

Masters Swimming NSW Coaching

In these challenging times the most important thing is to stay well, both physically and mentally.

For those who are old enough to remember, it is back to the time of seasonal swimming. If you lived outside a Metro area swimming stopped around Easter (after State School Champs) and restarted up in freezing cold outdoor pools in October days. So, what did we do? We did other Sports over Winter and kept fit. These days it would be called cross training – back then it was Winter Sport! Although younger, swimming fitness came back quickly. *We have to be positive and know we can still do this as long as we keep moving.*

Make a plan and follow it!

- Get organised and work out an exercise program.
- Write it down and timetable it into your day.
- Work out what time is best for you to exercise – is it first thing in the morning or at night, as you negotiate around your working arrangements and kids (involve them in your workouts!)
- Tell someone what you are doing to make you accountable. Plan your program with a friend and let each other know when you have completed a session.
- Try to control your food and drink – don't go off the rails!!!

Workout Ideas:

- Use this time to explore other activities you may not have had as much time for – walk the dog, go for a run, bike ride.
- Get on an exercise bike at home or other gym equipment
- If you can, go for a swim in the sea or lake- may need to invest in a wetsuit! Or if you have a pool at home, do some kick sets, work on your technique, swim without pushing off the wall.
- Use stretch bands to work on catch and pull technique and to develop core strength and flexibility
<https://www.youtube.com/watch?v=XGKmX7yrrLA>
- Work on flexibility and mobility with online Yoga sessions. There is a wide range available on the internet. This is one site <http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html>
- If you have an injury, view this time as a chance to recover from your injury. Do your exercises set by your physio to strengthen and rebuild your body.

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