

SWIMMING FOR FITNESS

By Greta van Meeteren

In last months' newsletter I gave a few ideas that had come out of the Fitness Education Committee's brown bag luncheon at the USAS convention and I promised I would share more of these ideas this month.

Remember: the goal is to get away from doing what you've always been doing and have some fun trying different things. Here are some more suggestions:

- ✚ A toys and equipment day once every two months. Have a lot of different things like tempo trainers, parachutes, fins, ankle weights, tennis shoes, paddles etc. Swimmers rotate through various equipment stations, spending 5-10 minutes per station.
- ✚ A workout we call: Critical Velocity. After a warm-up, swim 100 freestyles for 45 minutes. Each swimmer determines the interval he/she thinks they could hold. This interval should include 10-15 seconds rest. If the swimmer misses an interval, they rest for the length of one interval and continue on. Do this several times a year to measure progress.
- ✚ Hold inter-squad meets as an extended practice, e.g.:
 - Add up meet – 50 + 100 + 200 + 500 free
 - Or 25 + 50 + 100 + 200 free
 - IM meet: 25 of each stroke + 100 IM

As always: I'd love to hear your ideas as well. Please Email them to me: gvanmeeteren@gmail.com.