

NISCA is now partnering with Strive Swim!



Whether you're a coach or a swimmer looking to plan your own workout, Strive is made for you. This is a simple yet powerful tool to plan workouts and sets, track your own progress, and track attendance.



Create your own intervals, intensities, and much more for your workouts. You can leave intervals and intensity blank, allowing Strive to set them intelligently based on the details of the set.

With the click of a button you can send your pre-programmed workout sets with a clock to your phone, tablet, or Apple Watch!



[Click here to learn more about Strive!](#)

EASY TO USE POWERFUL • SMART

NISCA is excited to be partnering with Strive to provide you with the best practice planning tool there is.
[NISCA coaches receive 20% of Strive subscriptions!](#)



Strive Swim is smart, easy to use and powerful. Using Strive, you plan daily practices intelligently in a fraction of the time.