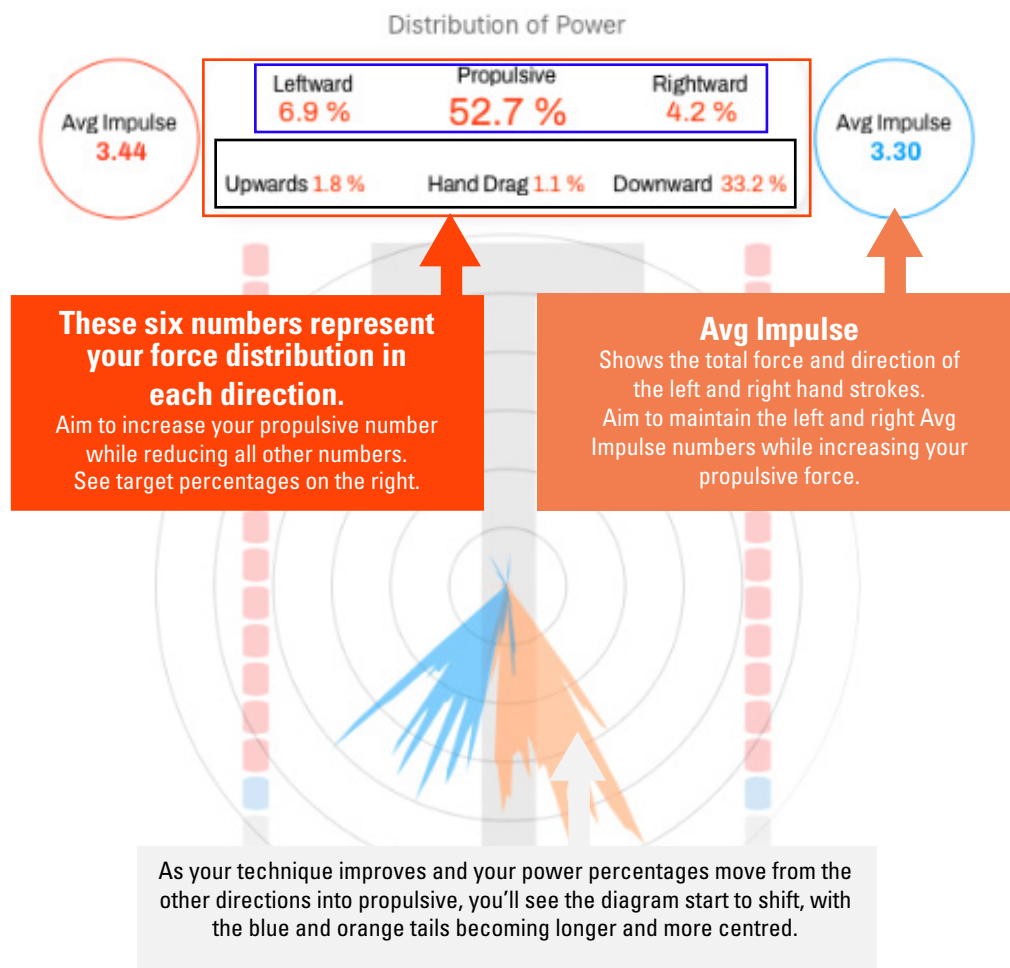




TARGET PERCENTAGES - LOOKING AT BOTH HANDS TOGETHER

	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.
Distance	<4%	70-75%	<4%

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

TARGET PERCENTAGES - LOOKING AT BOTH HANDS TOGETHER

	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 when entering the water.	Downward The percentage of downward force applied during the pull.
Distance	0%	0%	17-22%