





Training equipment checklist

Snorkel (frontal)		Kick board	
Fins		Pull buoy	
Paddles (Simple design with wrist bands)		Ankle/Wrist weights* (2X) 300-500g	
Ankle band		Swim parachute*	
Swiss Ball (For dryland drills to increase body awareness)		Fitness band (Thin/light)	
Stopwatch or smartwatch (Waterproof)		Tempo trainer (Necessary for Level 2 programs & onwards)	

***Please note you can transform your parachute belt into a weighted belt by simply strapping on the ankle weights ! (no need to buy more weights!)**

Optional equipment

<p>Plastic cup</p> <p>(For backstroke drills only!)</p>		<p>Sandow elastic 3m(5mm thick)</p> <p>(For breaststroke drills only!)</p>	
<p>Tethered swim elastic</p> <p>(If you have access to a private pool!)</p>		<p>Pool mirror</p> <p>(Ideal for tethered swimming)</p>	
<p>Polar verity sense</p> <p>(For advanced training and competition)</p>			