



Zoomers

[elevate your swim training to the next level]



"I've been training with Zoomers fins for years. They've helped me workout very hard and become the fastest in the world. Whether you are a beginning swimmer, fitness swimmer or record holder, Zoomers will improve your swimming."

*- Jeff Rouse,
1992/1996 Olympic
Gold Medalist*

[the fin that makes it possible to work out harder]

Red vs. Blue Zoomers

Zoomers come in two models. Red for advanced competitive swimmers with a developed, strong kick, and blue for swimmers who are looking for a strength-training workout.

Quick Tip:

Zoomers can provide for a strenuous workout. Warm-up with some dry-land, ankle stretching exercises.

What are Zoomers?

Zoomers are a unique swim fin that utilize patented short-fin technology to promote a shorter, faster kick. They are designed to provide the ideal amount of propulsion for perfecting the swimming kick and stroke, allowing for better form over longer periods of time. Because they have a smaller blade than traditional fins, Zoomers make the legs work harder without overloading the muscles. They help you avoid burnout and sustain an optimum workout level over a longer period.

Zoomers fins allow you to practice swimming at or above race-level speeds without being rested or shaved. For each speed in the water, there is a size of the kick that works best. The kick creates propulsion that moves you forward, but each time the legs separate in the flutter kick, they create drag which slows you down. At higher speeds, the drag created can potentially cancel out the extra effort put in. A smaller kick creates less drag, but also less propulsion. Zoomers are designed to help practice and perfect this smaller kick by providing just enough extra propulsion while avoiding additional drag.



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Why do I need the Zoomers?

To get a great workout, you must exercise a large percentage of the body's muscle mass at a reasonably high level of intensity for a long period of time or over a long distance. Due to the nature of swimming, swimmers often fall below this optimum level of workout, usually due to the difficulty in sustaining an efficient kick.

Zoomers make the legs work harder, but the smaller blade will not overload leg muscles, therefore a high level of intensity can be maintained for a longer period of time. The additional propulsion allows the arms to cycle faster, providing the opportunity to breathe more and increase the oxygen intake needed to sustain the effort of the leg muscles.

We do not race at slow speeds, yet most workouts are done at sub-race speeds. Therefore, we spend much of our time practicing techniques for slower swimming – a different size kick, speed, arm turnover rate, body planing position and arm entry angle. Zoomers make it possible to practice correct race pace techniques for extended periods of time.

With Zoomers you can train at or above race speeds, resulting in improvements to high-speed neuromuscular coordination and a reduction in the upper-body stress associated with sprint training. The core of your workout is improved, allowing you to become a better swimmer with a stronger, faster kick.

Shooters Drill

Push off the wall on your back about three to four feet under water.

Kick 25 yards as fast as you can. Rest a short time either at the end of the pool or by swimming easily.

Push off the wall and do another "shooter."

Repeat this sequence 15 to 20 times, once per week. Each week you will learn more about streamlining and develop easy speed under water.

Ladder Drill

Swim 100 yards and rest for 30 seconds.

Swim 200 yards and rest for 45 seconds.

Swim 300 yards and rest for 60 seconds.

Swim 400 yards and rest.



Calibration Drill

Push off the wall about 3 feet under water, holding your arms out in front of you with your hands together to streamline the body.

Use a butterfly kick or a flutter kick. Keep your toes pointed and your knees fairly straight.

Just push the fins up and down. Start with a large kick, and gradually make the kick smaller and faster. You should feel yourself going faster as the kick gets smaller and faster.

Experiment with limits. When you are going very fast, abruptly change to a large kick. You will feel a sudden and significant increase in drag, and you'll slow down.

How do I get started with Zoomers?

The first thing to do is get some Zoomers fins and go swimming. Zoomers fins will let you swim faster, work out harder and have better control in the water.

Start using Zoomers fins when swimming a normal set. When you begin swimming with Zoomers fins, use a gentle kick and gradually increase intensity to see what level you can sustain. The most effective way to increase the intensity of your workout is to use interval training. Rather than swimming continuously for two hours, divide the workout into shorter distances. Swim each distance with more intensity and then rest in between each swim.

If you experience tiredness after the first few laps, you need to pull back into a pace that will allow longer workouts.

To learn what type of kick works best at each speed for your body type, start with the calibration drill. The exercise works best when you are completely submerged, so do this in the deep end of the pool.