

Swimming for Fitness

By Greta van Meeteren

Over 60% of the USMS members are fitness swimmers. But What does that mean? After all, aren't we all swimming to stay fit? Does this mean a fitness swimmer is one who does not go to swim meets? Not necessarily.

One thing is clear, though, having a structured workout is helpful for all swimmers. Therefore, if you have access to a coach, that is wonderful. If you do not, there is a wealth of information available on the USMS website to help you with picking workouts for yourself or the small group you work out with.

During the USAS convention the Fitness Education Committee held a brown bag luncheon, which it was my privilege to host. It was an informal session in which every attendant was able to share ideas of things that their specific area, team or workout group does to be all inclusive of every type of swimmer out there.

I'll share a few of these ideas in this newsletter and the following newsletters. See if there is an idea that speaks to you or your group. Also, if there are things that you'd like to add to this series, please do so by emailing me at: gvanmeeteren@gmail.com.

Here are a few of the ideas:

- ✚ Try to find out what the fastest interval is you can hold when doing 10 x 100. Do the same for 10 x 50.
- ✚ Once a month have novices/fitness swimmers make up 500 yard sets for which the intervals are adjusted to specific skill levels.
- ✚ Finish your workout with a set of 25s where everyone gets to decide one or two 25s – anything goes!
- ✚ Relays that include the entire group. Let a few of the swimmers pick what it will be (medley, breast, feet first, etc).

There will be more ideas in the next newsletter – stay tuned!