

# Train to Improve Your Swim

*By Dan Lavin, Aquatics Director*

The key to a great cross-training workout is to get a total body workout and swimming is the perfect fit. You will find benefits by just integrating swimming into your regular routine once a week.

Swimming uses many of the major muscle groups. Where running and biking use mainly the leg muscles, swimming requires the use of the legs, arms, upper body, back, and abdomen. This total body workout tones and conditions more muscles for the time spent than any other workout.

Another benefit of swimming is that it's a low impact workout. Most workouts require impact and stress on the bones and joints. Swimming provides a great reprieve from the pounding while still getting a workout. Besides swimming strokes, you can run in the pool and do water aerobics. These both reduce the impact on your joints but still provide an effective and alternative workout.

Swimming is a great way to finish a workout. Swimming a few relaxed laps after training will move blood through your muscles and help them recover faster. Also, being in the water will cool your body and can be very soothing.

Swimming requires efficient breathing techniques. The breathing technique for swimming has benefits as well. It is similar to breathing exercises used for improving lung capacity. Swimmers will fill their lungs with air and slowly exhale as they swim. Swimmers improve their performance by staying under the water for as long as possible. This maximizes the consumption of oxygen from each breath taken.

Swimming has many benefits as a cross training exercise: build muscular strength, improve flexibility, prevent and help the injury process, relaxation and health benefits for your lungs and heart. It is important to mix things up when exercising your body. If you are unsure about getting in the water, the club offers Adult Group lessons, private lessons, and water aerobics class. Contact the front desk or Dan Lavin, the aquatics coordinator for more details.

