Duoswim

* **3.8.1**

Feb 24, 2024

Dive into the latest update that's making waves - our Workout Builder is finally here by popular demand! Get ready to tailor your splash with customizable swim workouts that fit perfectly into your routine, whether you're following your coach's plan or setting your own pace.

What's New:

Workout Builder: A game-changer for swimmers! Craft a swim session that's as unique as your stroke. Choose the pool length in meters or yards, warm-up with precision, set your main swim intensity, and wind down just right with a personalized cool down—all with a few taps.

Subsets Addition: Effortlessly slide in subsets to your warm-up, main set, and cool down. Detail your distance, stroke type, effort level, drills, and equipment to sharpen your swim.

Personalization: Give your workout a name that inspires you and dive in! It's all about making your swim sessions feel like they were designed just for you.

Update your app and make a splash with workouts that are built for you, by you. Don't let this update float by—start your free trial now and elevate your swim today!

* **3.8.0**

Feb 22, 2024

Dive into the latest update that's making waves - our Workout Builder is finally here by popular demand! Get ready to tailor your splash with customizable swim workouts that fit perfectly into your routine, whether you're following your coach's plan or setting your own pace.

What's New:

Workout Builder: A game-changer for swimmers! Craft a swim session that's as unique as your stroke. Choose the pool length in meters or yards, warm-up with precision, set your main swim intensity, and wind down just right with a personalized cool down—all with a few taps.

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Update your app and make a splash with workouts that are built for you, by you. Don't let this update float by—start your free trial now and elevate your swim today!

* **3.7.5**

Jan 25, 2024

Revolutionize Your Training with DuoSwim's Latest Update!

DuoSwim's newest version introduces a game-changing feature: seamless integration of swimming and dryland exercises. Now, you can effortlessly incorporate High-Intensity Interval Training (HIIT) and Strength and Conditioning (S&C) workouts into your swim training plan for a holistic fitness experience.

Key Benefits:

1. Optimal Performance: Achieve a balanced approach that enhances both cardiovascular endurance and muscular strength.

2. Injury Prevention: Strengthen complementary muscle groups to reduce the risk of overuse injuries associated with swimming.

3. Varied Workouts: Keep training interesting by diversifying your routine with a mix of swimming and dynamic dryland movements.

4. Efficient Time Management: Maximize workout efficiency by seamlessly blending swimming and dryland exercises, ideal for those with busy schedules.

DuoSwim is committed to providing you with the best swimming companion, and this update is a testament to that commitment. We appreciate your ongoing support and feedback!

Make a splash with DuoSwim today!

Download the latest update now and dive into a world of enhanced swimming experiences.

Happy swimming,

The DuoSwim Team

* **3.7.4**

Dec 21, 2023

Dive into a Better Swimming Experience!

We're thrilled to introduce the latest update for DuoSwim, packed with exciting improvements to enhance your swimming sessions. Here's what's new:

1. Custom Pool Length Memory

Never worry about changing your specified pool length again! DuoSwim now remembers, ensuring a seamless and personalized experience every time you dive in.

2. Video Playback Bug Squashed

We've fixed a pesky bug that was causing issues when closing videos. Now, enjoy uninterrupted viewing and focus on refining your swimming technique without any interruptions.

3. Watch App Enhancements

We've fine-tuned the DuoSwim experience on your wrist with a series of fixes and optimizations for the watch app. Stay connected to your swim data effortlessly, right from your smartwatch.

4. Miscellaneous Fixes and Improvements

We've listened to your feedback and made several under-the-hood fixes to ensure a smoother and more reliable app performance.

DuoSwim is committed to providing you with the best swimming companion, and this update is a testament to that commitment. We appreciate your ongoing support and feedback!

Make a splash with DuoSwim today!

Download the latest update now and dive into a world of enhanced swimming experiences.

Happy swimming,

The DuoSwim Team

* **3.7.3**

Dec 19, 2023

Dive into a Better Swimming Experience!

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Make a splash with DuoSwim today!

Download the latest update now and dive into a world of enhanced swimming experiences.

Happy swimming,

The DuoSwim Team

* **3.7.2**

Dec 18, 2023

Dive into our latest app update! The latest version brings four new dryland training plans to elevate your fitness journey:

HIIT (High-Intensity Interval Training): Ignite your workout with bursts of intense activity and reap the benefits of increased endurance and strength.

Core: Strengthen your core muscles for improved stability, balance, and overall athletic performance in the water.

Beginner Dryland: Perfect for newcomers, this plan introduces foundational exercises to help you build strength and confidence at your own pace.

* **3.7.1**

Dec 14, 2023

Dive into our latest app update! The latest version brings four new dryland training plans to elevate your fitness journey:

HIIT (High-Intensity Interval Training): Ignite your workout with bursts of intense activity and reap the benefits of increased endurance and strength.

Core: Strengthen your core muscles for improved stability, balance, and overall athletic performance in the water.

Beginner Dryland: Perfect for newcomers, this plan introduces foundational exercises to help you build strength and confidence at your own pace.

Bodyweight Challenge: Embrace the power of your own body with this challenging plan that requires no equipment – just you and your determination!

But that's not all! We've also fine-tuned the experience on your wrist with Watch App Improvements tailored to enhance your swim.

* **3.7.0**

Dec 13, 2023

Dive into our latest app update! The latest version brings four new dryland training plans to elevate your fitness journey:

HIIT (High-Intensity Interval Training): Ignite your workout with bursts of intense activity and reap the benefits of increased endurance and strength.

Core: Strengthen your core muscles for improved stability, balance, and overall athletic performance in the water.

Beginner Dryland: Perfect for newcomers, this plan introduces foundational exercises to help you build strength and confidence at your own pace.

Bodyweight Challenge: Embrace the power of your own body with this challenging plan that requires no equipment – just you and your determination!

But that's not all! We've also fine-tuned the experience on your wrist with Watch App Improvements tailored to enhance your swim.

* **3.6.26**

Nov 9, 2023

We are thrilled to announce a groundbreaking update to DuoSwim that is designed to enhance your swimming performance like never before! Our team has been hard at work developing new features to help you reach your swimming goals, and we are excited to introduce our latest addition: DuoSwim's S&C Training Plans!

DuoSwim now offers four specialized Strength and Conditioning (S&C) training plans, each meticulously crafted to elevate your swimming skills to new heights:

1. Strength Builder: Build a solid foundation with targeted strength workouts to enhance your overall power and endurance in the water.

2. Power Development: Improve your explosive strength and speed, enabling you to glide through the water with maximum efficiency.

3. Hypertrophy: Increase muscle mass and definition to boost your swimming performance and achieve a leaner, stronger physique.

4. Taper: Fine-tune your training with taper-specific exercises to optimize your body for peak performance during competitions.

* **3.6.25**

Nov 3, 2023

We are thrilled to announce a groundbreaking update to DuoSwim that is designed to enhance your swimming performance like never before! Our team has been hard at work developing new features to help you reach your swimming goals, and we are excited to introduce our latest addition: DuoSwim's S&C Training Plans!

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2. Power Development: Improve your explosive strength and speed, enabling you to glide through the water with maximum efficiency.

3. Hypertrophy: Increase muscle mass and definition to boost your swimming performance and achieve a leaner, stronger physique.

4. Taper: Fine-tune your training with taper-specific exercises to optimize your body for peak performance during competitions.

* **3.6.24**

Oct 28, 2023

Get ready to enhance your swimming journey with our brand-new Mindset Coaching Audio, carefully crafted to elevate your performance through education, visualization, and motivation.

* **3.6.23**

Oct 26, 2023

Get ready to enhance your swimming journey with our brand-new Mindset Coaching Audio, carefully crafted to elevate your performance through education, visualization, and motivation.

* **3.6.22**

Oct 17, 2023

We’re thrilled to announce a fantastic update to our app, exclusively for swimmers. We’ve added two fresh ways to supercharge your dryland training:

1. HIIT Dryland Workouts:

Dive into high-intensity interval training tailored for swimmers. Boost your cardiovascular endurance and torch calories with quick, intense bursts of exercise. Get ready to take your performance to new depths!

2. Strength & Conditioning for Swimmers:

Enhance your swimming prowess with our new strength and conditioning workouts. Build muscle strength, endurance, and overall fitness, specifically designed to help you become a stronger and more resilient swimmer.

At Duo, we’re dedicated to supporting your swimming journey. We believe these new workouts will propel you toward your goals faster and more effectively.

Share your success stories and feedback with us through the app; we love hearing from you!

* **3.6.21**

Sep 21, 2023

Here's an overview of the enhancements we've incorporated into our app:

1. We've improved load speed for videos

2. Dryland videos now have an instruction widget to help you with your technique in the gym

* **3.6.20**

Sep 5, 2023

We're excited to reveal the latest advancements in DuoSwim that will revolutionize your training experience. Here's an overview of the enhancements we've incorporated into our app:

1. Enhanced Turnaround Times: We've fine-tuned our turnaround times to align perfectly with your individual ability. Experience a more efficient and personalized training program that suits your needs.

2. Comprehensive Pre/Post Pool Workouts & Recovery Nutrition: Elevate your training regimen with the introduction of pre and post-pool workouts, strategically designed to optimize your performance. Additionally, we've integrated essential recovery nutrition into our training plans, ensuring you have the fuel you need to excel.

3. Dynamic Dryland Video Integration: Dive into a more engaging dryland training routine with the addition of instructional videos. Seamlessly follow along with expert guidance to enhance your dryland sessions.

4. Extensive Dryland Video Library: Access a wealth of instructional content through our new Dryland Video Library. This comprehensive resource is your gateway to mastering a diverse range of dryland exercises.

5. App Performance Enhancements: Benefit from app performance updates that ensure a smooth journey from start to finish.

6. Bug Fixes for Uninterrupted Training: We've meticulously addressed various bugs to eliminate any potential disruptions during your training sessions.

7. Enhanced Watch Connectivity: Stay effortlessly connected and in control of your training sessions with our watch connectivity updates. Seamlessly integrate your Watch for a more cohesive training experience.

These exciting features have been carefully crafted to empower you on your fitness journey. We're committed to your success and look forward to seeing the positive impact these enhancements will bring to your training. Keep an eye out for updates and continue your pursuit of excellence with DuoSwim.

* **3.6.19**

Aug 17, 2023

We're excited to reveal the latest advancements in DuoSwim that will revolutionize your training experience. Here's an overview of the enhancements we've incorporated into our app:

1. Enhanced Turnaround Times: We've fine-tuned our turnaround times to align perfectly with your individual ability. Experience a more efficient and personalized training program that suits your needs.

2. Comprehensive Pre/Post Pool Workouts & Recovery Nutrition: Elevate your training regimen with the introduction of pre and post-pool workouts, strategically designed to optimize your performance. Additionally, we've integrated essential recovery nutrition into our training plans, ensuring you have the fuel you need to excel.

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* **3.6.18**

Jun 8, 2023

We're excited to announce the latest version of DuoSwim, packed with new features and improvements to enhance your swimming experience. Here are some of the key updates in this release:

\* Introducing customizable pool workouts: Now you can adapt your pool length to suit your individual needs.

\* Adapt workout intensity: With our latest feature update, you now have the ability to fine-tune your workout intensity by seamlessly adjusting and adapting your training zones.

\* Dryland workouts now included: We're excited to announce the addition of dryland workouts to our app. Enhance your overall fitness with a variety of options, including pre-pool warm-up exercises, post-pool stretches, high-intensity interval training (HIIT) sessions, and strength and conditioning workouts.

\* Bug fixes and performance improvements: We've addressed various bugs and made performance enhancements to ensure a smooth and reliable user experience. Enjoy a seamless workout experience without any interruptions.

We hope you enjoy these new updates and find them valuable for your fitness journey. Remember to keep the app updated for the latest features and improvements.

Happy swimming and dryland training!

* **3.6.17**

Jun 3, 2023

We're excited to announce the latest version of DuoSwim, packed with new features and improvements to enhance your swimming experience. Here are some of the key updates in this release:

\* Introducing customizable pool workouts: Now you can adapt your pool length to suit your individual needs.

\* Adapt workout intensity: With our latest feature update, you now have the ability to fine-tune your workout intensity by seamlessly adjusting and adapting your training zones.

\* Dryland workouts now included: We're excited to announce the addition of dryland workouts to our app. Enhance your overall fitness with a variety of options, including pre-pool warm-up exercises, post-pool stretches, high-intensity interval training (HIIT) sessions, and strength and conditioning workouts.

\* Bug fixes and performance improvements: We've addressed various bugs and made performance enhancements to ensure a smooth and reliable user experience. Enjoy a seamless workout experience without any interruptions.

We hope you enjoy these new updates and find them valuable for your fitness journey. Remember to keep the app updated for the latest features and improvements.

Happy swimming and dryland training!

* **3.6.16**

May 6, 2023

We're excited to announce the latest version of DuoSwim, packed with new features and improvements to enhance your swimming experience. Here are some of the key updates in this release:

New Training Zones: Heart rate zones, also known as HR zones, allow you to track the intensity of your training by monitoring your heart rate. With five distinct zones based on your maximum heart rate, you can gauge how hard you're pushing yourself during your workouts.

Adapt Turnaround Times: We know that every swimmer has their own pace and preferences, so we've added the ability to customize turnaround times. This means you can take the time you need to rest and recover, or push yourself harder with shorter breaks.

Change Equipment: We've also made it easy to switch between different types of equipment during your workout. Whether you're using fins, paddles, or a kickboard, you can now update your equipment with just a few taps.

We hope you enjoy these new features and that they help you take your swimming to the next level. As always, please feel free to reach out to us with any feedback or questions. Happy swimming!

* **3.6.15**

May 5, 2023

We're excited to announce the latest version of DuoSwim, packed with new features and improvements to enhance your swimming experience. Here are some of the key updates in this release:

New Training Zones: Heart rate zones, also known as HR zones, allow you to track the intensity of your training by monitoring your heart rate. With five distinct zones based on your maximum heart rate, you can gauge how hard you're pushing yourself during your workouts.

Adapt Turnaround Times: We know that every swimmer has their own pace and preferences, so we've added the ability to customize turnaround times. This means you can take the time you need to rest and recover, or push yourself harder with shorter breaks.

Change Equipment: We've also made it easy to switch between different types of equipment during your workout. Whether you're using fins, paddles, or a kickboard, you can now update your equipment with just a few taps.

We hope you enjoy these new features and that they help you take your swimming to the next level. As always, please feel free to reach out to us with any feedback or questions. Happy swimming!

* **3.6.14**

May 2, 2023

We're excited to announce the latest version of DuoSwim, packed with new features and improvements to enhance your swimming experience. Here are some of the key updates in this release:

New Training Zones: Heart rate zones, also known as HR zones, allow you to track the intensity of your training by monitoring your heart rate. With five distinct zones based on your maximum heart rate, you can gauge how hard you're pushing yourself during your workouts.

Adapt Turnaround Times: We know that every swimmer has their own pace and preferences, so we've added the ability to customize turnaround times. This means you can take the time you need to rest and recover, or push yourself harder with shorter breaks.

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We hope you enjoy these new features and that they help you take your swimming to the next level. As always, please feel free to reach out to us with any feedback or questions. Happy swimming!

* **3.6.13**

Mar 20, 2023

Updates:

1. Improved performance of the app.

2. Improved connection to the watch app.

3. Bug fixes.

* **3.6.12**

Feb 26, 2023

We've been fixing some bugs and improving the swimming data from the DuoSwim Apple Watch app to the Apple Fitness app.

* **3.6.11**

Feb 19, 2023

Updates:

1. Improved user interface on Apple Watch app

2. Bug fixes

* **3.6.10**

Feb 12, 2023

We've been fixing some bugs and improving performance.

FORM

* **3.4.1**

Feb 26, 2024

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **3.4.0**

Jan 23, 2024

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **3.3.1**

Dec 6, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **3.3.0**

Nov 28, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Added support to export your swims to TriDot

• Bug fixes and performance optimizations

* **3.2.3**

Nov 6, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **3.2.2**

Nov 2, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **3.2.1**

Oct 31, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **3.2.0**

Oct 30, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• HeadCoachTM - A brand new experience that gives you real time feedback on your technique, helping you become a better swimmer.

• Bug fixes and performance optimizations

* **3.1.0**

Oct 11, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **3.0.0**

Sep 19, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Improvement in Goggle menus

• Extend a guided workout into a free swim

• Pace effort type for imported workouts and workout builder

• Bug fixes and performance optimizations

* **2.14.1**

Aug 15, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.14.0**

Jul 18, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Import your TrainingPeaks workouts and load to goggles

• Bug fixes and performance optimizations

* **2.13.6**

Jul 7, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.13.5**

Jun 19, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.13.3**

Jun 13, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.13.2**

Jun 9, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.13.1**

May 30, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.13.0**

May 16, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.12.1**

Apr 3, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.12.0**

Mar 29, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.11.2**

Mar 13, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.11.1**

Mar 9, 2023

• Bug fixes and performance optimizations

* **2.11.0**

Mar 7, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Your goals are now front and center in the home tab

• Bookmark workouts to swim later

• Bug fixes and performance optimizations

* **2.9.1**

Jan 12, 2023

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• Bug fixes and performance optimizations

* **2.9.0**

Dec 6, 2022

For us, making swim goggles with a smart display is just the start. We try to improve our experience, even in little ways, with each update. Here's what's new in this release:

• A new Home where you can find what's new, your plans, workouts, and swim history

• Adding flexibility to FORM Plans experience to better fit your life

• Additions to Effort types, Custom drills, and Split subsets in custom workouts

• New Duration, Pool Size, and Max Interval selections for Workouts filters

• Bug fixes and performance optimizations

Myswimpro

* **8.11.7**

25 Feb 2024

Bug fixes and performance improvements

* **8.11.4**

10 Feb 2024

- Dive into smoother waters with our latest update - just a splash of bug fixes and performance boosts to improve your swimming experience.

* **8.11.3**

4 Feb 2024

Bug fixes and performance improvements

* **8.11.2**

30 Jan 2024

Bug fixes and performance improvements

* **8.10.9**

13 Jan 2024

- Bug fixes and performance improvements

* **8.10.8**

8 Jan 2024

- Bug fixes and performance improvements

* **8.10.6**

8 Jan 2024

Bug fixes and performance improvements

* **8.10.5**

17 Dec 2023

Bug fixes and performance improvements

* **8.10.3**

11 Dec 2023

Bug fixes and performance improvements

* **8.10.2**

4 Dec 2023

Bug fixes and performance improvements

* **8.10.1**

28 Nov 2023

Bug fixes and performance improvements

* **8.9.9**

12 Nov 2023

Bug fixes and performance improvements

* **8.9.7**

6 Nov 2023

Bug fixes and performance improvements

* **8.9.6**

31 Oct 2023

Bug fixes and performance improvements

* **8.9.5**

22 Oct 2023

Bug fixes and performance improvements

* **8.9.4**

16 Oct 2023

Bug fixes and performance improvements

* **8.9.2**

9 Oct 2023

Bug fixes and performance improvements

* **8.9.1**

2 Oct 2023

Bug fixes and performance improvements

* **8.9.0**

24 Sept 2023

- fix: Crash when loading user sometimes (#6646)

- requiring sign-in for all features (#6645)

- fix: Reset to original is not always reseting the workout correctly (#6644)

* **8.8.9**

19 Sept 2023

- fix: Navigation bar changes break on watchOS 9 (#6637)

- betafix: Fake lap stopped working (#6635)

- chore: Intercom SDK update (#6634)

* **8.8.7**

10 Sept 2023

Bug fixes and performance improvements

* **8.8.6**

3 Sept 2023

Bug fixes and performance improvements

* **8.8.5**

23 Aug 2023

- chore: Facebook SDK update (#6558)

- chore: Version bump to 8.8.5 (#6557)

- Update README.md w/ Action Descriptions (#6556)

- chore: Clean up deprecated upsell (#6555)

- feat: Remove Paywall X Button (#6554)

- chore: Purchase deep link parameters (#6553)

- betafix: Deleting a set does not update on the workout until you close and reopen (#6552)

- chore: Add en-AU, zh-Hans to App Store language (#6551)

- lowpriorityfix: Crash on launch (#6550)

* **8.8.4**

20 Aug 2023

- New Pre-Workout Screen!

- Small bug fixes and performance improvements

* **8.8.3**

13 Aug 2023

- Small crash & bug fixes.

Swim.com

* **5.4.11**

Jan 27, 2024

Bug fixes and performance improvements

* **5.4.10**

Jan 12, 2024

Bug fixes

* **5.4.9**

Jan 9, 2024

Bug fixes and performance improvements

* **5.4.8**

Nov 10, 2023

Bug fixes and performance improvements

* **5.4.3**

Jul 17, 2023

Bug Fixes: We've tackled and resolved several bugs for a smoother app experience.

Inspecting the accuracy of the workout regimen during its inception by a user on the Swim.com mobile application.

* **5.4.2**

Jun 25, 2023

Fixes the app fonts and bugs

* **5.4.1**

Jun 19, 2023

Greetings from the freshly updated Swim.com app! We're delighted to unveil a host of thrilling improvements:

+ Elevated your Guided Workout swimming sessions, culminating each one with a congratulatory message to boost your motivation.

+ We've smoothed out any bugs, ensuring the app glides as effortlessly as your swimming strokes.

* **5.4**

May 22, 2023

Welcome to the newly Swim App! We're thrilled to introduce exciting enhancements:

-Experience a complete redesign of the guided workout swim, offering an improved layout for an enhanced swimming journey on your watch.

-We've implemented multiple enhancements to elevate the user experience on the watch app.

-Dive into swim details to view calorie information in the Swim.com app.

* **5.3.5**

Apr 7, 2023

The latest update of our swim app has enhanced its intelligence by incorporating a new swim workout generated by ChatGPT. You can now receive a personalized routine that aligns with your goals and requirements. With interactive coaching and real-time feedback, you can refine your technique and maximize your potential. Download the app now to experience an AI-powered swimming encounter.

* **5.3.3**

Mar 27, 2023

-We have repaired a bug in this version to improve the functionality of the app.

-To support keeping a constant stroke pace, the Tempo function has been included to keep a consistent stroke rate, which emits an audible tone or beep that matches the ideal stroke rate.

-The swim summary on the Apple Watch app now includes a calorie feature, providing swimmers with additional statistics related to pool swim.

* **5.3.2**

Mar 6, 2023

We made an update to solve the bug and enhance the functionality of the application.

We updated the title and several descriptions on the watch interface to improve the comprehensibility and ease of use of the app's features.

* **5.3.1**

Feb 6, 2023

1. Fix a few minor bugs on the Swim.com app

2. Apple watch ultra issue to improve app consistency

3. Update the new algorithm on Drill Mode Pace

* **5.3**

Jan 5, 2023

1. New Design and Algorithm enhancements on Apple Watch app. The Apple Watch app has been thoroughly redesigned to improve our user's experience.

2. Fixed a few minor bugs to increase the app's stability.

* **5.2.4**

Nov 25, 2022

Bug fixes and the equipment feature for the workout.

* **5.2.3**

Nov 14, 2022

Bug fixes

* **5.2.2**

Oct 30, 2022

Bug fixes and redesign workout feature

* **5.2.1**

Oct 9, 2022

User suggestion feature and bug fixes

* **5.2**

Oct 3, 2022

Releasing new feature is The Group Challenge and bug fixes

* **5.1.8**

Jul 26, 2022

Adding Shop Menu

* **5.1.7**

Jul 25, 2022

Improve the Challenge feature and UI.

* **5.1.6**

Jun 29, 2022

Bug fixes

* **5.1.5**

Jun 22, 2022

Bug fixes and updates the delete account function.

* **5.1.4**

Jun 4, 2022

Publishes Open Water on the watch app, Improvement UX and bug fixes

* **5.1.3**

May 26, 2022

Bug fixes and improve challenge feature

* **5.1.2**

May 5, 2022

Improvement UI/UX challenge feature and bug fixes.

Swimup

* **1.29**

Feb 6, 2024

Bugs fixed, visual improvements.

* **1.28**

Jan 21, 2024

Bugs fixed, visual improvements

* **1.27**

Jan 2, 2024

Performance improved, bugs fixed, visual improvements.

* **1.26**

Dec 7, 2023

We are excited to announce our new Video Tutorial Library!

Now you can learn new skills from video tutorials and practice them with your personalized training plan.

* **1.25**

Nov 28, 2023

Workouts improved, bugs fixed.

* **1.24**

Nov 27, 2023

Performance improved.

* **1.23**

Nov 20, 2023

Garmin workout distance fixed, minor visual improvements.

* **1.22**

Nov 3, 2023

Performance improved, bugs fixed.

Enjoy your swim! :)

* **1.21**

Oct 23, 2023

Feature and visual updates.

Create your personalised training plan!

* **1.113**

May 13, 2023

Garmin watch performance improved.

Minor bugs fixed.

* **1.112**

Apr 26, 2023

Garmin watch connectivity added!

Enjoy your swim! :)

* **1.111**

Mar 22, 2023

Minor bugs fixed & workouts improved!

* **1.110**

Mar 6, 2023

Apple watch update. German, French and Spanish languages added!

* **1.109**

Nov 17, 2022

Bugs fixed and new workouts added!

* **1.108**

Nov 16, 2022

Bugs fixed, New workouts added!

* **1.107**

Oct 8, 2022

Features improved, bugs fixed

* **1.106**

Sep 17, 2022

Bugs fixed, visual improvements.

* **1.105**

Sep 8, 2022

Visual improvements, bugs fixed. Enjoy swimming :)

* **1.104**

Jul 30, 2022

minor improvements of the newest app design, check it out! :)

* **1.103**

Jul 21, 2022

New design, new workouts, new swimming modes, bugs fixed

* **1.102**

Jul 21, 2022

New design, new workouts, new swimming modes, have a look!

* **1.08**

Aug 10, 2020

\* Updated workouts

\* Visual improvements

\* Minor bug fixes

Enjoy your swim with SwimUp!

* **1.07**

Mar 4, 2020

Improved Apple Watch connectivity. Enjoy your swimming!

* **1.06**

Feb 28, 2020

Improved Apple Watch connectivity

* **1.05**

Feb 26, 2020

Improved Apple Watch connectivity