

Swim Training Equipment

There are four pieces of training equipment, otherwise known as “pool toys”, which athletes should own and bring to club swimming sessions.

- [1] Fins
- [2] Paddles
- [3] Pull Buoy
- [4] Mesh Bag

Although every week is different the sessions regularly use these items. An advantage of the club is that we can train with fins and paddles within our club sessions, these are not normally allowed in public swimming sessions. Experience has shown that it is much easier if every athlete brings their own.

[1] Fins

Should be a short to mid-length fin; suitable models are:

- Finis Floating Fins
- Maru Training Fins
- Speedo Biofuse Fins
- Zoggs Ultra Blue Fins
- Mad Wave Swim Fins – either short or long

[2] Paddles

Really dependant on the size of athlete, large "dinner plate" type paddles should be avoided as they will put too much strain on athletes' shoulders; recommended paddles are:

- Finis Agility Paddles

[3] Pull Buoy

Pretty much any pull buoy is suitable. Small multi-purpose "kick buoys"" "pull floats" "pull kick" "combi float" etc. give best value.

- Maru Pull Buoy
- Finis Pull Buoy
- Arena Freeflow Pull Buoy
- Arena Pull Kick
- Speedo Elite Pull Kick
- Mad Wave Flow Kickboard

[4] Mesh Bag

Everyone MUST have a mesh bag to keep their "pool toys" in. If swim equipment is scattered across the poolside someone will inevitably have an accident. Not a lot of difference between them. Athletes should not use a "triathlon bag" or "gym bag" for this purpose, really need to be a free draining mesh bag. Most wetsuits are now supplied with a mesh bag which would be suitable.

Everyone should use a permanent marker to identify their own swim training equipment.

Other Stuff

Other useful training aids really depend on the athlete, but may include:

- Swim Cords
- Tempo Trainer
- Snorkel
- Ankle Bands

Suppliers

Although some of these items may be available in sports shops including Decathlon and Sports Direct the best option is online from a specialist retailer, leading retailers are listed below:

- ProSwimwear – www.proswimwear.co.uk
- Swim Shop – www.swimshop.co.uk
- Wiggle – www.wiggle.co.uk

Even more information

Finally if any doubt please ask one of the club coaches.