SPRINT RACES

OVERVIEW

Goal: Aim to maximize metrics.

Focus: focus on finding the balance between optimal stroke rate and DPS.

STROKE RATE

Sprinters can afford a faster stroke rate right from the start.

Slight differences can determine the results of a tight race.

But, a faster stroke rate should not come at the expense of DPS.

DISTANCE PER STROKE

Make every stroke count.

Efforts are better utilized in taking stronger, more efficient strokes than faster strokes which don't give as much distance.

But, too much glide time between strokes, even with a high DPS, can lead to slower speed.