

# 100 Mile Swim Club



## Club Rules:

You can swim or walk as much as you would like to per day, but make sure you record it! If you forget to record it doesn't count, so don't forget. Every day that you swim record the distance you swam on the 100 Mile Binder located at the Front Desk. If at any time you need to see how you are doing, just take a look.

## Distances:

- SWIMMING
  - Length = One end of the pool to the other (25 yards)
  - Lap = Down and back (50 yards)
  - 1 mile = 1,650 yards = Approximately 66 lengths or 33 laps
  - Goal = 100 miles = 165,000 yards = 3,300 laps
- RIVER WALK (Low Impact)
  - Lap = Complete Start to Start
  - 1 mile = 1,760 yards = Approximately 17 laps
  - Goal = 100 miles = 176,000 yards = 1,700 laps

## Swimming Tips:

There are several good ways to break up your swimming so that you don't get bored. A lap of kicking counts as a lap of swimming so grab a kickboard and change it up a little bit! Swimming back and forth for 45 minutes isn't always fun. Break up your workout into smaller ones. You can also change your strokes as you go, make your swim enjoyable.

## Sample Swim Workout:

- Warm Up: 100 yds. Swim, 100 yds. Kick, 100 yds. Swim
- Main Set: 5 x 100 yds. w/ 40 seconds of rest in between each one, then 10 x 50 yds. w/ 20 seconds of rest in between each one, finally 8 x 25 yds. Sprints on one minute.
- Cool Down: 200 yds. Swim. Total Yards: 1700 yds. Swim