

Once you've completed the IADRS Watermanship skills, you will be back in the water for a variety of tasks and situations that require significant endurance, as well as mental stamina.

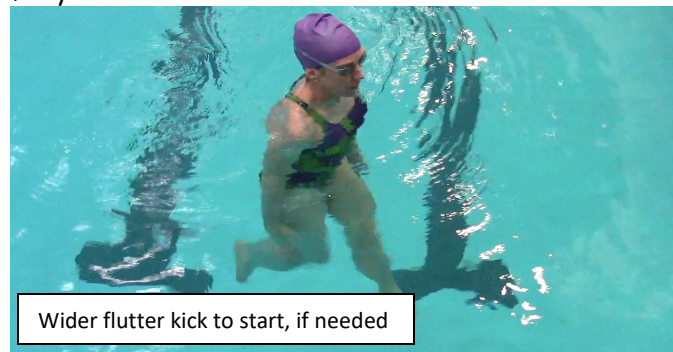
Similar to your timed swims preparation for the Watermanship test, we highly recommend focused preparation for these additional in-water situations months in advance.

My recommendation would be for you to add some of the following drills and exercises after completing a practice swim (included in the first PSSI special edition series). Performing these drills when your body is fatigued from the lap swimming will help build your mental stamina, cardiovascular fitness, and endurance in the water.

Vertical kicking is a very difficult but excellent drill to promote an efficient flutter kick which will help with your swimming and diving tasks as well as develop both leg and core strength.

As with treading water, your body should be in a vertical and stationary position in the deep end of the pool. The goal will be for you to be able to have a strong enough flutter kick and cardiovascular system to be able to keep your nose and mouth above the surface. If you've never done this before, it will be very tiring initially, but keep practicing and you will see great improvement.

If possible, position yourself in the deeper end of the pool near a pace clock as vertical kicking drills should be done as intervals. If there is no pace clock, perhaps you can train with a buddy who can time for you and then switch.



Wider flutter kick to start, if needed

Try to start with your hands at your sides, preferably "glued" to your thighs. Remember, the flutter kick should start at your hip and you are using the entire leg for propulsion "up" in vertical kicking, instead of across the pool.

Try to minimize any sculling motion of your arms. If your kick isn't strong enough to keep your face above the water initially, add slight sculling with the arms in order to complete the interval.

The goal with the vertical kicking sets will be for you to progress from the beginner stage (sculling only if needed) with a slower, wider cadence to your flutter kick, to a narrower, tighter flutter kick. It may help you to think of flutter kicking in a bucket with a faster, stronger cadence and hands out of the water!



Narrow, high cadence flutter kick ("kicking in a bucket")

Vertical Kicking Sets (3 Options):

8 x 20 seconds kicking with 60 sec rest interval (RI)

4 x 20 seconds kicking with 40 sec RI, and
4 x 15 seconds kicking with 15 sec RI.

1 x 30 sec kicking with 30 sec RI, and
1 x 20 sec kicking with 20 sec RI, and
1 x 15 sec kicking with 15 sec RI, and
1 x 10 sec kicking. Repeat this set 2-3 times.

Be creative and mix vertical kicking in with your swimming workouts. As you get stronger, **increase** the kicking interval and **decrease** the rest interval e.g. 40 sec kicking/20 sec RI. When this is no longer challenging, repeat the kicking sets with your fingers/hands out of the water. Focus on developing a stronger flutter kick and cardiovascular system to support the effort!



Kick with arms extended