST SAVINGS | \$916.25 |

Calculation of Time Savings

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|----|---|----------------|-------------------------------------|-------------|
| T1 | TRAVEL TIME: Total time to travel to and from pool (round trip) per swim session. | | time traveling to pool (round trip) | 30 minutes |
| T2 | PREP TIME: Total time to change, shower, waiting for a lane, prep to go to pool, per swim session. | | prep time | 15 minutes |
| T3 | TRAINING TIME: Average time training per swim session (warm-up, main set, cool-down)? | | training time | 60 minutes |
| T4 | TOTAL TIME: Total time to travel, prepare and complete a typical swim session. | (T1 + T2 + T3) | total time / session | 105 minutes |
| T5 | TOTAL TIME: Total time per year for swim sessions at pool. | (T4 x C1) / 60 | total time / year | 262.5 hours |

Value of Time Savings

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|----|--|---------------------|---------------------|-------------------------------------|
| S1 | TRAVEL TIME: Time per session for travel (answer from T1). | | answer from Step T1 | 30 minutes |
| S2 | TIME SAVINGS: Estimate the average time savings per swim session by training on the Vasa SwimErg vs. at the pool. (Step S2: Choose a percentage of Step T3. Typical time savings reported by customers ranges 30% to 50%) | (T3 x 30% - 50%) | time savings | 18 minutes (60 mins x 30%) |
| S3 | TIME SAVINGS / YEAR: Total time savings per year by using the Vasa SwimErg versus traveling to pool. | (S1 + S2) x (C1/60) | TIME SAVINGS / YEAR | 120 hours 48 mins x 2.5 (150/60) |
| S4 | What is your TIME worth per hour? | | | \$25/hour |
| S5 | Value of the time you will save per year by training with the Vasa SwimErg versus traveling to pool. | (S3 x S4) | TIME SAVINGS VALUE | \$3000 |

Other "hidden" values of training with a Vasa SwimErg

1. Your stroke technique and form will improve and become more efficient.
2. Your ability to sustain power and endurance in races will increase dramatically.
3. You'll always be able to swim on your Erg, regardless of weather or pool availability.
4. Every swim workout on the Vasa SwimErg is time efficient, productive, and fun.
5. Training on the Vasa SwimErg eliminates wasted pool drills that don't relate to open water swimming.
6. See your stroke & make corrections. Or do video analysis of stroke with a coach.
7. Perform "ERG races" and race your friends.