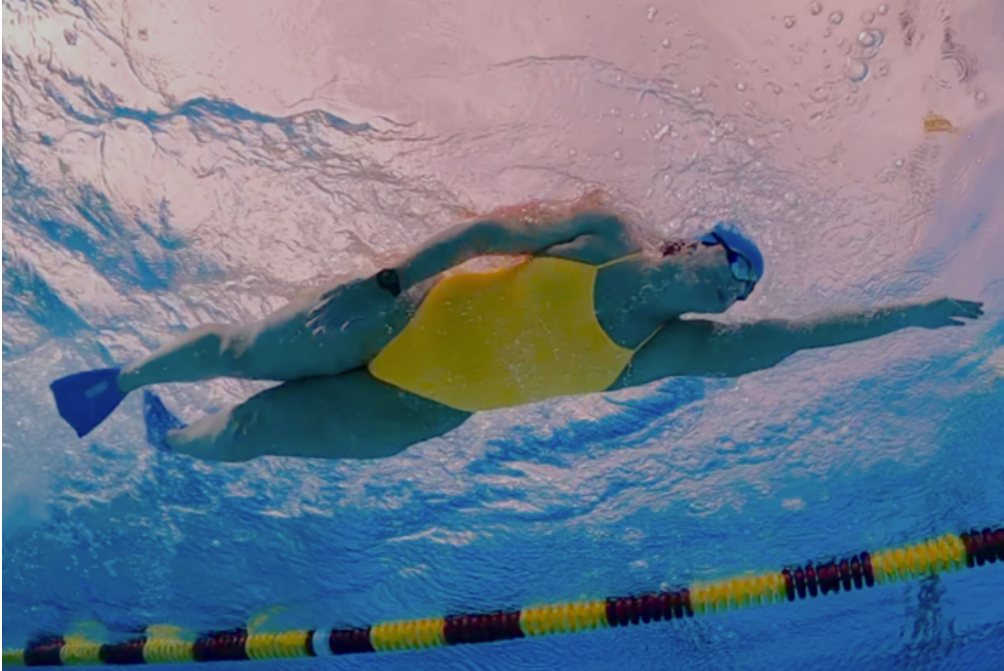




## Swim Equipment [2]: Fins



### What are they?

Fins are generally made from rubber or silicone, are worn on the feet and look like extended, flat blades. They come in various shapes and sizes, but for the purpose of your triathlon training, go for the short fins which allow for a quicker, more natural kick. If you have stiff, inflexible ankles you may want a longer, softer fin, but note that some pools do not allow them

### Benefits:

- [1] Technique: fins encourage you to flex your ankles, point your toes and kick from the hip, leading to a more efficient flutter kick when swimming finless
- [2] Drills: provide extra propulsion during popular and useful swim drills like the Torpedo Kick, the Sidekick, 6-1-6 and 6-3-6\*
- [3] Speed: increased propulsion means more speed and it is useful to experience what it feels like moving through water at race pace or faster for less effort
- [4] Body Position: fins help lift the lower body, promoting a more streamlined, horizontal position in the water. Proper body alignment reduces drag and improves overall efficiency
- [5] Power: fins provide added resistance, which strengthens the calves, hamstrings, and quadriceps. Over time, this increased strength translates to more powerful kicks without the fins



### Disadvantages:

- [1] Fins add propulsion and lift the legs higher in the water. This can mask poor body position (sinking legs) and core engagement (poor streamlining)
- [2] The extra kick power allows you to swim at a pace that isn't achievable in normal swimming. This can lead to pacing issues and a false sense of efficiency. Feeling "fast" in training but struggling to replicate it in open water can be frustrating
- [3] That extra speed can hide technique deficiencies such as poor kick timing and inefficient catch mechanics. It is vital you wear fins to correct specific flaws otherwise you may just end up compensating for them
- [4] While Power/Strength is listed as a benefit, wearing fins adds additional load to your joints (ankles), tendons (Achilles) and muscles (calves). As such, it is best not to introduce them to the set until you are thoroughly warmed up

It is not cheating to use fins to work on improving your technique. However, using them to record faster times on Strava is definitely cheating!

\*Drills with fins (all based on Swim Smooth videos):

Torpedo Kick

[https://www.youtube.com/watch?v=e\\_Jt5CIQieo&list=PLYcon0\\_LG98B3sqLTSWzy7DOV7aJkZ8R\\_&index=9](https://www.youtube.com/watch?v=e_Jt5CIQieo&list=PLYcon0_LG98B3sqLTSWzy7DOV7aJkZ8R_&index=9)

Side Kicking

[https://www.youtube.com/watch?v=9gG0DcdowC4&list=PLYcon0\\_LG98B3sqLTSWzy7DOV7aJkZ8R\\_&index=10](https://www.youtube.com/watch?v=9gG0DcdowC4&list=PLYcon0_LG98B3sqLTSWzy7DOV7aJkZ8R_&index=10)

6-1-6

<https://www.youtube.com/watch?v=3vkcLkHlmo>

6-3-6

<https://www.youtube.com/watch?v=KYDADbuPBTs>