

# SwimFASST

## DISCOVER YOUR SWIMMING SWEET SPOT

Have you always wanted to swim fast?..... now you can with your new  
Swimfasst self-teaching swimming device  
Craig Riddington surf ironman & Australian swimming representative



The Swimfasst device will allow swimmers to understand and self-train the correct swimming technique by way of basic drills performed with the device. The most affective drill for improving swimming stroke is dog paddle, other drills include basic skulling and breaststroke

By using the device for just one lap, will instantly improve water feel, streamlining, rotation, fluency and general understanding of how a swimming stroke functions



By creating floatation under the elbows with the swimfasst device - will train the swimmer to start their front of stroke, without dropping elbows (typical in most untrained swimmers)  
The device also ensures swimmers catch is extended infront of the body (not underneath)

Freestyle recovery (forward extension of the arms normally above the water) is instead under water, therefore the use of the device also trains a streamlined and relaxed recovery with great emphasis on forward momentum.

The device also helps to lead with elbows during recovery which intern helps to roll the body.  
These are all essential movements within an efficient swim stroke.

***Please see over for swimfasst instructions & other uses to improve your swimming  
For further information - please go to our website - [www.swimfasst.com.au](http://www.swimfasst.com.au)***

# SwimFASST

## Swimfasst use

- \* This device may be difficult to use at first, therefore you may require a one on one training session with our swimfasst instructors, however you will quickly respond to the devices intended use.
- \* This device is not to be used to swim freestyle or other strokes. It is a specific device to correct front of stroke by way of drills under the water, with recovery as well – under the water
- \* Specific dog paddle and sculling drills, which are the best drills to improve stroke and water feel.
- \* By correcting front of stroke technique - will allow the user to correct and improve the remaining parts of the swimming stroke

## Swimfasst tips

- \* The elbows should never be lifted; the stroke is required to go into recovery under water like breaststroke, before any elbow lift is required as in a freestyle stroke
- \* The hand needs to stay inside the elbow (never outside) and once under the chest area - needs to recover like a breaststroke recovery
- \* Keep your head above the water, you can put your head in a proper swim position, however it may turn on more dominant muscles around neck which need to be relaxed
- \* As you get used to the device – start to rotate the body more by reaching further
- \* Ensure hands are relaxed, never tight or fingers pushed together, this creates a greater area of water to hold
- \* Don't try to push the device down with elbows; It is intended to keep the elbows buoyant to create early vertical forearm action
- \* Use a pull buoy if your legs are sinking
- \* For specific arm drills, only kick lightly for balance with concentration on front of stroke.
- \* The device can also be used in conjunction with arm use during kick sets once familiarized
- \* The device can also be used for: Kick sets & one arm drills (replacing kickboard), Strength training, resistance training (attaching device to ankles), Coordinating a six beat kick, For swimmers who panic breathe, paddle work.

## Putting on the swimfasst device

1. Put sleeves over the elbow so the join button is on the most internal elbow joint (sleeves are universally fitted)
2. Attach straps around sleeve with a bent elbow so they are firm (not tight)
3. Connect button join into device (a setting slightly wider than shoulders for dog paddle drill) by sliding in forward with join openings facing you (this will be your standard setting)
4. For front sculling use the setting inside your standard setting, and for Breaststroke scull - use the setting outside your standard setting. For smaller adults and children use a smaller setting
4. To disconnect – hold device firm against body and pull at the joining point directly back
5. To take out plastic slot covers simply slide out with thumb without pushing downwards

Diagram 1: Sleeves on elbow



Diagram 2: Straps secured



Diagram 3: Attach to device



Diagram 4: Attach to device



Diagram 5: Dog paddle arms



Diagram 6 & Diagram 7: Under water recovery



Diagram 8: Taking out slot covers

