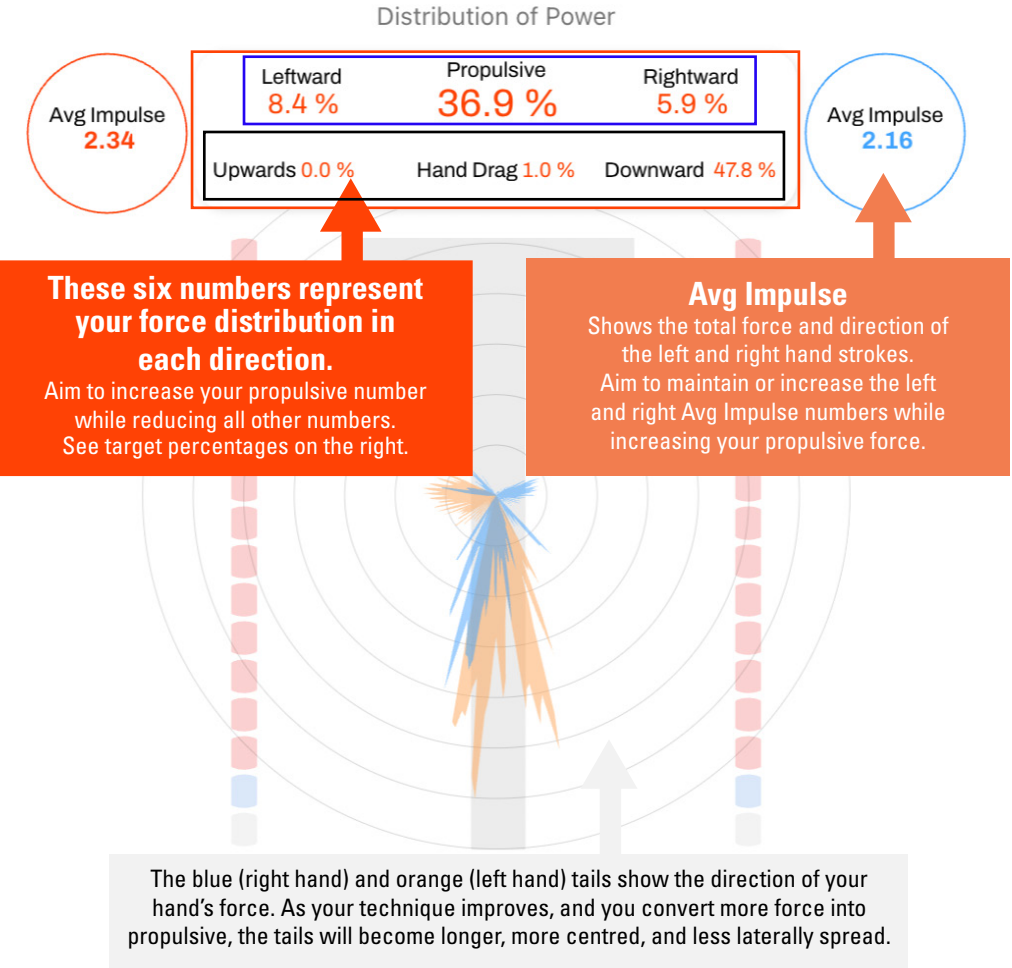




TARGET PERCENTAGES - LOOKING AT BOTH HANDS COMBINED

Every swimmer is different, so there's no universal target percentage - but this guide offers a helpful benchmark to aim for. Due to limited elite-level butterfly data, the target percentages shown are informed estimates. These benchmarks will be refined as more high-quality data is recorded.

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 determines 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.
5-10%	45-50%	5-10%

Upwards The percentage of upward force exerted when the hand exits the water at the end of the stroke.	Hand Drag The proportion of resistant force generated by factors like the direction of the palm and the angle of the hand during the glide phase.	Downward The percentage of downward force applied during the pull.
0%	0%	35-40%