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## My daily swim

Of course, you may know of course the conditions, but actual swimming is important, too. If you don't have access to an open water place to practice, don't worry. Swimming in the pool is still a great way to train. In the pool, work on your stroke technique and make it as efficient and smooth as possible. Once you've got the basics down, turn the flip turns into a workout to prepare for swimming continuously. Advertising you should also be able to swim in a straight line. Pools usually have lines along the bottom that can be used as a guide to swim straight. Unfortunately, there is no line drawn at the bottom of the ocean. During practice, try swimming with your eyes closed to see how straight you can swim. If you are near the open water, dive straight. Training in the pool is great, but the open water is his own beast. Learn how to navigate the waves. Practice sighting, technique to keep you on course. After a few strokes, look up and look around to make sure you are still swimming in a straight line. Wear a wet suit so you understand how it affects buoyancy in the water. When putting on it, give yourself enough space next to your shoulders so you can turn your hands easily. Also, practice the type of start you will do on race day. On race day, there is definitely a warm-up. Check the water temperature, and swim if you can. Otherwise, warm up the dry ground. Get your body nice and loose - especially your hands. Have a lot of swing hands, and take a short run and stretch. The lining to begin with is one of the most important parts of the race. Be honest with yourself about your swimming skills. If you are not a strong swimmer, do not line up in front of the pack. You're just asking for a swim and a kick in the head. Hang back and let the best swimmers start ahead of you. When the gun fires, start as hard as you can. Avoid churning through the water and relax in a stroke as soon as possible. The sooner you can set the rhythm, the better you will be. Even if you still have the whole race ahead of you, the hardest part is over. Now it's time to lose a great race. Read on for other tips on fast triathlon swim starts. Many children swim in streams, lakes or ponds. Take care to swim in these beautiful places. You can't always see the bottom of a lake or pond, so you don't always know the depth of the water. This is another reason to always swim with an adult. While fish swimming around won't hurt you, some ponds and lakes can hide jagged stones, broken bottles, or debris. Wear something to protect your feet. Also, watch out for herbs and grass that can catch even a good swimmer. If you're panicking and Yank yourself for free, you can get even more confusing. Instead, shake a day at the beach, but you need to know some safety rules for swimming in the ocean. Swimming in the ocean is more difficult than a pool because of the waves and currents that can change. When you first get to the beach, contact the lifeguard to find out how strong the waves are. In some places, flags are flying or writing notes on the board to give swimmers an idea of the conditions. Waves can knock you down or push you to the ocean. Stay close to an adult or get out of the water when the waves become rough. People also get into trouble when they start to panic or become too tired to swim. It is important to know your limits, so if you start to feel tired, get out of the water and relax for a while. In some places, swimmers may encounter strong rolledbacks or ocean currents. Rip currents (also called riptides) are so strong that they can carry swimmers from shore before they know what's going on. If you hit the over, swim parallel to the shore (near the shore) rather than to the shore until the water stops pulling you, then swim diagonally back to shore. If you can't get back to the beach, tread the water and wave for the help of a lifeguard. In this situation, it is very important to remain calm, not to panic. You probably won't see sharks (although a friendly dolphin can splash where you swim. But you can run in some jellyfish or Portuguese man-of-war. These umbrella shapes, almost pure animals can grow to be as large as a few feet in diameter! They are often found floating near the shore. Getting stung is not fun - it can damage and blister your skin. If you are stung, let the adult know as soon as possible. Other rules to follow: Never swim alone! Always swim where the lifeguard can see you, and in places marked for swimmers. Wear protective shoes if the surfaces are rough or rocky. Don't go too far. Never pretend you're drowning. A lifeguard can take you seriously. Don't swim close to the piers - those large, wooden structures that protrude into the water. If the water moves suddenly, you can hit piles or stone. Store drinks in plastic containers on the beach - broken glass bottles and bare feet do not mix. Face the waves, instead of turning your back on them. Then you'll know what's going to happen. Photograph: Richard R. SchnemannHay you're taking some dips in this month's pool swimming challenge? If not, maybe it's because you haven't quite figured out where to start. First, even if you don't know how to swim at all, there is still hope. Lots of pools, and Red Cross organizations offer beginner classes for adults. (We followed two students in a class like this in our How to Learn to Learn as an adult video.) If you haven't learned to swim, it's not too late. In this video, we follow Terry, 35, who never got... More But maybe you know how to swim and just need a little push to get started with your first water workout. I like to look for swimming workouts for triathletes. Triathlon includes swimming, cycling, and running, so about a third of people who train for one are new to swimming parts. These are people who want to get a good workout and improve their basic skills, so they can be a less intimidating place to start than workouts written for swimmers. For example, here are three good beginner workouts that can keep you busy for the first week or until you get bored with them. If you want something a little more simple, look for videos of beginner exercises. If you feel that your feet are always sinking and you are flailing to keep afloat, search specifically for balance exercises. They will help you learn to think about pushing the front of your body down to keep your feet up. This idea was a game changer for me when I started out. Here's one such drill: After you've watched a few videos, write a note to yourself about the exercises you'd like to do, and zip up this note in a plastic bag. (You won't be the only nerd in the pool with a bag full of notes, I promise.) Try exercise, try a little swim and play in the water, and have fun! G/O Media can get the commissionBlitzWolf 10 LED Ring Kit Skip to the basic contentIn due to the inspiration for summer dreams of the perfect patch blueJuly 1, 2013A New England pool and terrace designed by Ike Kligerman Barkley Architects provides expansive sea views. Framed by wooden planks and a low stone wall, the pool is punctuated by a separation barrier that separates the shallow and deep ends. The stone pool at the residence of decorator Elissa Cullman in Connecticut, Cedar Lodge Farm, resembles a natural pond set in a rolling lawn. The estate, once owned by Rudolf Nureyev on the Italian coast of Amalfi, has a lush pool built into the rocky cliff, perfectly combined with the surrounding mountains and the sea. Architect William T. Georgis conceived this pool, located in the center of L-shaped Southampton, New York, home as a refreshing transition between clear modern architecture and lush landscape beyond. White marble paves the Egyptian-inspired Miami terrace and pool interior designer Juan Montoya.American artist Chris Ruhs has created a riotous tile pattern for this courtyard pool in Marrakech residence by Frank Sozzani, editor-in-chief of Vogue Italia.A Hollywood Hills, Calif., home designed by decorator Thierry Marchand features a lagoon pool on the shore of a stone wall and shaded feathered Tall hedges, sculpted with sharply sloping sides, surround the pool at the venerable Hamptons estate. Minimalist loungers and tables selected Interior designer Mariette Gimes Gomez, echoes the sheer lining of the plantings. Taking an open water swimming event is a huge challenge, but our training plans will make sure it's not only achievable but enjoyable too. Our training plans are designed to make sure that by the time the day the event comes around you in the best possible shape. If this is the first swimming event you have participated in, or if you are a not often swimmer, then our beginner training plan is for you. The plan is to mix in gym sessions, sprints and longer sessions to make sure you are ready and prepared throughout the day. Download our beginner swimming plan If you have done a swimming event before, or an experienced swimmer who wants to improve his time, then our training plan will be one for you. This plan is designed to incorporate longer training sessions around your daily routine, and will leave you ready and raring to go come race day. Download our intermediate/advanced plan Even with the drop approaching and the temperature dropping, you don't have to hang up your swimsuit and trade in your glasses forever; Swimming has too many advantages to be considered just a summer workout. Before you officially consider drying out, here are four reasons not to debug the bumps and maintain the swimmer's body throughout the year-without a single piece of tan lines! Even with the drop approaching and the temperature dropping, you don't have to hang up your swimsuit and trade in glasses forever; Swimming has too many advantages to be considered just a summer workout. Before you officially consider drying out, here are four reasons not to debug the bumps and maintain the swimmer's body throughout the year-without a single piece of tan lines! General body tone: There are not many exercise regimes that work all over the body without having to spend all day in the gym. Swimming solves everything, tightening the core, sculpting the back, and toning the arms- all without you to pick up weight. Stay in the pool and there's no reason you won't have that beach body all year! Low impact: Swimming is a great alternative to heavy workouts. If you are recovering from an injury and want to build strength, then look at the beginning of a swimming routine to stay in shape. If running is your passion, then swimming is a great way to work on recovery days, allowing your knees to rest from the sidewalk. Read more on FitSugar.com: Cross-training solution: Avoid burnout treadmill and gym-grade ruts by trading gym workouts for the pool. Swimming workouts actually improve overall performance in the gym (and vice versa!) when you are training for a marathon, triathlon or any other competition, swimming can offer you advantage over your competitors. No crowds here: The cold weather means more and more people will be packing and heading indoors for theirs Avoid the crowded gym (and the terrible waiting treadmill) heading for the pool! Many people don't consider swimming in the colder months (even if the pool heats up), so chances are you'll have enough room to complete your workout without pressure or rush from fellow gym members. We want to know: Will you keep up with your water workout this season? This article originally appeared on fitsugar.com fitsugar.com

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