



# Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

**Q:** Subject: Swimming with swim fins

As I have been practicing my swim this summer I have noticed many swimmers who work with buoys for between their legs and also swim fins. How do each of these benefit my swim stroke?  
P.F.

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**A:** HEY PAUL,

THE BOUY ALLOWS YOU TO FOCUS ON JUST PART OF THE SWIM MOVEMENT.....FROM THE HIPS UP. WITH A BUOY, YOU CAN PERFECT YOUR "**TALL**" **HAND ENTRY**, ARM-RECOVERY, AND HIP-ROTATION.....ALL WITHOUT THE RESPONCIBILITY OF KICKING TO ELEVATE THE FEET & HIPS.

The fins, on the other hand, allow you to get 'resistance-feedback' instantly by simple allowing you to go faster on less effort. Realize that when you swim faster.....the water resistance of 'UN-STEAMLINED' movements gets magnified exponentially w/ every increase in speed.

So, intuitively, you'll begin to streamline yourself w/ more 'slippery' movements by gaining that awareness @ higher speeds.

In my opinion, the purpose of fins (and even 'kicking' in general!).....is **NOT** to generate propulsion.

A kick will propel you, but it comes @ much too high of a cost of increased heart-rate for distances of a half-mile+ (as is most tri's). Get in the pool and kick as hard as you can for 50m if you don't believe me. You'll go fairly slow.....but it'll still come @ a very high effort and hr.

Kicking works great for swim-team swimmers whose races last from 30seconds to 5minutes. But for a triathlete who'll get out of a 1/2-mile (or likely longer) swim to hop on a bike and hammer.....the kick is better used as a 'timing mechanism' for the REAL power generator in your swim stroke.....**your HIPS!!!**

I hope this helps. Let me know if I can.

**Sonni**