

THE  
**ASPIRE CHANNEL SWIM 2009**  
14 September to 6 December

# MARK FOSTER'S SWIMMING TIPS

"Join me by signing up to the Aspire Channel Swim 2009. You will become fitter as well as helping to make a big difference by supporting people with spinal injuries. Swimming is one of the best forms of exercise and it can be done by almost everyone. Swimming on a regular basis increases stamina and keeps your heart and lungs healthy too".

Mark Foster, six times World Swimming Champion



## Pool opening times

Check your pool opening times and when they have sessions for lane swimming, which will help improve your challenge by preventing you from weaving in and out of other swimmers.

## Speak to your pool

Let the staff at your pool know that you are taking part in the Aspire Channel Swim. They can use the challenge to promote their pool and attract new swimmers.

## Build up your training

If you are a non-swimmer or a casual swimmer, slowly build up your lengths in the weeks prior to the challenge.

## Plan your swim

Work out how many lengths you need to swim to complete the 22 miles. You can then plan how you will break down the distance throughout the twelve weeks. (We have a handy calculator on our website...)

## Know your limits

If you have any known health problems or think you may be pregnant please visit your GP before taking on the challenge.

## Eating before

Always make sure you have enough energy for your swimming session. Bananas and carbohydrates are a good source of slow release energy, but make sure you eat an hour and a half before entering the water.

## Staying hydrated

Stay hydrated throughout your swim by taking some water onto poolside with you.

## Prevent boredom

Change your stroke regularly and use the pool equipment. Legs only swimming with a float is a great way of toning up your legs and stomach.

## Warm down

Take time at the end of your swim to do a couple of slow lengths to bring your heart rate down.

## Stretches

It is important to stretch after every swimming session to help prevent injury. Please ask a qualified member of staff to show you some stretches if you are unsure of what to do.

## Look after your kit

Make sure you look after your swimming kit by rinsing your costume and goggles to remove the chlorine.



[www.aspirechannelswim.co.uk](http://www.aspirechannelswim.co.uk)  
freephone 08000 370 880

# Aspire

Supporting people with spinal injury