

Calculate how owning a Vasa Ergometer 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	\$3.50 / 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	\$402.50
C8	OTHER: How much does your annual pool membership COST?		pool membership	\$600
C9	TOTAL COST SAVINGS PER YEAR: by training with a Vasa Ergometer (add C7 + C8) (Assumes replacing pool workouts with Ergometer.)	(C7 plus C8)	TOTAL COST SAVINGS	\$1002.50

Calculation of Time Savings

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

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 Ergometer 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 Ergometer 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 Ergometer versus traveling to pool.	(S3 x S4)	TIME SAVINGS VALUE	\$3000

Other "hidden" values of training with a Vasa Ergometer

- Your stroke technique and form will improve and become more efficient.
- Your ability to sustain power and endurance in races will increase dramatically.
- You'll always be able to swim on your Erg, regardless of weather or pool availability.
- Every swim workout on the Vasa Ergometer is time efficient, productive, and fun.
- Training on the Vasa Ergometer eliminates wasted pool drills that don't relate to open water swimming.
- See your stroke & make corrections. Or do video analysis of stroke with a coach.
- Perform "ERG races" and see how you rank worldwide - highly motivational!
Go to: www.vasatrainer.com/rankings for details.

Download this calculator online at: www.vasatrainer.com/cost