Given a string S, return the number of substrings that have only **one distinct** letter.

**Example 1:**

**Input:** S = "aaaba"

**Output:** 8

**Explanation:** The substrings with one distinct letter are "aaa", "aa", "a", "b".

"aaa" occurs 1 time.

"aa" occurs 2 times.

"a" occurs 4 times.

"b" occurs 1 time.

So the answer is 1 + 2 + 4 + 1 = 8.

**Example 2:**

**Input:** S = "aaaaaaaaaa"

**Output:** 55

**Constraints:**

* 1 <= S.length <= 1000
* S[i] consists of only lowercase English letters.