

CHOOSING FOCAL METRICS

DISTANCE RACES

OVERVIEW

Consistency: find the fastest pace you can maintain over the entire distance.

Focus: focus on even splits and metrics throughout the entire race.



STROKE INDEX

Inconsistent stroke index reveals areas of inefficiency.



Inefficiency leads to unnecessary energy loss, making it difficult to sustain even splits.

STROKE RATE

A consistent stroke rate is essential to maintaining steady pace.

Going too fast risks losing endurance early on, going too slow loses speed.



STROKE INDEX

Consistent stroke and breath counts help maintain rhythm.



Proper timing and rhythm is critical in keeping pace.