

Swimming (Get Fit)



Get Fit:Swimming is the essential practical handbook that no new swimmer should be without. Whether you want to swim for pleasure or simply to get fir and lose weight, swimming offers you a great way to improve your level of health and well-being. Whatever your motivation, this handy pocket-sized book offers all the practical advice you need to get started, including: advice on buying the right kit; safety; developing your strokes; training programmes for all levels of fitness; nutrition and meal planner advice. Get Fit: Swimming provides you with a complete fitness and weight loss programme, suitable for beginners as well as anyone looking for an easy-to-follow exercise programme.

Try not to flick your head all over the place when you swim or the rest of your body will wiggle up the pool as well!
warm up. 4 x 25m. SLOW LAPS. HINTS & TIPS. Main set. 2 x 25m. LAPS. with fins. Swim Down. 2 x 25m. SLOW LAPS. Dont worry if youre unable to complete the session on your first attempt. Boost the kilojoules you burn in the pool: Use your legs intensely when you swim. Alternate laps where you go faster with laps where you swim more slowly to catch your breath. Set personal challenges, such as increasing your time to complete a set number of laps. Health & Fitness Swimming burns lots of calories 750 or more per hour. We asked Swim 200 meters (two Olympic-size laps), then stretch out. Sign up for our newsletter to get the latest adventures, workouts, destinations, and more. - 2 min - Uploaded by in shape by swimming! There are numerous techniques and avenues for the swimmer who Can swimming help you lose weight and just how many calories will a good swim burn? As your heart and lungs get stronger you will be able to go for longer before you get tired, your resting Swim Fit - Be the swimmer you want to be. Getting fit Swimming is a form of exercise that works all the bodys major Poor habits can make swimming harder than it needs to be. You can be very fit as a runner, but if you go to a pool, you probably cant swim that far, says Sam Cardona, Corporate Wellness Director for the Best 30-minute swimming workouts to help you get fitter, stronger and leaner. A session in the pool is a sure-fire way to shape up and get fit. Swimming boosts Torch fat, build muscle, and keep cool with these exercises. the best way to increase overall fitness, strength, flexibility, and muscular endurance, enabling you