

An underwater photograph of a swimmer wearing a blue swim cap and goggles, swimming in a pool. The water is clear blue, and lane lines are visible at the bottom. The swimmer's face is partially obscured by bubbles and water.

**TRI HARD**

**@WETRIHARD**

# THE COMPLETE GUIDE TO FIX SUNKEN LEGS

**#WETRIHARD**

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# WELCOME!

## HI, I'M TRIHARD CO-FOUNDER TOM MARMARELLI

I understand what it's like to begin swimming when you're older and how important this skill is. I actually did not start swimming until I was 19 years old.

When a person is 19 years their physiological developmental has already ended, and I had already become too old to learn how to swim correctly. For the first few months, it was challenging for me to complete even one lap in freestyle. In my first triathlon, I swam the entire distance in the breaststroke style only (half of a mile in the sea).

For the past 13 years, I have extensively researched the world of swimming because I simultaneously wanted to become a better triathlete and a better swimmer. This led me to a deep understanding of the various freestyle stroke and how to best master them.

After many years of practice, I reached the highest level in the triathlon world for amateurs. I swam 53 minutes in the IRONMAN (2.4 miles) and 25 minutes in the Half IRONMAN (1:24 per hundred meters and 1:20 per hundred meters, respectively). These results are similar to the professionals who have practiced swimming since they were children.

Over many years of practice, I was able to bridge the gap that was considered unbridgeable by everyone I had worked with over the years, including some of the world's greatest coaches.

Thanks to hard work, careful planning, and perseverance, I positioned myself at the top of the IRONMAN competitions and reached new summits abroad as a non-professional athlete.

With this guide, you too can start improving your swimming and take it to the next level. Good luck!

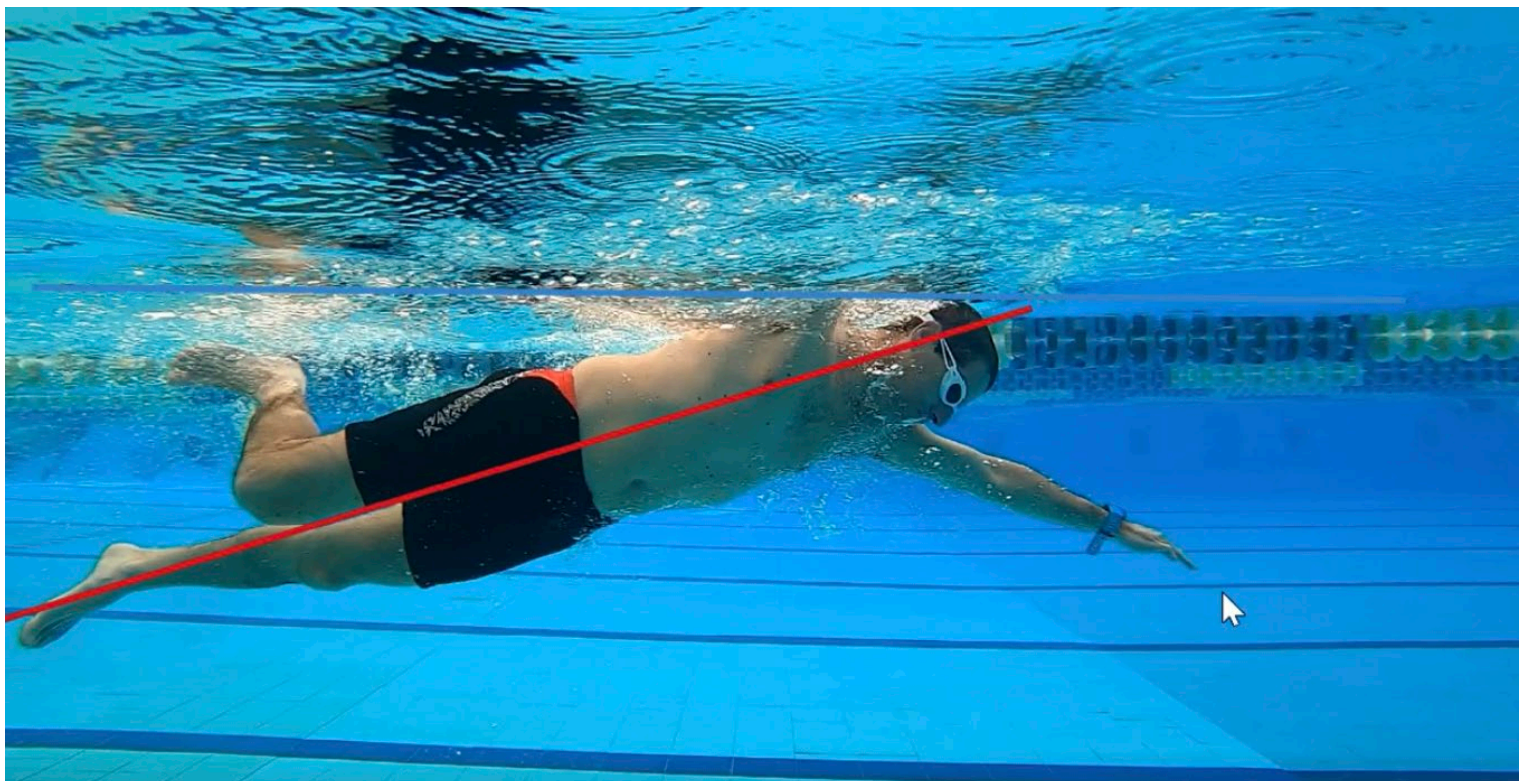


# SINKING LEGS

Sinking of the legs while practicing freestyle swimming is one of the most common problems experienced by swimmers. One of the pillars of effective swimming is called Hydrodynamics, which means how easily the body moves through the water.

The narrower, longer, and taller the swimmer, the less force he will encounter while swimming against the water, and thus, the more efficient he will swim. That means, with the same force, the swimmer will cross a narrower channel faster since the water resistance will be lower.

## A SWIMMER WITH SUNKEN LEGS



In optimal conditions, the legs should be hidden behind the body so that if we photograph the swimmer from the front view, we will not see them. The lower the legs, the larger the channel of water through which the swimmer passes. This will create resistance, which will slow down the swimmer and decrease the efficiency of the movement through the water. Another one of the side effects of sinking legs is also increased legs work. The swimmer tries to lift his legs naturally, so he kicks harder and faster.

In most cases, this will not solve the problem, nor will this lift the legs, but it will cause another issue: premature fatigue of the legs. In the legs, we have large muscles that can consume a lot of oxygen. In long-distance swimming, it's important that the legwork remain at a minimal effort. Good legwork should contribute to about 10 to 15 percent of the swimmer's progress power.

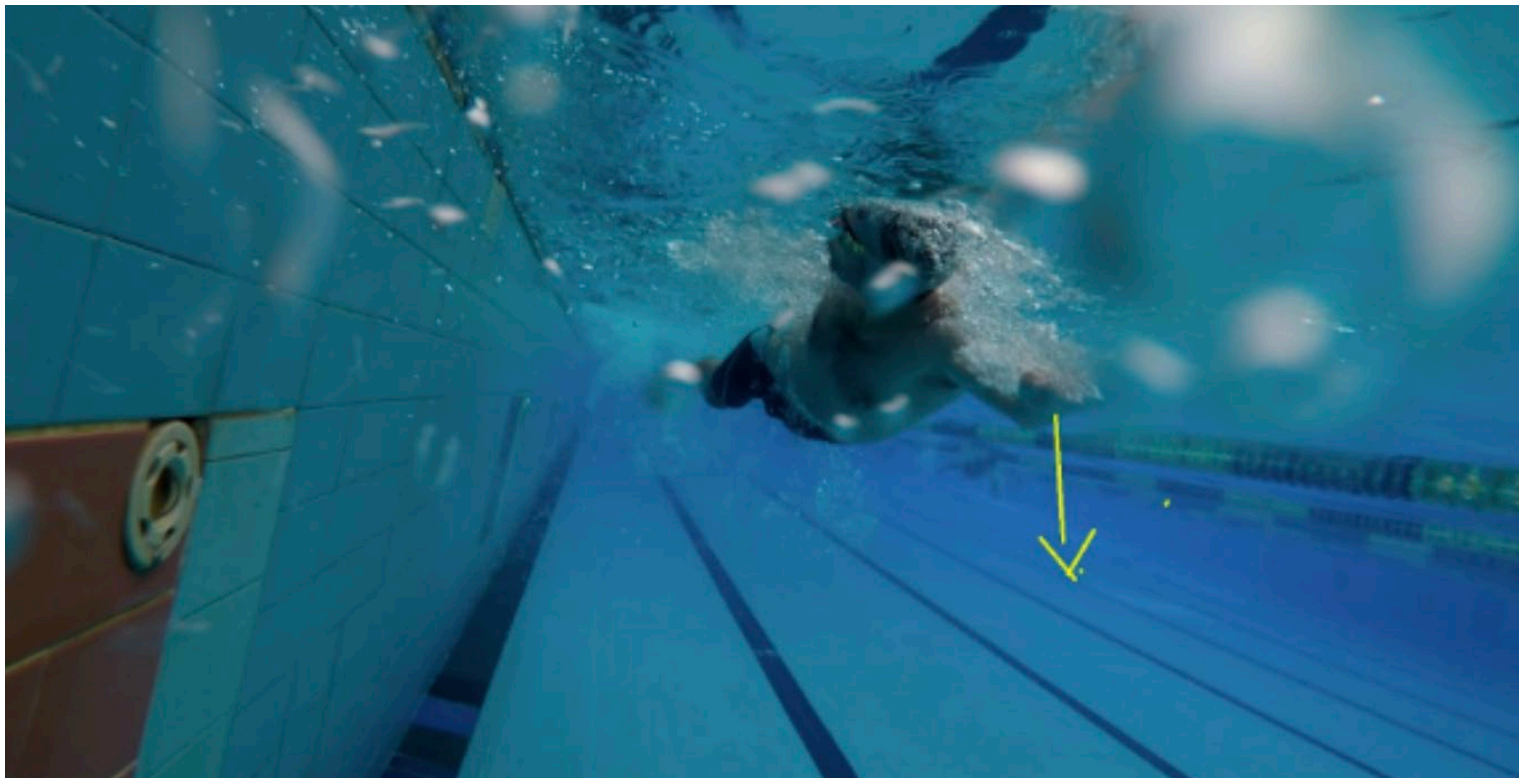
# THE TOP CAUSES FOR THE LEGS SINKING

## 1. PUSHING THE WATER DOWNWARD

After extending the hand all the way forward, the grabbing motion begins. The role of the grabbing stage is to bring the forearm to a vertical position to the ground and assist in a better sweeping motion. One of the most common mistakes in the grabbing motion is pushing the water down. Typically, the reason swimmers feel an inclination for pushing the water down is because of the feeling of encountering resistance with the water. This creates a feeling that the swimmer is producing a force against the resistance, which the swimmers think will propel them forward.

The problem is that when you push the water down (instead of backward), it produces a force that will drive the swimmer upwards and not forward. When the upper body goes up, the lower body will sink.

### A SWIMMER PUSHING THE WATER DOWN WHILE OUT FOR A BREATH



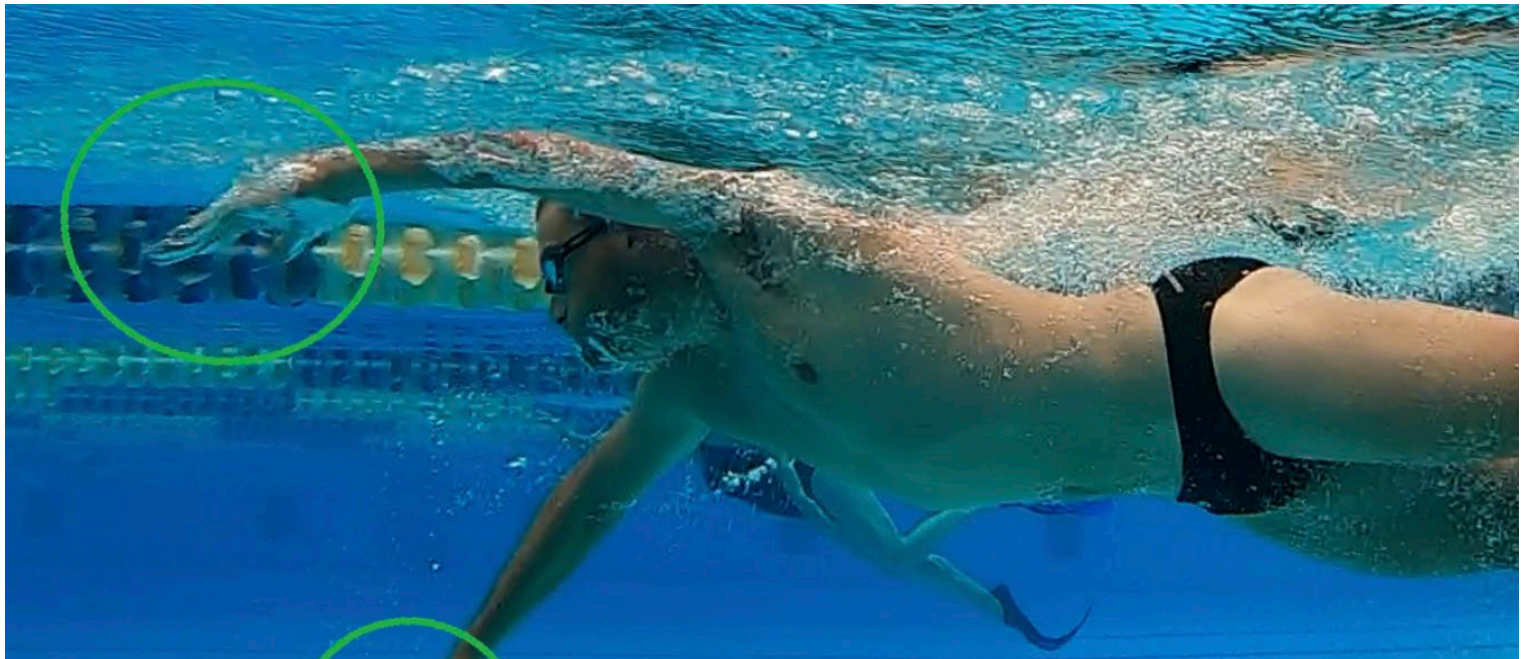
# THE TOP CAUSES FOR THE LEGS SINKING

## 2. THE TIMING OF HANDS SWITCH

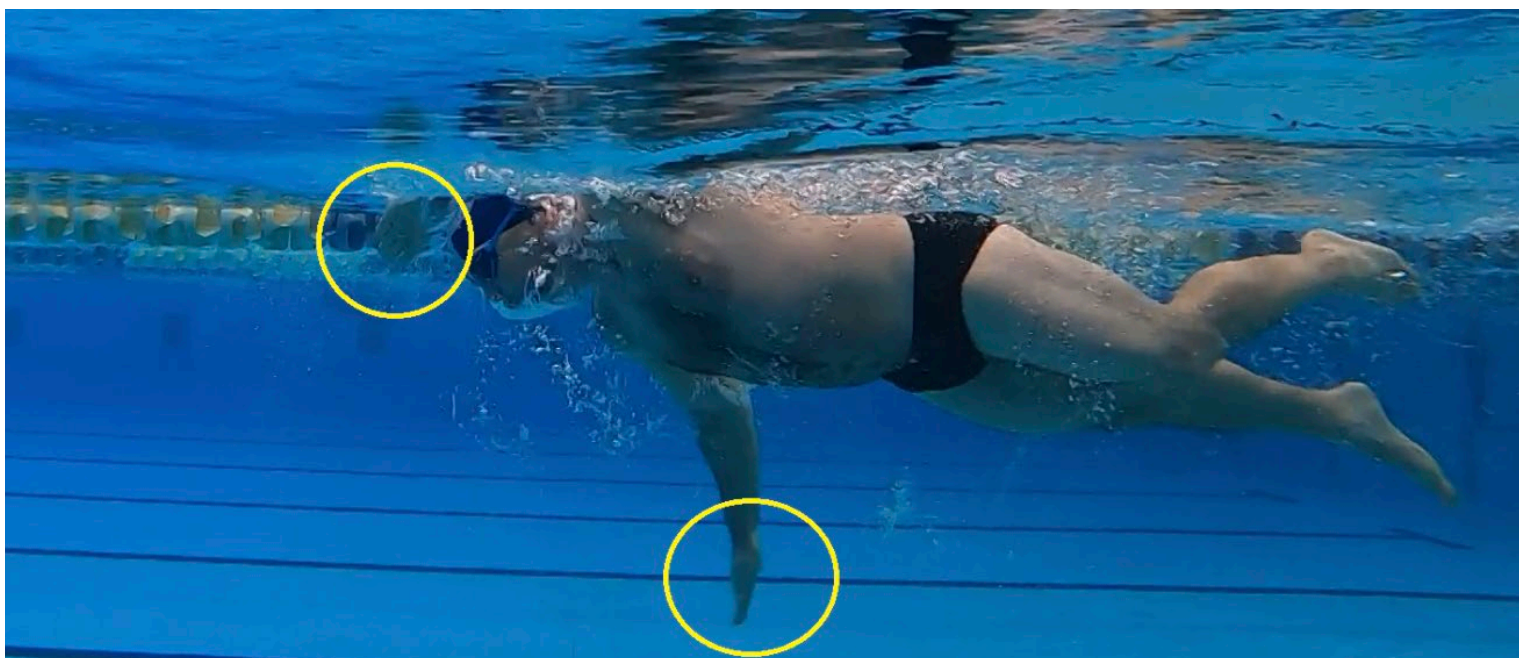
When I discuss the timing of hand swaps, I want to clarify that this is the point where one hand replaces the other hand in the sweeping motion. At every stage during swimming, one hand must always be in front of the head. If one of the hands is not in front of the head, the swimmer will have less of their body in the water and less weight in the front.

Less front weight will lead to more weight in the back of the body, which will make the legs sink.

### PROPER TIMING OF HAND CHANGES



### INCORRECT TIMING OF HAND CHANGES



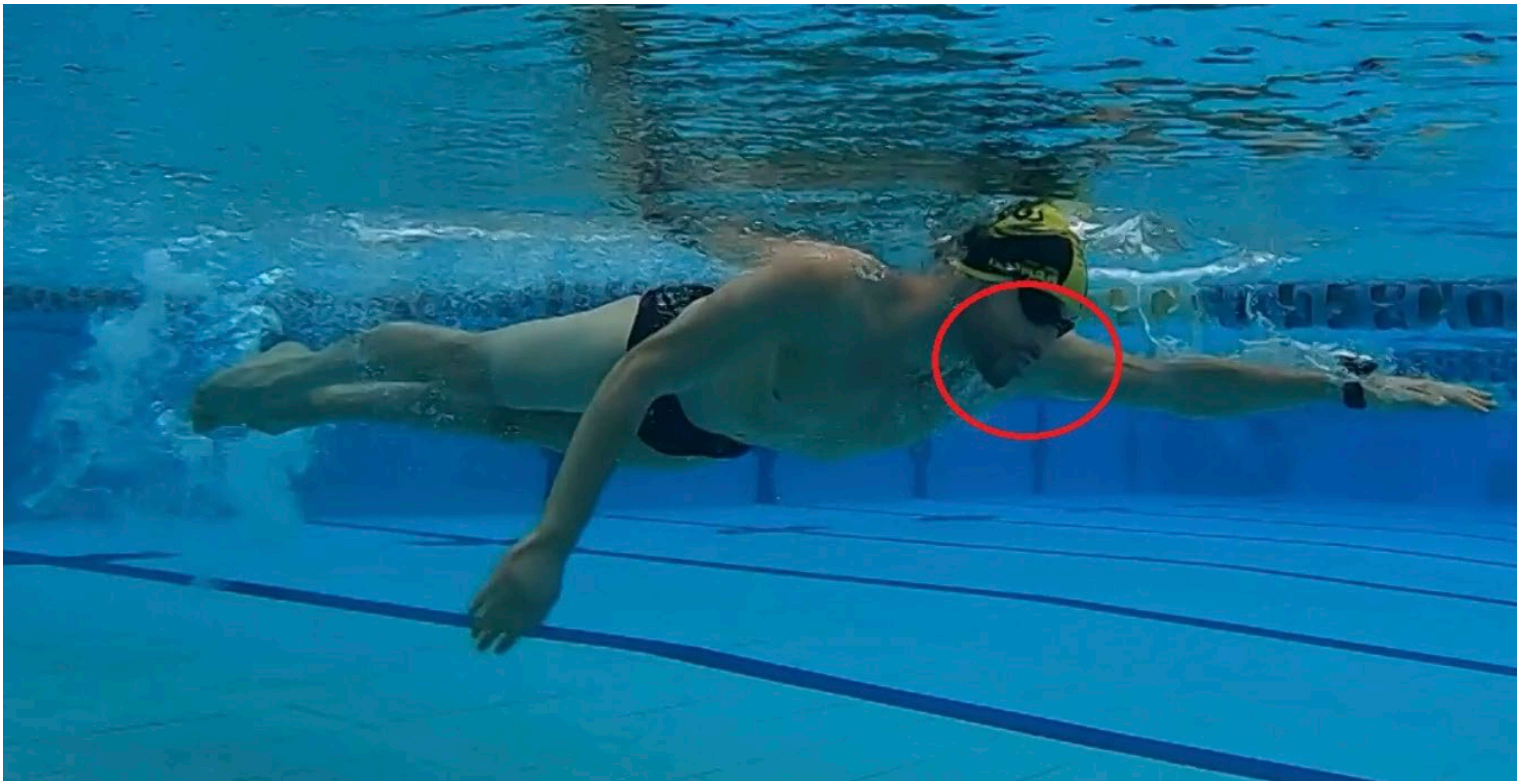
# THE TOP CAUSES FOR THE LEGS SINKING

## 3. HOLDING AIR IN THE LUNGS

You may have heard that you need to hold the air inside your lungs while swimming because it helps with buoyancy. This is correct and will help with buoyancy. The issue is that this only helps with the buoyancy of the upper body, which makes the upper body lighter in the water and makes the lower body and legs heavier.

Unfortunately due to this occurring, we must not hold air inside the lungs while we're swimming. You should be expelling air from the moment your head enters the water until you next exit for breathing, evenly and continuously, to prevent the legs from sinking and to ensure even breathing.

## NO BUBBLES - THE SWIMMER DOES NOT EXPEL AIR



# THE TOP CAUSES FOR THE LEGS SINKING

## 4. WORKING FROM THE GLUTES

The most common mistake in leg work is attempting to kick the water down.

The legs' primary goal while swimming should be "to not interfere" since they contribute a total of about 10% -15% to the force of movement. Keeping this in mind, we can understand that we would like mainly to hide them and narrow the channel of water we are moving through.

It would be best to utilize the back muscles, glutes, and back thighs while lifting the legs up and not kicking the legs down. This is the ideal form and ultimately, good leg work.

### NO BUBBLES - THE SWIMMER KICKS DOWNWARD INSTEAD OF UPWARD





# THE SOLUTION

For each of the problems above, there is one major exercise that will help create the correct movement that will solve these issues.

These are the four exercises you must practice to get rid of the legs sinking and become faster and more efficient swimmers.

1.

<b>EXERCISE NAME</b>	<b>Water sensation #1 / SCULL #1.</b>
<b>THE EXERCISE OBJECTIVE</b>	<b>Learning the grabbing phase, joint order, and pushing the water backward only.</b>
<b>DESIGNED TO CORRECT THE FOLLOWING MISTAKES</b>	<b>Pushing the water down in the first part of the grabbing stage, incorrect joint order, late vertical forearm.</b>
<b>DESCRIPTION OF THE EXERCISE</b>	<b>Advance by maintaining proper joint order, elbow over left wrist and fingers. Mixing water in and out. You should maintain the arm fixed and rotate the forearm through the forearm joint. The palms should be in front of the head and not below it. Gazing forward and exiting to front breathing.</b>
<b>NOTES FOR PROPER IMPLEMENTATION</b>	<b>- Joint height proper order so that the fingers &lt; wrist &lt; elbow. - Not pushing the water down. - Fingers at a correct depth of about 30-50 cm below the water surface.</b>
<b>EQUIPMENT</b>	<b>Polly.</b>

## Water sensation #1 / SCULL #1



## 2.

<b>EXERCISE NAME</b>	<b>Unco / UNCO DRILL</b>
<b>THE EXERCISE OBJECTIVE</b>	<b>Timing the body roll with the hand entering the water.</b>
<b>DESIGNED TO CORRECT THE FOLLOWING MISTAKES</b>	<b>Delayed breathing, late timing of rotation.</b>
<b>DESCRIPTION OF THE EXERCISE</b>	<b>Delayed breathing, late timing of rotation.</b>
<b>NOTES FOR PROPER IMPLEMENTATION</b>	<ul style="list-style-type: none"><li>- Timing the rotation and exhaling while the sweeping hand touches the water.</li><li>- Breathing into the drooping hand.</li><li>- Rotation also to the dropped arm to 45-60 degrees.</li></ul>
<b>EQUIPMENT</b>	<b>Fins.</b>

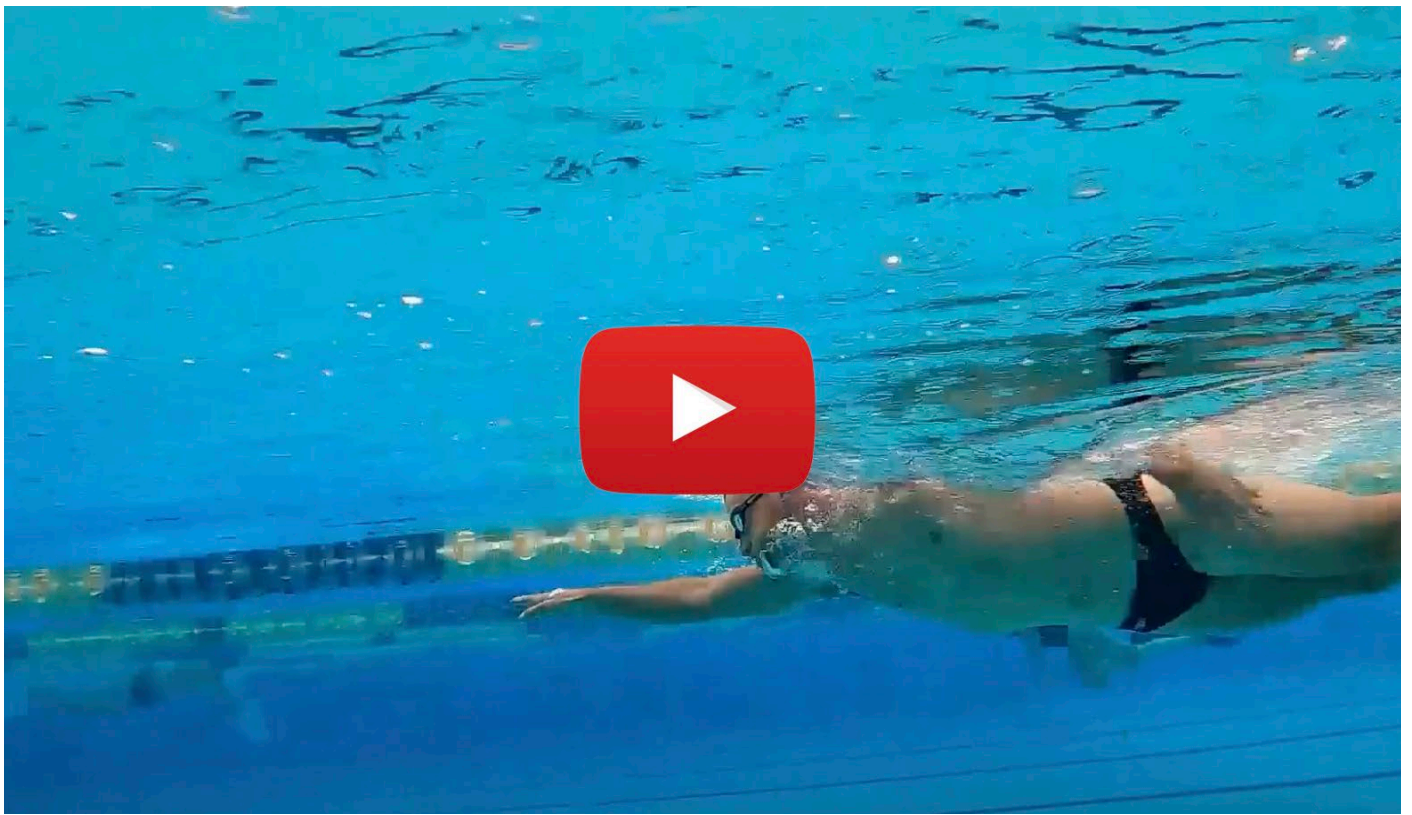
## UNCO Drill



## 3.

<b>EXERCISE NAME</b>	<b>Bubbles / BUBBLE BUBBLE BREATH.</b>
<b>THE EXERCISE OBJECTIVE</b>	<b>Learn to exhale air underwater continuously and evenly.</b>
<b>DESIGNED TO CORRECT THE FOLLOWING MISTAKES</b>	<b>Failure to expel air underwater, partial air expulsion, discontinuous air expulsion underwater.</b>
<b>DESCRIPTION OF THE EXERCISE</b>	<b>Freestyle swimming with breathing every three strokes. While the head is underwater, repeat the words bubble, bubble, and expel air in sync with the motions of the hands.</b>
<b>NOTES FOR PROPER IMPLEMENTATION</b>	<ul style="list-style-type: none"><li>- Breathe every three strokes.</li><li>- Expelling the entire air underwater.</li><li>- Filling the lungs with air while breathing.</li></ul>
<b>EQUIPMENT</b>	<b>Optional: Fins.</b>

## BUBBLE BUBBLE BREATH



## 4.

<b>EXERCISE NAME</b>	<b>BALLET LEG KICK.</b>
<b>THE EXERCISE OBJECTIVE</b>	Learning proper leg movement through the thigh and not through the knee.
<b>DESIGNED TO CORRECT THE FOLLOWING MISTAKES</b>	Leg opening, kicking with flex and not point, kick from the knee instead of the thigh.
<b>DESCRIPTION OF THE EXERCISE</b>	You should perform the exercise on the deep end of the pool. Standing with one foot on the step and the other foot is free. Repeat the leg movement with the free leg only back and forth while paying attention to the notes.
<b>NOTES FOR PROPER IMPLEMENTATION</b>	<ul style="list-style-type: none"><li>- Moving through the thigh and not through the knee. The action of the back muscles - the glutes and the back thigh - should be felt.</li><li>- Pointed foot with toes facing the bottom of the pool.</li><li>- Slight inward rotation so that the big finger is facing inward.</li></ul>
<b>EQUIPMENT</b>	Optional: Fins.

## BALLET LEG KICK





# The practice process for solving the problem

It takes much longer for an adult to learn a new move than a child. This is especially true when we remember that we need to make 10,000 correct motions to effectively learn the proper motion in our nervous and motor systems. Practicing is an integral part of the progression process, and without sufficient practice, there is no chance of improvement in the swimming technique.

## **The five most important rules for proper practice:**

1. Patience - Changing the swimming technique and learning a new technique is a long process, and usually, it does not come easily and quickly. It is essential to develop patience and believe in the way and the process.
2. Each of the technique exercises is recommended to practice in a high recovery mode at the beginning of a swimming workout or as a separate workout, and not in a state of fatigue (e.g., at the end of a swimming workout or after another workout).
3. Before entering the water, it is vital to understand the correct theory, view exercise videos and tutorials, and only then get into the water and start practicing.
4. Between pools, even in the same exercise, it is vital to stop, rest, recover and examine whether we did the training correctly? Remember the notes and go out and the next pool.
5. Do not rush into the practical practice phase of the exercises and try to finish as fast as possible to finish the practice. In this way, there is no internalization of the content on the theoretical or practical levels. Remember that the goal is to practice correctly and not fast or as far away as possible.

# Workout Examples

## 1. Warmup

A short warm-up of 200-400 meters at a light pace

Water sensation exercise #1

8 times: 25 meters exercise + 25 meters light full swimming + 30 seconds rest.

200 meters light swimming

UNCO exercise

8 times: 25 meters exercise + 25 meters light full swimming + 30 seconds rest.

200 meters light swimming

**Main swimming exercise (according to fitness level)**

5 times 200 meters at a moderate pace + 20 seconds of rest.

**Release**

200 meters full swim at a light pace.

## 2. Warmup

A short warm-up of 200-400 meters at a light pace

Bubble exercise

Ballet kick exercise

8 times: Exercise next to the wall + 50 meters Full light swimming with fins with emphasis on legwork + 30 seconds' rest.

200 meters light swimming

8 times: 50 meters exercise + 20 seconds' rest.

200 meters easy swimming

**Main swimming exercise (according to fitness level)**

10 -15 times 100 meters at a fast pace + 30 seconds' rest.

**Release**

200 meters full swim at a light pace.

# Summary

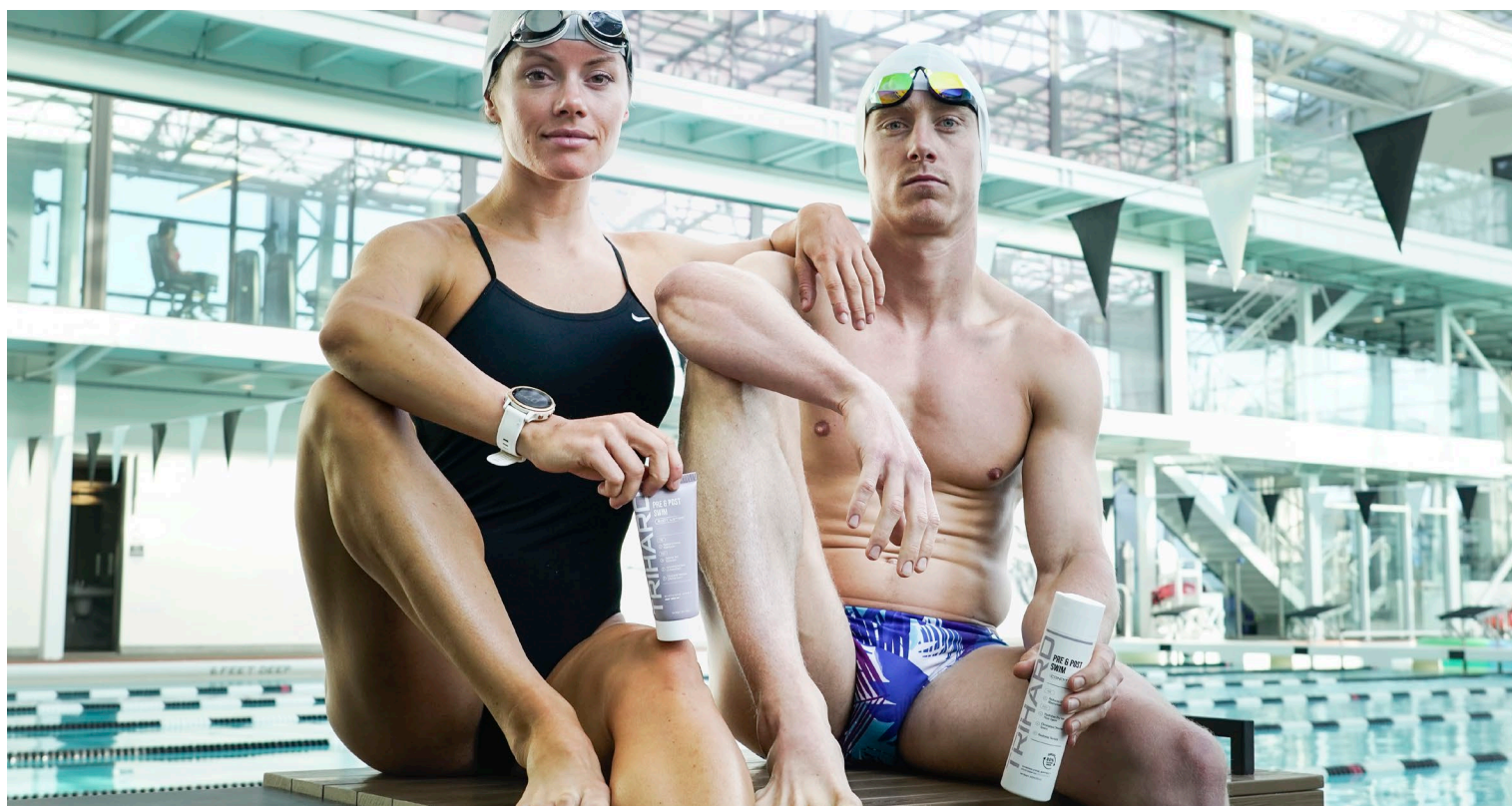
Dear readers, I really hope you enjoyed the guide, and now it's time to implement it. I wish you lots of success! I have worked hard on this content so that you obtain the most comprehensive professional information.

I would be happy if you forward this guide to friends!

With thanks and appreciation, TRIHARD co-founder Tom Marmarelli.

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## GOOD LUCK!



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