

Isabelle Fries
Swimming with the Drag

My question is how are different swim strokes affected by drag and friction? My methods were, first to have the subject put on one type of drag and have them swim one of the strokes (freestyle or breaststroke) with that type of drag 5 times. I had them repeat that with each type of drag. Then I had my swimmer do that same thing with the other stroke. I timed and recorded each 25. The fastest times always were with the wet suite on, with a fastest time of 15.27 seconds. The slowest times always were when the swimmer was wearing the surf shorts; the slowest time was 26.57 seconds. I discovered that by wearing more drag (surf shorts + no cap) the times are not as fast and it defiantly slows down the swimmer. My discoveries in this experiment can help a lot of swimmers understand what the right type of swim wear is for them to be wearing during practice and races. People can have real proof and data of what really creates the most drag while swimming. They can see what they should wear if they want to improve their times.