



# DPS

## DISTANCE PER STROKE

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The distance produced by each stroke is one measure of stroke efficiency

### Every Stroke Counts

In most instances a swimmer can generate more benefits from taking stronger, more efficient strokes than they can from expending their energy on faster strokes that do not propel them as far.



### Drills to Improve DPS

**Sculling** develops stability that improves the catch at the start of each stroke; without it DPS suffers.

**Breaststroke Pull with Dolphin Kick** develops pull strength and upper and lower body coordination to maximize glide and increase DPS.

### Speed

Having proper stroke technique increases speed. To improve pace, DPS needs to be monitored.



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[www.tritonwear.com](http://www.tritonwear.com)