



Competitive Monofins



[condition core leg muscles for flexibility and strength]

"The Monofin is one of the greatest teaching and training devices that I have come across. It allows athletes to focus on and learn proper streamlining, balance and kicking techniques for all of the competitive strokes."

- **Nort Thorton,**
Men's Swimming Coach,
University of California,
Berkeley

[develop race-pace tempo and power in your kick]

"The Monofin has done absolute wonders for our butterfly swimmers. It has increased leg strength by improving the flexibility of the ankles, which I feel is critical to swimming fast butterfly. And, if you're serious about having fast fliers and developing a strong underwater kick for your backstrokers, the investment is well worth it. I feel the dividends we have received are outstanding."

- **James R. Sharp,**
Head Swim Coach,
Lafayette Area
Aquatics

What is the Monofin?

A Monofin is what the name says: a singular fin with combined foot pockets, as opposed to the more commonly used individual fins, where each foot has its own fin. FINIS provides three types of monofins for use in training: the Shooter Monofin, the Trainer 1 or 2 Monofin and the Competitor Monofin. The Trainer 2 Monofin is enhanced by a 25% stiffer fiberglass blade, intended for stronger and more advanced swimmers.

The Shooter Monofin allows for quick kicking action. It is designed to simulate race-pace kick tempo and develop power in your kick. Swimming butterfly for longer periods of time is easier with a Monofin and reduces stroke decay. It is recommended for butterfly, breast-stroke arm recovery drills, backstroke underwater work and swim starts and turns.

The Trainer Monofin has a longer fiberglass blade for development of proper streamlining and dolphin-kick motion. It is ideal for lengthening the stroke, improving body balance and core muscle conditioning.

The Competitor Monofin is the largest and fastest of all FINIS Monofins. The Competitor utilizes a hand-tapered fiberglass blade that provides speed, flexibility and maximum distance per kick. It is available in soft, moderate and firm blades.

FINIS also provides a full line of recreational monofins. More information can found at: www.finisinc.com



Competitive Monofins

Why do I need a Monofin?

Training with a Monofin provides benefits for all strokes. Improved streamline, body alignment, dolphin-kick technique and overall kicking efficiency are just some of the benefits gained by use of a Monofin. Consistent use of the Monofin will improve technique and increase flexibility in the feet and ankles.

The motion required for Monofin training is generated from the hips rather than the knees, resulting in exercise of the lower back, abdominal, buttocks and quadriceps muscle groups. Improvements in the underwater dolphin kick and streamlining is one of the greatest recent changes in the history of swimming.

What Monofin is right for me?

Monofin Style	Recommended Monofin Progression	Type of Swimmer
Trainer 1	1. Ideal 'starter' Monofin builds core muscles, improves technique and increases flexibility.	Competitive Swimmer / Triathlete / Masters / Recreational
Shooter	2. Complementary to Trainer 1. After a Monofin base has been established, introduce the Shooter to focus on a quick kicking action, as well as starts and turns.	Competitive Swimmer / Triathlete
Trainer 2	3. For advanced competitive swimmers with substantial Monofin experience.	Competitive Swimmer / Free Diver
Competitor	4. Recommended for open water swimming, free diving and competitive fin swimming.	Free Diver / Competitive Fin Swimmer / Competitive Swimmer

Speed Drill

Swim 5 x 50s on two minutes using maximum effort.

See how fast you can go, while working on your streamlining with rapid kicking.

You can do this set on your back, side, stomach or combination of all three.

Butterfly Drill

Swim 8 x 25s with moderate rest.

The focus of this drill is to see how easily you can move your arms forward in the recovery phase of the stroke.

Try to use the least amount of arm effort with the strongest kick. The Shooter series is the ideal Monofin for this drill.



Trainer 1



Shooter



Competitor

Monofin Sizes Chart

Shoe Size	Monofin Size	Monofin Pocket Color
6.5 - 8	Medium	Blue
8.5 - 10	Large	Green
10.5 - 12	X-Large	Orange
12.5 - 16	XX-Large	Black

Quick Tips:

To warm up the feet, always do a minimum of 200 yards of easy monofinning prior to any drill or set.

Monofins should be put on after you get into the water. The foot pockets will stretch with use. Monofins are not designed to fit with heeled scuba diving boots.

How do I get started with the Monofin?

Monofin training does not need to be more elaborate than the sets you are already doing. Instead, incorporate the Monofin into your regular and kick-only sets.

Proper monofinning technique yields a more powerful and smooth movement through the water. Extra body movement should be minimized. The primary movement in monofinning is the upward and forward undulation of the hips.