Increasing Speed with
Stroke Rate
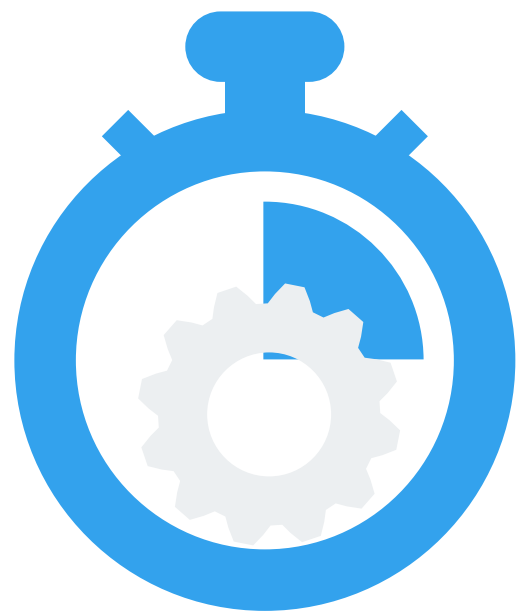
Maintain Technique

A high stroke rate shouldn't be gained by dropping the catch or the exit from the stroke. That will artificially create a high stroke rate but without gaining speed.

Shoulder Driven Style

When sprinting, using your shoulders to create the rotation will increase your stroke rate, maximizing your speed.

Short Distances

Stoke rate is important in short races. Powerful, fast strokes will propel you through the water quickly.

Distance Per Stroke

An increase in stroke rate can be accompanied by a slight drop in DPS, as long as speed increases.

Increase Slowly

To maintain good form and technique, slowly increase your stroke rate. This will lead to an improvement in strength over time.