

## **Abstract**

**Title:** Current possibilities of swimming aids for more effective training in triathlon and swimming

**Objectives:** The main reason of this paper is to map the swimming tools which are available at this time on the market and which are the most used in the swimming practice. The next goal of this paper is to introduce the particular tools and briefly describe their attributes. In the conclusion we will make summary list of the tools and their usage in swimming and triathletes practice.

**Methods:** The work is the nature of the search. Critically evaluates the actual status of the issue and provides a summary overview of swimming aids.

**Results:** We found out that on the current market is many swimming tools which we can use for improvement in the swimming and for the better practice. We created overview of the swimming tools which we introduced as summary graph. We introduced every tool and we explained their description and their usage in every yearly practice cycle.

**Keywords:** aids, strength, technique, training