



CHOOSING FOCAL METRICS SPRINT RACES

OVERVIEW

Goal: Aim to maximize metrics

Focus: focus on finding the balance between optimal stroke rate and DPS



STROKE RATE

Sprinters can afford a faster stroke rate right from the start



Slight differences can determine the results of a tight race

But, a faster stroke rate should not come at the expense of DPS

DISTANCE PER STROKE

Make every stroke count

Efforts are better utilized in taking stronger, more efficient strokes than faster strokes which don't give as much distance



But, too much glide time between strokes, even with a high DPS, can lead to slower speed

