



## How do I improve my kick

How come that person is so much faster at kicking than I am, I hear you say, you always kick hard but for some reason you are not that fast. Let's take a look at some things you can do when you are practising that will help.

- If you are tending to do a lot of distance swimming, then you should be looking to not waste a lot of energy kicking strongly, you should be looking to use the kick to lift the legs and to become more streamlined.
- However if you are a sprinter then improving you kick could be all the difference you need to make that qualifying time you have been after. Developing a strong kick will make the a big difference.

Too many times do I see coaches advising swimmers to do a lot of hard kick, because of course you will get stronger. But being stronger after developing the right technique and developing the right muscles will give you a bigger advantage. There are few things that I advise to help with this

- Improving your flexibility in the ankles is the first starting point, I have always found that this is difficult to ask a swimmer to regularly do. Us humans need something to trigger us to remember to do it, especially if you don't have access to daily coaching sessions with a coach that gets you to do it regularly. So we need something to remind us / nag us - so think of a regular thing you do twice a day that will prompt you and only lasts a few minutes. The one I always advise is stand on you toes when you are cleaning you teeth. It sounds mad but you do it twice a day, it lasts only a short while, its easy then to remember and its not easy. Try it - don't hold on though
- Next let's work on exercising the right muscles - the way I like to do this is slowly, so put some fins on and kick on your side with a very wide straight legged kick, it's important to do it wide, keep the legs straight and slowly so you are encouraged to feel the resistance throughout the kick. I have been doing this for quite some time with swimmers now and you regularly see a swimmer kick backwards far, but with one or both legs not kick very far forward very far. This is an indication that they have a weakness in one of their muscles which when you kick fast never gets corrected. So slow wide kicks on the side with fins on, try it - its not easy.

