



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.
Sprint	<4%	55-60%	<4%
Distance	<4%	70-75%	<4%

NOTE: Target percentages differ for sprinters vs distance swimmers.

AIM FOR THE TOTAL OF PROPULSIVE + DOWNWARD TO APPROACH 92%.

	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 into the catch and during the pull.
Sprint	0%	0%	32-37%
Distance	0%	0%	17-22%

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Distribution of Power

