



MY SWIMATHON |



SWIMMING IS BACK, SWIMATHON IS BACK!

VIRTUAL CHALLENGE TIPS

By Duncan Goodhew - Olympic gold medallist & Swimathon President





1. Resist.

Resist the temptation to go wild! Over doing it and overtraining will exhaust you and be counter-productive, so for the first few sessions just get in, take your time and enjoy being back. You can't make up for three lost months in a few workouts! A gradual build up will get you better results.

2. Feel the water.

Your absence from the water will have desensitised your feel for the water, so focus on how it feels again – its weight, lightness, silkiness, support and focus most of all on your hands and your 'grip' on the water. Ask the crucial question; how can I use the water to swim through it with less effort? How can I stretch out so I cause less resistance while travelling through the water.

3. Mix it up.

Give muscle groups a break by changing strokes during your workouts. Also, devote time to kicking only exercises as your kick plays such a crucial part in improving your swimming.

4. Be flexible.

Contact your pool prior to going as they are highly likely to have put a booking system in place to manage numbers, so:

- Be prepared to book at different times than what was usual for you. Make the most of available slots - you might surprise yourself and find that you prefer the new time!
- Don't be over keen and bite off more than you can chew by booking too many sessions in a week.
- If you can't get enough slots booked for the week, don't worry, supplement them with my land exercises for swimming. See my videos for you in the Swimathon video library on the Swimathon Facebook page.

5. Stretch.

As you reawaken your swimming muscles they are likely to get sore and tight so make sure that you remain supple and flexible by regularly stretching. Do keep an eye out for my stretching routines that will be posted on Swimathon Facebook too. Check out the library of videos on the Facebook page.

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