

Training Kit

It is vitally important to have all the required training equipment with you at every training session. This enables you to fully participate in all training sets and drill sets that your coach prescribes and therefore get the most out of your training and not de-harmonise the flow of the squad by having to do something different!

Please see the ***Squad Equipment List*** below for the equipment required for your squad.

It is imperative that you purchase the specific items (Brands) listed in the *Equipment* section of this document as equipment items with the same general name can differ considerably in their purpose and functionality – if in doubt talk to your coach before purchasing any equipment.

Personal and marked

It is important that you own your own equipment to ensure that you do not have to rely on others or the correct equipment being available at the venue and that all your equipment is clearly marked as belonging to you.

Spare goggles, hat and costume

When training all swimmers should have a spare swimming hat (if they use one) and goggles with them on poolside, and a spare costume in their kit bag to minimise any interruption to training due to an equipment failure. Goggles should be pre-adjusted to ensure they fit. Rubber straps tied and knotted (buckles removed) so that further adjustment is not necessary.

Drinks bottle

All swimmers should bring, at least, one drinks bottle with them to training. Ideally these should be sports purpose 750ml or 1000ml clear sports drinks bottle and identifiable as belonging to you and should contain water or an isotonic sports drink only (Please see separate document on hydration for more details). Both bottles should be taken onto the poolside at the start of the session and should be sterilised before being used again (same procedure as for a baby's bottle) or cleaned in a dishwasher and should be replaced every 2-3 months to minimise stomach upsets.



Equipment

Mesh Kit bag	
	<p>Make/brand</p> <ul style="list-style-type: none">• Personal preference, no specific brand recommended <p>Purpose</p> <ul style="list-style-type: none">• To hold all poolside wet equipment and allow to dry between sessions
Kick Board	
	<p>Make/brand</p> <ul style="list-style-type: none">• Speedo Elite Kick board <p>Purpose</p> <ul style="list-style-type: none">• Kicking sets <p>Note</p> <ul style="list-style-type: none">• <i>The board is ergonomically designed for comfort, sits lower in the water and reduces pressure on the shoulders.</i>
Short Fins	
	<p>Make/brand</p> <ul style="list-style-type: none">• Speedo Biofuse training fin <p>Purpose</p> <ul style="list-style-type: none">• Sprint assisted training• Kick sets• Ankle flexibility <p>Note</p> <ul style="list-style-type: none">• <i>Long fins alter stroke mechanics</i>• <i>Stiff fins are an advanced strength aid</i>
Pull Buoy	
	<p>Make/brand</p> <ul style="list-style-type: none">• Speedo Elite Pull Buoy <p>Purpose</p> <ul style="list-style-type: none">• Pulling (arm only) training sets <p>Note</p> <ul style="list-style-type: none">• <i>Although the Speedo Elite is the recommended standard this is not essential, however any pull buoy purchased should be of the soft foam variety and not too big.</i>

Pull Band



Make/brand

- Finis Pulling Ankle Strap
- *Can make own out of a section of car inner tube*

Purpose

- Used to isolate the arms when pulling with or without a pull buoy

Note

- *Can make own out of a section of car inner tube*

Finger Paddles



Make/brand

- Arena Elite Finger Paddles Aid
- Finis Sculling Finger Paddles

Purpose

- Sculling drills
- Pulling sets

Note

- *Although the above brands are recommended other finger paddles are available and can be used, **however only buy those that have a facility to use via the middle finger only***

Paddles



Make/brand

- Speedo Tech Hand Paddles

Purpose

- Used for pulling, swimming and sculling sets to enhance technique and strength

Note

- *The paddles come in various sizes (S/M/L etc.) and a size should be selected that leaves approximately a 1 cm paddle overlap around the hand*
- *These paddles have been specifically selected because of their shape and ability to use via the middle finger only.*

Drag Suit	
	<p>Make/brand</p> <ul style="list-style-type: none"> • Personal preference, no specific brand recommended • These drag shorts are unisex <p>Purpose</p> <ul style="list-style-type: none"> • To create drag and increase the training load <p>Note</p> <ul style="list-style-type: none"> • <i>It is important that these are relatively loose in order to create drag</i>
Pocketed Drag Suit	
	<p>Make/brand</p> <ul style="list-style-type: none"> • Finis Ultimate Drag Suit <p>Purpose</p> <ul style="list-style-type: none"> • Used for increasing resistance • Advanced sprint resisted training
Finis Pacer	
	<p>Make/brand</p> <ul style="list-style-type: none"> • Finis Pacer <p>Purpose</p> <ul style="list-style-type: none"> • To aid in maintaining constant stroke rate • Stroke length maintenance and improvement <p>Note</p> <ul style="list-style-type: none"> • <i>Selected swimmers only</i> • <i>Do not use without coach guidance</i>
Zoggs four stroke positive drive fins	
	<p>Make/brand</p> <ul style="list-style-type: none"> • Zoggs four stroke positive drive fins <p>Purpose</p> <ul style="list-style-type: none"> • Breaststroke kicking <p>Note</p> <ul style="list-style-type: none"> • <i>Selected breaststroke swimmers only</i> • <i>Do not use without coach guidance</i>

Appendix I - Squad Equipment List

Squad	Bronze	Silver	Gold	Platinum	Age Group Elite	Youth Elite	Age Group	Comp Club
Mesh Kit Bag	✓	✓	✓	✓	✓	✓	✓	✓
Kick Board	✓	✓	✓	✓	✓	✓	✓	✓
Short Fins	✓	✓	✓	✓	✓	✓	✓	✓
Pull Buoy	✓	✓	✓	✓	✓	✓	✓	✓
Pull Band	✓	✓	✓	✓	✓	✓	✓	✓
Finger Paddles	✓	✓	✓	✓	✓	✓	✓	✓
Paddles					✓	✓	✓	✓
Drag Suit				✓	✓	✓		
Pocketed Drag Suit					✓	✓		
Finis Pacer					✘	✘		
Zoggs four Stroke positive drive fins					❄	❄		

✘ Selected swimmers

❄ Selected Breaststroke swimmers only

Appendix II - Equipment suppliers

A list of equipment suppliers can be found at:

[http://www.rtwmonson.org/Links\(1929855\).htm#Shopping](http://www.rtwmonson.org/Links(1929855).htm#Shopping)

Most equipment can be purchased from Mailsports and a discount obtained on many items by using the promotional club code: RTWSC549 as well as raising money for the club.