

How to swim faster...part those fingers

IT may be hard to swallow for amateur swimmers, but keeping your fingers firmly together to create an oar-style effect is not the best technique.

Instead, parting them slightly, like a fork, apparently makes a swimmer faster.

A study claims this creates an 'invisible web' of water, providing more forceful propulsion.

With ideal spacing of between 20 per cent and 40 per cent of the diameter of the finger, the forces a swimmer can exert in this way are 53 per cent greater than those produced with no finger spacing.

This allows swimmers to lift themselves more easily out of the water, where resistance is lower, resulting in increased speed.

The secret of a speedier swim is revealed by mechanical engineering professor Adrian Bejan, of Duke University in Durham, North Carolina, whose study is published in the Journal of Theoretical Biology.

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