

CHOOSING FOCAL METRICS TRANSITIONS

OVERVIEW

Goal: get an extra advantage for any race distance

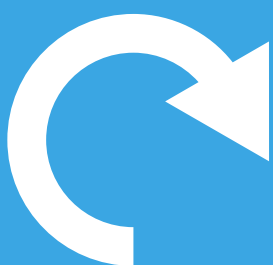
Focus: focus on optimizing transitions off each wall



TURN TIME

Every fraction of a second off adds up, and can make or break a race.

More importantly, well executed, fast turns sets up a strong push-off.



PUSH-OFF STRENGTH

Creates momentum to drive dolphin kicks or breaststroke pullout.

Stronger push-off strength leads to a more efficient time underwater.



TIME UNDERWATER

Sets the swimmer up for success right at the start of each lap.

A steady push-off, good streamline form, and strong underwater kicks or pullout lead to a powerful breakout, which typically dictates the rest of the lap.

