

Get Dizzy. Keep Moving!

By Margo Tambellini, Swim Instructor

Flip turns are a great way to keep you moving in the pool so you can get the full effect of your workout. Stopping at each wall slows you down by a few seconds each lap, which, when all added up, will add extra wasted minutes to your workout. Whenever I get the chance to stop at a wall, my planned 10 second break easily turns into 1 minute, so flip turns are a great motivator to keep moving.

Starting away from the wall

Blowing bubbles out of your nose:

- Practice dunking under the water and blow water out of your nose like you would do with a tissue (lasts 1-2 seconds).
- By humming you will be able to take multiple seconds (5+) to complete your turn.

Look at your bellybutton and tuck your knees into your body:

- The trick to a good/quick somersault is to always look at your bellybutton. The second you lift your head up, your body will follow and you will float up like a log to the surface.
- After you have completed a few successful somersaults, challenge yourself to complete them faster (1-2 seconds)

Practice on the wall:

- The goal for a flip turn is to get a foot away from the wall. You will feel that you will go head first into the wall, but if you go any further, you won't reach it. It's helpful to have a friend stand next to the wall with their arm out about a foot away. When your head reaches their arm, start your turn.
- Once you have completed half of your rotation, touch both feet on the wall, and straighten your legs to get a strong push off.

Be careful:

- Watch where you put your feet on the wall. If you place them too high, you will push yourself down to the surface of the pool. If you place them too low you will surface too quickly not allowing yourself to get a complete streamline. I try to aim about 8-12 inches below the water line.

