



## Swim Equipment [1]: The Pull Buoy



### What is it and what does it do?

A pull buoy is a foam figure-of-eight shaped float. It is mostly placed between your thighs to raise your hips and improve your position in the water

### Technique:

With no requirement to kick to maintain body position or propulsion, you are not working so hard and can focus on the catch and pull phase of your stroke.

As it keeps your hips and legs afloat, it is perfect for drills that improve your pull (like the doggy paddle drill) and your catch (any form of sculling)

### Conditioning:

Taking your legs out of the equation adds an extra training load to the upper body, leading to enhanced muscular endurance and upper body strength.

Add paddles to further increase the upper body load.

You can turn this into a tough core workout by placing the pull buoy between your ankles, making it much harder to keep the float in place while maintaining balance

### Disadvantages:

This is beyond doubt the item of kit that most triathletes become over-reliant on and I strongly advise you to try and avoid this for the following reasons:

[1] for most people it is less aerobically challenging to swim with a pull-buoy,

[2] it is easy to switch off and lose focus,

[3] the extra support raises the legs but disengages the core muscles,

[4] overuse can lead to de-training (workload is insufficient to maintain fitness) and

[5] a pull buoy acts like a keel, meaning it flattens your stroke and reduces rotation, which is not good at all.