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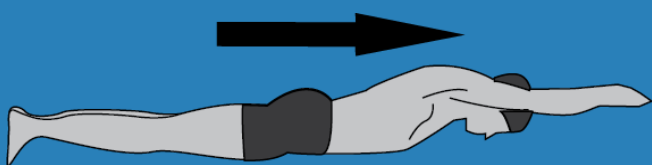
MAXIMIZING

TIME UNDERWATER



TIGHT STREAMLINE

Reducing drag is the most important factor during the underwater portions of a race. The easiest way to improve is to keep a tight streamline. This will allow you to go further, faster



PUSH OFF STRENGTH

The fastest speed you reach during a length is right at the end of the push-off. A stronger push off will produce more speed to sustain a longer time underwater

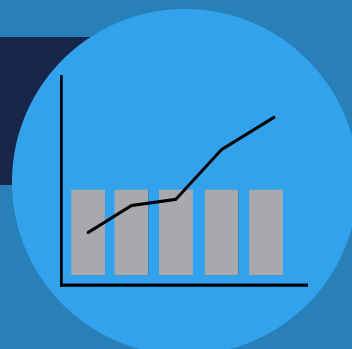


WHERE AND WHEN

The ideal depth is between 0.4-0.6m. The ideal distance is at the point where your speed underwater matches or goes below your average stroking speed.

BE CONSISTENT

Most swimmers tend to drop time underwater as a race progresses, but faster swimmers maintain consistency throughout. Focus on producing consistent time underwater, without sacrificing any distance.



STRONG UP KICK

During dolphin kicks, it is important to kick hard up as well as down, and to get your toes really moving fast



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