

Swimming Tips

Some swimming tips to help you train.

POOL TRAINING:

- Pick a pool that has a pace clock you can use while you swim and learn how to use it.
- Swim outside of the lane lines. Remember that you are training to be comfortable swimming in open water so practice that way every chance you get. The more kids that are splashing around, the better off you will be.
- Develop a good flip turn and use it! Open turns are fine for a while but eventually you will progress into flip turns. There is a reason competitive swimmers use the flip turn...it's faster.
- Drills with pull buoys and kickboards to strengthen the upper and lower body will help in dropping your overall 500 times as well.

OPEN WATER TRAINING:

- You will need to breathe “heads up” every 6 or so strokes to maintain your course and keep your bearings.
- Do not fear rip currents. Respect them, and use them to your advantage. As you begin your swim, walk up the beach a little farther and let the current carry you out as you swim at an angle toward your starting point. When you are finishing up, start coming in to shore a little before your finish and swim in at an angle. Never swim straight in to shore when rip currents are present. Use a “merging with traffic” approach.

CONDITIONING:

- Don't swim laps just for the sake of swimming laps. Medium paced swimming over extended distances will do very little to improve your 500 meter swim time. Break the distance down and swim in sprints for 100-150 meters at a time while pushing at your maximum output. Use the pace clock to keep your rests regulated to no more than 30 seconds.
- Research using the Internet for swim workouts. There are many websites out there with great training workouts and nutritional advice.
- Monitor what you put into your body. If your food choices are better, your performance and overall health will be better as well.