



# Swimmer's Snorkel



[ develop perfect balance in the water ]

*"The Swimmer's Snorkel allows the swimmer concentrate on body balance, rotation and alignment by eliminating the complicated breathing motion."*

- **Richard Quick**  
Head Coach, Stanford  
Women's Swimming / Head  
Coach 1996, 2000 USA  
Women's Olympic Swim Team

[ increase your CO2 tolerance and VO2 Max ]

## What is the Swimmer's Snorkel?

The Swimmer's Snorkel is a patented front-mount snorkel designed specifically for swimmers and can be worn with any standard swimming goggle.

At its most basic level, the snorkel allows a swimmer of any ability to relax in the water and maintain a completely laid out, horizontal position. The key benefit to this is the ability for the person to breathe naturally and rhythmically. This skill is the most critical aspect for novice level swimmers to master. The ability to be laid out, completely horizontal and relaxed is beneficial to all levels of swimmers, as it allows people to swim at normal or even slower speeds while maintaining full range of motion.

A Jr. Snorkel is also available, which is shorter in length to account for the possible underdeveloped lungs of swimmers under the age of 14.

## Why do I need the Swimmer's Snorkel?

Many of the fastest swimmers in the world use the center-mount Swimmer's Snorkel in practice every day. For people with poor technique, the effect from using the snorkel can be dramatic – from a floppy, sloppy stroke to battleship stability in one lap! It is a beneficial training tool for beginners, triathletes, masters and recreational swimmers.

The Swimmer's Snorkel allows swimmers to concentrate on body balance, head position and stroke technique by eliminating the breathing cycle rotation. Greater emphasis and promotion of proper body alignment, complete axis rotation and arm stroke pattern are automatic once the Swimmer's Snorkel is incorporated into the swimmer's training regimen. Instantly, the swimmer will glide through the water without worrying about turning to breathe, enabling an improved and uniform stroke.

*"In my opinion, the timing of the breath and twisting of the body while taking a breath is both distracting and disruptive when learning proper body balance and hip/hand timing. By using the front-mount snorkel during specific drills, the swimmer is free to focus on specific rehearsal points."*

- **Mike Bottom**  
Head Coach of  
World Sprint Team  
and Co-Head Coach,  
UC Berkeley



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Regular use of the snorkel during training also increases CO2 tolerance and VO2 max. When used with the Cardio Cap (an additional accessory), the snorkel increases the conditioning and workload to the lungs by an additional 40%, providing benefits equivalent to those associated with altitude training.

## How do I get started?

First, get familiar with swimming and breathing through the snorkel. A popular program is to incorporate the snorkel into every practice's warm up and warm down sessions. Try breathing naturally, but learn to inhale and exhale powerfully. To avoid water going up your nose, exhale mainly through your nose. If a lot of water gets in the snorkel, blow out hard until all water is clear.

*"The Swimmer's Snorkel is required swim equipment within all our swimmer's gear bags."*

*- Dr. Dave Salo,  
Head Swim Coach,  
Irvine Novaquatics /  
2003 USA Coach, World  
Championship Team*

## Balance Drill

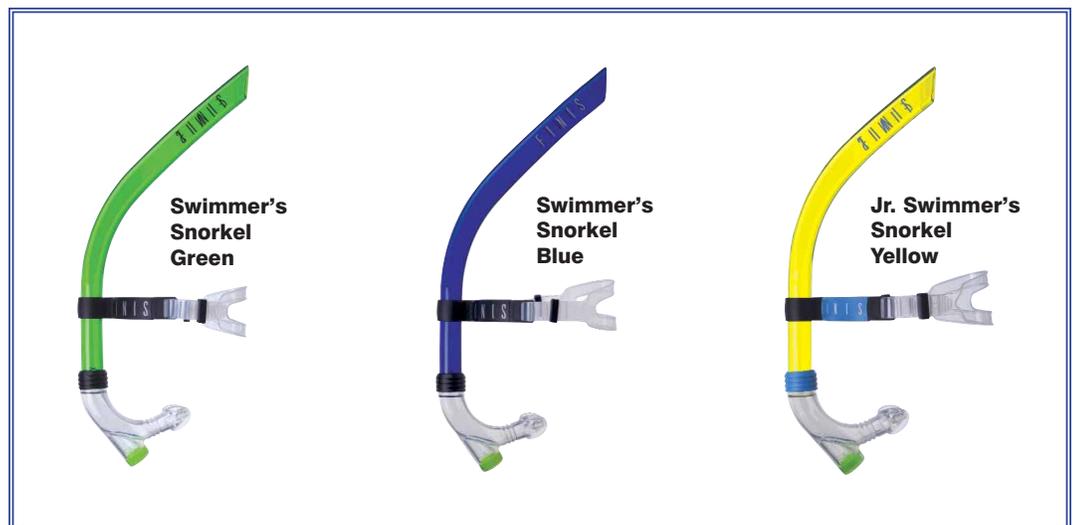
Keep your arms at your sides and maintain a moderate, but steady kick. Swim 25 yards, exaggerating your chin way up. Next, swim 25 yards, exaggerating your chin way down. Finally, swim 25 yards where your chin falls to its natural position. This should help you find the correct head and body position that provides the greatest sensation of forward motion.

## Shark Drill

Extend your arms out in front of you and maintain a moderate but steady kick. Begin stroke with left arm. Recover with a high elbow and delay in the shark fin position for six kicks on your side. Maintain positive alignment throughout rotation and six-kick delay. Resume stroke and repeat drill on opposite side.

## Every Warm Up & Every Warm Down

Before every practice, warm up for 500 yards using the snorkel. This will help you to maintain proper alignment throughout your entire practice. After every practice, warm down for 500 yards using the snorkel. Using the snorkel when you are most fatigued will strengthen your muscle memory and improve your overall results.



It is possible to do a freestyle flip turn with the Swimmer's Snorkel, and the snorkel is designed to alert you to improper form during execution (it will rotate or wiggle to let you know that your streamline can be improved). Again, blow out hard to clear all water from the snorkel. If water persists in going up your nose, try a nose clip.

A perfect freestyle swimmer is very well balanced and should have a similar rotation on both sides. Breathe through the snorkel, keeping your head in line with your spine. This position allows the swimmer to visually confirm that they are spending as much time on their right side of their body as their left. If water happens to get inside the tube, debris may build up within the purge valve of the snorkel and can be corrected by simply cleaning. For cleansing instructions, please visit the online FAQ's at [www.finisinc.com](http://www.finisinc.com)

## Experts Use the Snorkel Every Day

*Mike Bottom, Head Coach of World Sprint Team and Co-Head Coach at UC Berkeley uses the Swimmer's Snorkel with all his top sprinters and estimates they use the snorkel during practice 25-30% of the time, every day.*

**\*Submit your favorite or most creative sets to: [swimcoach@finisinc.com](mailto:swimcoach@finisinc.com)**