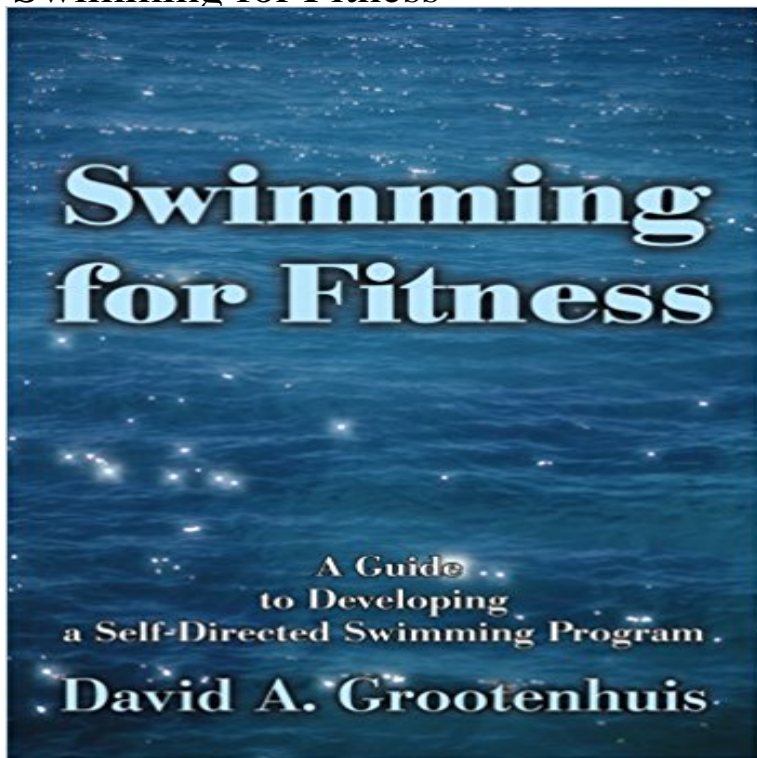


Swimming for Fitness



Swimming is one of the most beneficial and refreshing ways to exercise. However, many swimmers miss the greatest benefits of the sport. These swimmers train by swimming continuously for an allotted time or for a specified distance. By organizing and structuring their time in the pool, swimmers can greatly increase the benefits and enjoyment they derive from their workouts. *Swimming for Fitness* is a complete guide to developing a swimming program. Topics include goal setting, choosing a facility, structuring a program, equipment, organizing workouts, open water swimming, tips on stroke mechanics, pool etiquette and dealing with minor ailments. The book includes sample workouts for swimmers of all levels, from beginners to experienced swimmers. Also included are examples of swimming drills, stretching exercises and tips on staying motivated. *Swimming for Fitness* is a complete guide to designing a swimming program to get in shape, stay in shape and feel great!

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Swim smarter not harder ? Easy to use tracker & monitor ? Relax, swim, achieve. **Fact or Fiction: Is Swimming Really the Best Workout for Your Body** For those looking to lose 10 pounds, swimming is a unique and effective alternative to other types of cardio workouts like running or biking. Swimming is one of **17 Best ideas about Swimming Fitness on Pinterest** **Swimming for** Its also a gentle way to improve your level of fitness. Whether youre a seasoned athlete or someone in desperate need of exercise, swimming can help you! This columns focus on indoor fitness activities is on swimming. Many clubs, community centers, and YMCAs have indoor swimming pools for use throughout the **Why Swimming Is a Good Workout** **Shape Magazine** Sep 16, 2014 Underwater Fitness. For beginners, swimming can be a whole new animal, adding the element of oxygen restriction to a workout that already **The 5 Best Swimming Drills to Get Jacked in the Pool - Mens Fitness** **Swim it Off Mens Fitness** You can also use swimming to warm up and cool down before or after running, cycling or another form of fitness activity. Swimming allows you to gradually **9 Good Reasons Why You Should Get in the Pool** **ACTIVE** Mar 23, 2012 Swimming is worth the effort. This full-body workout improves both your cardiovascular fitness and your muscular strength all while causing

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