

Recommended Equipment List

Performance Squads

Junior Performance, Youth Performance

Fins

Maru Training Fins: <https://www.mailsports.co.uk/maru-training-fins-1>

Speedo BioFuse Fins: <https://www.proswimwear.co.uk/clearance-sale/speedo-biofuse-training-fins-green.html>

Arena Power Fin Pro: <https://www.proswimwear.co.uk/arena-powerfin-pro-black.html>

Pull Buoy/Kickboard

Arena 2 in 1: <https://www.proswimwear.co.uk/equipment/swimming-training-aids/technique-aids/arena-pull-kick-black.html>

Arena Pull/Kick Pro: <https://www.proswimwear.co.uk/full-catalog/arena-pull-kick-pro-black.html>

Finis Axis Buoy: <https://www.mailsports.co.uk/finis-axis-buoy-39911>

Hand Paddles

Maru Hand Paddles: <https://www.mailsports.co.uk/swirl-two-grip-kickboard-blue-pink-52626>

Arena Hand Paddles: <https://www.proswimwear.co.uk/arena-vortex-evo-hand-paddle-silver.html>

Finis Agility Paddles: <https://www.proswimwear.co.uk/brands/finis/finis-agility-floating-paddles.html>

Snorkel

Finis Glide Snorkel: <https://www.mailsports.co.uk/glide-snorkel>

Finis Stability Snorkel: <https://www.proswimwear.co.uk/brands/finis/finis-stability-snorkel-speed-black.html>

Arena Pro Snorkel: <https://www.proswimwear.co.uk/arena-swim-snorkel-pro-iii-pink.html>

Foam Roller

Foam Roller: <https://www.corebalancefitness.co.uk/core-balance-grid-foam-massage-roller.html?CAWELAID=120091110000000012&CAGPSN=pla&CAAGID=109468513392&CATCI=pla-360374833407&gclid=EAlaIQobChMIwdHE-qTD7AIVg7HtCh2k0gHIEAQYAIAABEgICwFD BwE&dontreprocess=1#93=135&catargetid=1200911100000000542&CADevice=c>

Foam Roller: https://www.amazon.co.uk/IUGA-Roller-Massage-Trigger-Therapy/dp/B077TMWJQ7/ref=sr_1_1_sspa?adgrpid=59187393773&dchild=1&gclid=EAlaIQobChMIwdHE-qTD7AIVg7HtCh2k0gHIEAAYASAAEgJzf D BwE&hvadid=295818902386&hvdev=c&hvlocphy=1006490&hvnetw=g&hvqmt=e&hvrnd=7543170293534163618&hvtargid=kwd-158181540&hydadcr=28146 1724745&keywords=foam+roller&qid=1603201005&sr=8-1-spons&tag=googhydr-21&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyUkcXNjdQRVVBVkdSJmVuY3J5cHRIZEIkPUeWNTk5Mzk5MUtSSkXT0VGNzdIMyZlbnNyeXB0ZWZlIkPUeWNTk5Mzk5Mz0DI3WEVDUVpOS

[VhQQzhBJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](#)

Resistance Bands

Band Set: https://www.amazon.co.uk/Resistance-Exercise-Skin-Friendly-Carrying-Strength/dp/B0861C14XX/ref=sr_1_7?dchild=1&keywords=stretch+bands&qid=1603201093&sr=8-7

Skipping Rope

Speed Rope: https://www.amazon.co.uk/Blukar-Skipping-Tangle-free-Adjustable-Exercises/dp/B08CRVG7BB/ref=sr_1_1?dchild=1&keywords=Skipping+rope&qid=1603201161&sr=8-1

Parachute

Finis Resistant Parachute: <https://www.mailsports.co.uk/finis-resistant-parachute-36336>

Xtern Parachute: https://www.amazon.co.uk/Xrten-Swimming-Parachute-Resistance-Equipment/dp/B07JQ6HQWH/ref=sr_1_6?dchild=1&keywords=swim+parachute&qid=1603201399&sr=8-6

Mesh Bag

Maru Mesh Bag: <https://www.mailsports.co.uk/mesh-bag-lime>

TYR Mesh Bag: <https://www.proswimwear.co.uk/tyr-mesh-equipment-bag-yellow.html>