

Greenwich Royals Swimming Club

Affiliated to London Region A.S.A. & Kent County A.S.A

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Standard training aids

It is very important for all swimmers to have the right kit and equipment that the coaches want to work with, so the club has created a list below of the equipment recommended for each squad.

Recommended product	Mini	Academy	Junior	Borough	County	Regional	National
Mesh Kit Bag	✓	✓	✓	✓	✓	✓	✓
Finis Standard Kick board	✓	✓	✓	✓	✓	✓	✓
Finis Alignment Kick board				✓	✓	✓	✓
Finis Foam Pull Buoy	✓	✓	✓	✓	✓	✓	✓
Finis Zoomers Fit Fins	✓	✓	✓	✓	✓	✓	✓
Finis Edge Fins						✓	✓
Finis positive Drive Fins					✓ ¹	✓ ¹	✓ ¹
Arena Elite Finger Paddles	✓	✓	✓	✓	✓	✓	✓
Speedo Tech Hand paddles					✓	✓	✓
Finis Swimmers snorkel					✓	✓	✓
Finis cardio cap						✓	✓
Finis Reversible Drag Shorts			✓	✓	✓	✓	✓
Finis Ultimate Drag Suit					✓	✓	✓
Finis Tempo Trainer Pro						✓	✓
Finis Dryland cord				✓	✓	✓	✓
Fitness Mad Resistance bands				✓	✓	✓	✓
Fitness Mad Skipping Rope				✓	✓	✓	✓
Fitness Mad Fit Ball					✓	✓	✓
Mailsports Grid Foam Roller				✓	✓	✓	✓

¹ BREASTSTROKERS ONLY



Optional training aids

<i>Recommended product</i>	Mini	Academy	Junior	Borough	County	Regional	National
Fitness Mad Warrior Mat				£	£	£	£
Fitness Mad Spikey massage ball					£	£	£
Fitness Mad Trigger point massage balls					£	£	£

Where to buy any of the recommended training aids:

These products can be found at a range of outlets and you may wish to do your own searches to find out where the cheapest may be on offer. We do however suggest you use someone such as <https://www.mailsports.co.uk>, who we're hoping will soon have a specific GRSC club page to make it easier for you to find the recommended products.

GRSC – Information on recommended training aids

Mesh Kit bag



Suggested brand - Personal preference, no specific brand recommended.

Purpose - To hold all poolside wet equipment and allow to dry between sessions.

Kick Boards

Finis Standard Kick board



Available in two sizes:

Senior (12 years +)

Junior (12 years & under)

Purpose

Immobilizes arms to help build leg strength

Junior size is designed to decrease stress on shoulders

Finis Alignment Kickboard



Purpose

Promotes a streamlined body position from fingertips to toes.

Creates an ideal body alignment when used just below the waterline.

Junior size is designed to decrease stress on shoulders

For standard kicking, one arm drills and side kicking in all four competitive strokes

Pull Buoys

Finis Foam Pull Buoy

Available in two sizes:

Standard (12 years +)

Junior (11-14yrs and those with smaller legs)

Purpose

Immobilizes legs, shifting focus to build upper body strength

Lifts hips and legs to focus on swimming with proper technique

Calls for focus on hips while pulling to build core strength



Fins



Finis Zoomers Fit

Various sizes

Purpose

Promotes an elevated body position to keep the legs active during swim

Increases leg strength while making swimming easier

Promotes shorter faster kicks specific to swimming

Catches water on the up-kick, targeting and strengthening hamstrings and glutes



Finis Edge

Various sizes

Purpose

Increased surface area and reinforced side rails for a proper kick at high speeds

Designed to catch water on the up-kick, activating hamstrings and glutes

Designed to feel like a natural extension of the foot

Advanced vent system redirects water flow, eliminating drag and increasing propulsive forces



Finis positive Drive Fins

Various sizes

Purpose

Generates correct propulsion in all four competitive swim strokes, increases leg strength, foot speed and ankle flexibility; great for training the individual medley event

Promotes a natural inward supination kick cycle

Safely build a powerful breaststroke kick

Paddles



Arena Elite Finger Paddles

Purpose

Helps improve sculling and feel for the water.

Allows you to work out the catch phase on all 4 strokes

Increases shoulder strength.

Can be used with 'middle' finger only.

Speedo Tech Hand paddles

Available in three sizes – Small / Medium / Large (*should be sized just slightly larger than your hand*).



Purpose

Helps to improve stroke and technique. Features hydrodynamic design for optimum contact with water.

Has a unique air foil shape to improve hand lift motion and flow holes that improve aquatic sensitivity.

Increases shoulder strength.

Can be used with 'middle' finger only.

Snorkel

Finis Swimmers snorkel

Available in three sizes – Junior / Senior / Youth

Purpose

Eliminating the need to breathe allows for relaxation in the water in order to focus on stroke technique

Allows water to flow out of the tube without entering the mouthpiece

Curves around head to reduce drag and promote proper body position and stable at any speed

Stays in place for butterfly, breaststroke and freestyle, including flip turns

Increases aerobic capacity



Finis cardio cap

Purpose

Teaches a deeper breathing technique for high anxiety and race day environments and increases the ability of muscles to work better when oxygen levels are low

Aids forced inhalation and exhalation

Increases lung workout load by 40%

Increases the amount of red blood cells and hemoglobin



Drag Shorts

Finis Reversible Drag Shorts

Available in four sizes – S / M / L / XL

Available in two colour sets - Black/Red & Navy/Yellow

Purpose

Designed to be worn over a swimsuit for increased drag

Helps build muscle and increase endurance





Finis Ultimate Drag Suit

Available in four sizes – S / M / L / XL

Purpose

Designed to be worn over a swimsuit for increased drag

Helps build muscle and increase endurance

4 additional structured cups capture water and increase resistance

When resistance is removed, speed and stroke rate can be increased

Temp Trainer



Finis Tempo Trainer Pro

Purpose

The small, waterproof device easily secures beneath a swim cap and transmits an audible tempo beep.

Adjustable tempo offers the ability to identify and maintain an ideal pace.

Excellent for training the relationship between Stroke Rate and Stroke length

Land conditioning equipment (home use)

Dryland cord



Finis Dryland cord

Available in different resistances:

Yellow – Light, Green - Medium & Red - Heavy

Purpose

Simulates swimming movements out of the water and isolates vital muscle groups

Builds strength and endurance and can provide a full body workout

Builds strength and endurance

Builds specific muscle strength to prevent or combat injury

Offers off-season and rehabilitation training options

Terra Band



Fitness Mad Resistance bands

Available in three strengths:

Red - Light, Blue - Medium & Black -Strong

Purpose

Used for strength and injury prevention

Skipping Rope



Fitness Mad Skipping Rope

Comes in three lengths dependent on height:

8ft – For those under 5'3" - Lilac handles

9ft - Individuals between 5'4" - 5'10" - Blue handles

10ft - Individuals over 5'11" - Black handles

Purpose

Used mainly for Warm-Up and Cool-Down practices and light Plyometrics

Swiss Ball



Fitness Mad Fit Ball (comes with pump)

Purpose

Used for Fit Ball workouts, Yoga, Pilates or physiotherapy and can be used as a chair to aid with postural problems.

Mat



Fitness Mad Warrior Mat

Purpose - Provides good grip and cushioning

Massage & Release equipment

Foam Roller



Mailsports Grid Foam Roller

Purpose

Designed for a self-massage and roll through the tight muscles, knots and kinks that prevent feeling good and moving well.

Ideal for Recovery and pre-race routines

Trigger Point Massage balls



Fitness Mad Spikey massage ball

Available in two sizes - 9cm & 7 m

Purpose

Designed to be used to release tight, uncomfortable muscles and can help to release toxins and improve your circulation.

Ideal for difficult to get to places!

Ideal for Recovery and pre-race routines



Fitness Mad Trigger point massage balls

Pack of three different hardness's

Purpose

Designed to be used for acupressure massage and trigger point release.