

Stretch cords are a versatile tool to use for developing strength and technique in the water. Many elite athletes carry their cords with them while traveling to facilitate an entire swim workout if a pool is not readily available, or to use for a race warm-up when not allowed in the water before an event. You can purchase a set of dryland cords with paddles for around €47 online at amazon or make your own for £20.

Keep your cords in your swim practice bag to use before you get in the water. Attach your cords to a fixed object on the pool deck, like a starting block or fence post.

I thought it would be interesting to see if I could make my own paddle bands with kit I had at home.

KIT LIST

1. Standard swim paddles with straps removed (I used ones from Decathlon, [Nabajji swimming hand paddles](#) silicone straps 500 size m – grey for £4.99).
2. Velcro webbing straps from an old resistance band kit and Standard resistance band tubing with clips. The kit I used was from [Amazon for £15](#). The great thing about this kit it that there are many different resistances, denoted by colour, so you don't have to choose or guess the one for you, you can just try them all out and select the best one for you. I already had this kit at home for doing many different strength workouts so worth having anyway.



3. Stanley knife.



These are the paddles with straps removed. I removed all of them apart from the single finger strap in the centre.

I simply cut the inner slits to the length of the Velcro straps.



Then threaded the Velcro straps through the attached the cords

