

PRACTICES

by the TOOL



by Giovanni Torriani



Nowadays a swimmer who wants to aspire to a medal in the agonistic COMPETITION has a must: to be trained in the most efficient way. Swim TECHNIQUE and POWER are the two main aspects that a swimmer has to be optimized for this purpose, thus allowing to gain some important tenths of seconds to the competitors. The exercises carried out with the aid of REVFIN are a valid help to that, both in the aerobic workout and in the power jobs.

Let's be focused on an athlete who is not a beginner and aged more than twenty, normally he takes training at least three times a week. Once it can be asserted that the individual base technical aspects have been settled, such as the wide arm stroke and kick coordinated movement, the right positioning of the hand and of the elbow in the water, the correct rotation of the head during breathing and the kick pacing during the propulsive phase, the exercises can be focused paying a special attention toward two among the most important specific technical aspects. **The first is the underwater arm stroke optimization.** When in aerobic condition and after the

standard warming up of 8x25 meters as an example, it is the time to put REVFIN on. Swim 4x25 meters at a medium effort being concentrated on the arm stroke. Once the hand has cut the water and it has started to impose the propulsive power you can get practice in trimming its position: move its tilting and the elbow path until you feel the maximum forward thrust. The advantage provided by REVFIN is that the additional drag force is applied to the legs and, without significantly affecting your technique, your forwarding speed is significantly decreased. The "slow down" effect so obtained makes you better feel the influence of the

trimming corrections on the underwater arm stroke. It is now the time to take your REVFIN out. You can now keep on training according to your usual plan but previously swim 4x25 meters and compare the new attitude versus the former (when you were using REVFIN), in this way it will be easy to steady the new swimming asset (obviously, it will not be too much different from the previous). You will notice how the swim will become more fluid and your speed in the water will significantly increase. Firstly this exercise has to be repeated twice a week, then when the improvement in the arm stroke is obtained you can do it monthly as a check.

**Let's talk about the second aspect: force and power enhancement.**

In this case we are under anaerobic conditions. As well known the power is obtained as the force by the speed. Thus, when you increase your exerted power your speed is increased as a consequence. The tool REVFIN forces you to exert more power and as a consequence it trains your body to work at very high and protracted anaerobic loads. Practically speaking here is an exercise that makes the case: after the warming up cycle 14x25 meters swim 10 repeated 2x25 meters and 10 seconds rest. After that, you can put your REVFIN on, wait

3 minutes, and start with the series 8x 2x25, 15 seconds rest. Finally, you can complete your training according to your usual cool down phase. This workout can be applied daily and its pacing must be surely adapted according to the shape condition of each single athlete.

The coach role is as usual very crucial. Among others, he has the task to stimulate the rhythm and the motivation. Particularly, on our case his job of balancing the mentioned technique and power training aspects according to the athlete feedback is very important. It is advisable to monitor the time of sets with and without REVFIN, the speed variation must be less than 30%, on the contrary it means that the fatigue prevails and it is time to reduce the time with REVFIN on.

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