IMPROVE YOUR SWIMMING TECHNIQUE

Within the last 14 years there has been a growing increase in the number of adults seeking professional swimming coaches. This immense growth can be seen as a result of the increased interest and popularity in triathlons across the world. Between 2000 and 2010 participants in triathlons grew four times. Although it officially became an Olympic sport in 2008, lake and ocean racing saw a monumental increase between 2010 and 2014. 10 KM lake and ocean races jumped from 101 in 2010 to 255- that's huge! Recently, memberships in US Masters swimming have also grown approximately 50% in participants.

Although many recreational swimmers believe that any time spent in the water is beneficial, more and more adults are realizing the advantages of working with an experienced swimming coach. A majority of us have gone as far as taking swimming lessons as children. Unlike riding a bike, swinging a baseball bat, or kicking a soccer ball, your swimming does not improve from years of practice.

When it comes to swimming, the truth is that we are not doing it well. Contrary to our beliefs, our impulses in the water are not correct. In fact, untrained swimmers often need up to 50% more oxygen to achieve the same level of speed as properly trained swimmers. This is why many of us find ourselves struggling to catch our breath at the end of a lane.

A properly trained swimmer spends less energy in the pool than an untrained swimmer. This is an important factor to remember as you're aging. Comparable to yoga and running, swimming enhances conditioning, muscle building, and flexibility. The focus on breath in swimming resembles meditation for some swimmers.

Becoming more and more apparent, swimming is all about technique. By improving technique, your time in the pool, lake or ocean will be better spent. Not only will you find greater enjoyment in your swim, but you'll also reap greater benefits. Swimming properly can achieve almost all of the requirements of a well-rounded fitness routine.



IMPROVE YOUR SWIMMING TECHNIQUE

5 Benefits of Proper Swimming Technique

A Stronger You

When it comes to toning your muscles, swimming is far more effective than any other form of land exercise. Offering cardio and toning, water exercise provides a certain amount of water resistance, which has a similar effect as using a light weight on a resistance machine at the gym.

A Breath of Fresh Air

When swimming in a pool, the moisture in the air is much higher than that of a gym. The moisture is what makes it easier to breath, making it the perfect exercise for those suffering with asthma or find cardio in the gym too hard on their lungs. Swimming can improve asthma symptoms, and can also help to increase lung volume and teach better breathing techniques.

A Body Break

Water has the amazing ability to support your body weight, making swimming a great form of exercise for those with injuries or suffering from any other physical issues. An enormous benefit - swimming doesn't cause any stress to the skeletal system.

A Long Stretch

Swimming allows you to use a lot of the body's muscles simultaneously. As you reach further and further with your strokes, your entire body is given the opportunity to stretch.



IMPROVE YOUR SWIMMING TECHNIQUE

A Mental Boost

Swimming boosts endorphins in the body that increase feelings of wellbeing. Studies have shown that swimming produces the same "relaxation responses" as yoga, and the stretching and contracting of your muscles can heighten this experience. Not only does swimming increase relaxation chemicals, it is also highly conducive to meditation.

Sources:

The Wall Street Journal

Adult Swim: Olympic-Level Coaches at the Hotel Pool http://www.wsj.com/articles/adult-swim-olympic-level-coaches-at-the-hotel-pool-1431987571

Men's Fitness

5 Key Benefits of Swimming http://www.mensfitness.co.uk/exercises/3828/5-key-benefits-of-swimming

