

SwimMachineCoach

1 to 1 Private Pool Swim Technique Coaching

SwimMachineCoach is a 1 to 1 swim coaching facility, based in Linslade, dedicated to helping swimmers achieve the best current competitive technique across all four strokes.

The Endless Pool used is a 14ft long, 8ft wide and 4ft deep, heated pool with a 6hp current generator. The company that makes them has been around for over twenty years and has sold thousands of units in the USA and hundreds in the UK. It is like a treadmill for swimmers, the swimmer stays in place whilst the current flows past. The current in the pool is adjustable, going from extremely slow up to about 1 minute 10 seconds per 100 metre pace, so it is fast enough for any club swimmer to swim at or close to their fastest freestyle pace, when required, but can go slow enough for an absolute beginner learning to kick. The Swim Machine Coach Endless Pool is the Elite, twin rotor model, and the water flow is very smooth.

For the coach, the beauty of the pool is that the swimmer is right in front of you:-



Improvements to their stroke technique can be done in a way simply not possible in a main pool session. From a swimmers viewpoint, the sensation is exactly the same as swimming in a conventional pool, but you are not moving over the ground.



There is a large stainless steel mirror on the floor of the pool, another one at 45 degrees in front of the swimmer and a large overhead mirror for backstroke. These give the swimmer instant feedback on what they are doing and the opportunity to correct stroke faults in real time as they swim. Coaching in the Endless Pool, I tend to concentrate and give direction on what the swimmer should be seeing in the mirror. Swimmers can see when they are straight, when their hands are crossing over in freestyle or backstroke, their hand entry points, their catch, their posture and their streamline. They can make corrections and start to take that change into their stroke permanently. The pool does not replace main pool sessions, swimmers need those yards, their team mates and tough sets to challenge them and to build strength and endurance, but it is much easier and more efficient working on technique 1 to 1. Swimming is the most complex and demanding athletic sport, because you are in an alien environment pushing your body through a fluid which is 786 times more resistant than air, so gains in performance from technique improvement can be huge.

To help with the constant drive to improve technique, we offer the option to use a SwimPro dual underwater camera video system for sessions. There is a 50" screen in the pool room on which to watch the replays, and the SwimPro cameras and software allow the swimmer to see any aspect of their stroke at full speed or in slow motion. The replays use a little session time (although on the plus side the swimmer gets some recovery whilst watching!), but it allows the swimmer to see clearly the effect that improving technique can have on their speed, balance and ease. Combine that with the instant feedback of the pool mirrors and swimmers can really make gains. Footage can be downloaded onto a USB stick for you to take away.

If you are swimming competitively, a good way to hone your technique is to swim using the Ultra Short Race Pace Training (USRPT) format. The pool is run at the race pace for the event you're training for, and you do reps of roughly 25% of the full race distance, with short rests between. The idea is to do as many reps as you can before you fail to keep the pace. The advantage that the Endless Pool has in this respect is that you instantly know when you are falling off the pace – you go backwards! It also means that coaching input given in the short rests can be instantly tested in the next rep – you get to optimize your technique in a very practical, efficient way.

Over two hundred swimmers have now been coached here in the Swim Machine Endless Pool, many of whom have come back for multiple sessions. Their standard has ranged from early stage club swimmers to County, Regional and National qualifier swimmers, plus Triathletes and Masters. Whatever the level you are at currently, I believe that the experience will help you get more from your swimming.

I am qualified to ASA Level 2 Teaching Aquatics, hold a PostGrad Certificate of Education, am a member of the Institute of Swimming, hold a NRASTC lifesaver qualification and have coached at Leighton Buzzard Swimming Club for 9 years. You can find me at LBSC club sessions doing lanes 3 or 6 in the 8.00pm sessions on Tuesdays and Fridays, and Sundays from 7.15pm.



The pool is near the railway station in Linslade, in a separate building next to our house, and has its own changing room, shower, loo and warm up area. There is off road parking.

Cost for 1 to 1 coaching is currently £20 per hour. Sessions where the underwater video is used cost £25 per hour.

You can contact me by email on

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Chris Grice

Swimmers under 18 must have a parent or guardian present for the whole session.