

## SWIM TOOLS for MASTERS SWIM GROUP

### **Pull Paddles – around \$10/pair**

For pulling drills and arm strength work – paddles come in different sizes (usually color coded) and shapes. I like the style of the green ones on the left below. To size properly, lay your hand down flat on the paddle and get the size that is just bigger than your hand print (i.e., no fingertips hanging over the edge, and not more than about a half inch of space beyond your fingertips)



### **Pull Buoy – around \$7**

For pulling drills to float your legs and hips. Get whatever brand and shape you prefer – I like the one pictured below (made by either Speedo or TYR). The “waste” portion of the buoy goes between your legs right up against your crotch (with the bigger section of the floatie behind you, smaller section in front of you). When pulling, you don’t move your legs (no kicking) – they just float and your arms do all the work. Some pools and health clubs provide pull buoys to you – if so, you are welcome to use those. Otherwise, get your own and mark your name on it in permanent ink.



### **Fins – around \$15-25 (big fins), \$35 Zoomers**

For leg strength and kicking drills – I recommend first starting with “Zoomer” style (short) fins. This helps you get more power out of your kick, but not too much at first. Zoomers come in red (most stiff), royal blue (medium stiffness), and Navy blue (Z2 style least stiff, flexible). When in doubt, start with the royal blue version to get used to fins. Once experienced with fins, I like to graduate swimmers to the big fins (pictured on the right). Big fins provide serious power to the kick and are very demanding on the legs (and a lot of fun!). They come in different colors (based on your foot size), and multiple brands. Get whatever brand the swim shop sells closest to you (or online at [www.swimoutlet.com](http://www.swimoutlet.com)). Wearing fins takes a little practice – they may feel uncomfortable at first, and even wear blisters on your feet. Try vasoline or band-aids where the blisters appear.

#### ***Zoomers***



#### ***Z2 Zoomers***



#### ***Big Fins***



### **Kick Board – around \$10**

Used to float your arms (and thereby your upper body) during kicking drills. Kick boards also cause some people discomfort in their lower back since the position of kicking with a board puts your back in slight hyperflexion. If this is the case for you, kicking drills can all be done without a board as well.



*All of these swim tools can be found locally at:*

Lane Four Swim Shop – 183 & Burnet

*Or online at:*

[www.swimoutlet.com](http://www.swimoutlet.com)