



## 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