

Coaching Corner:



Stroke Rate

Many swimmers may have found their stroke rate has dropped due to inconsistent swimming, lack of fitness and age. It is easy for stroke rate to slow without the swimmer being aware of this.

In training sessions recently, we measured our swimmers' stroke rates and were quite shocked to see the results. Most swimmers' stroke rates had dropped since pre-COVID. We then swam some sets focusing on increasing stroke rates using Tempo Trainers (Mode 3). For those without a Tempo Trainer, they focused on increasing stroke rate and their rate was measured during set using stopwatch. Even a slight increase in stroke rate can make a difference to efficiency and time. As fitness improves, swimmers should find it easier to stroke at a higher rate.

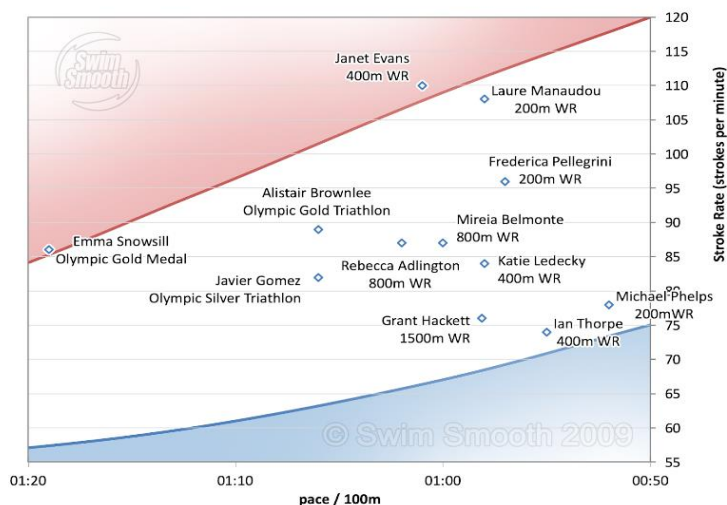
It was interesting to note in the session that, even after short intervention, many swimmers' strokes looked sharper and more efficient after increasing stroke rate.

Coach Tips:

- to find stroke rate using stopwatch: Stroke Rate Mode "00": observe a swimmer – press start as hand enters the water count 1, on 4th stroke count 4 and press stop. The number is the stroke rate.
- Ramp test: Used to find optimal stroke rate. Swim a set of 50s increasing stroke rate each 50, starting at a rate below usual rate. What is the point where fastest speed is achieved without comprising stroke? This is optimal stroke rate.

Some facts about Stroke Rate:

- Average Stroke Rate is around 60 -65.
- Stroke rate can drop off with age and fitness.
- Stroke Rate is very individual and depends on swimmer's body: height and arm span.
- Some interesting elite stroke rates (*from Swim Smooth*)



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