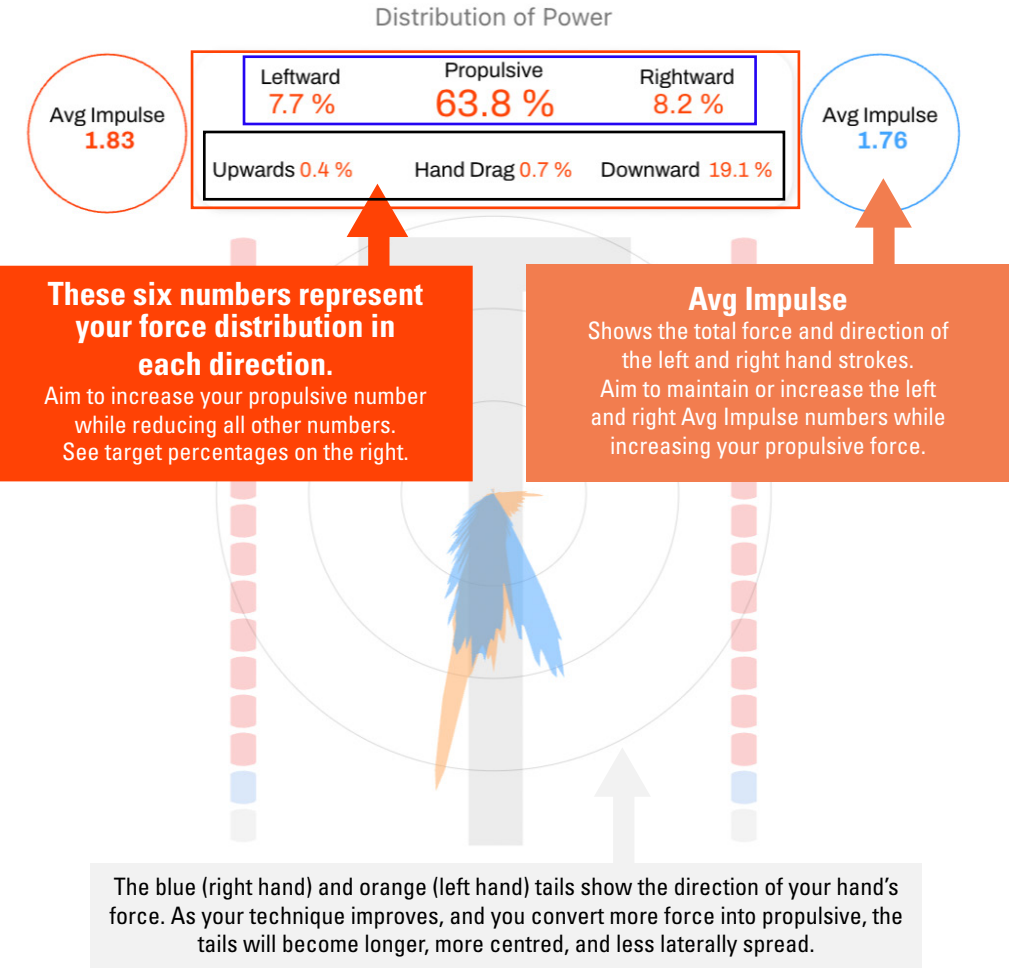




TARGET PERCENTAGES - LOOKING AT BOTH HANDS COMBINED

Every swimmer is different, so there's no universal target percentage - but this guide offers a helpful benchmark to aim for. It's based not on academic theory, but on insights gained from years of working with the world's best swimmers.

Leftward The percentage of propulsive force that is lost when the left hand moves outward and the right hand moves inward.	Propulsion The most important number. It contributes to the speed at which you can move forward.	Rightward The percentage of propulsive force that is lost when the right hand moves outward and the left hand moves inward.
7-10%	75-80%	7-10%

Upwards The percentage of upward force exerted when the hand exits the water at any point during the stroke.	Hand Drag The proportion of resistant force generated by factors like the direction of the palm and the angle of the hand when entering the water.	Downward The percentage of downward force applied during the stroke.
0%	0%	7-10%