



## 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

