

COUCH TO 1 MILE

Set up with easy training guides for those who haven’t swum laps ever or in years……or do laps and want to get faster or further.

Whether a long time swimmer, just getting started again or never have swum laps – this is designed to help you work into swimming a mile.

Decide to swim at least 3 days a week – you can start with a minimum of 30 minutes.

Distance – 1 length of the pool is 25 yds. –

 1 lap of the pool is 2 lengths (50 yds)

 1 mile – is 36 laps (or 72 lengths)

How far can you swim without stopping? Do you swim with face in water or do you choose to swim with your head up?

Swimming with face in water – doing rotary breathing gives one better body position – and is faster. It does take getting used to breath control if you haven’t forced yourself to swim using rotary breathing. Head’s up swimming is inefficient and very hard on your lower back since you are putting stress on the lower back with poor body position.

Once you know how far you swim none stop – give a short rest time 15 sec. to 1 minute – each time you come in - add to your none stop swimming – and shorter the rest between swims.