



SWITCH IT UP

'Variation is key. It makes swimming more interesting and it will help you to improve. Using the equipment at the pool will help you do this. Try the kickboards, pull buoys, paddles and flippers - whatever's available. Most local pools will have them. Lots of pools seem to provide a session plan for beginners, which can also help to keep your swims varied. And try to get to the pool as often as possible. It's much better to do shorter sessions more often than to do one big swim every now and again.'

Rebecca Adlington, former Team GB swimming gold medallist



SET A GOAL

'For me, it's all about being focused and having a goal to aim for - it could be as simple as to swim more smoothly or to meet a certain distance.'

Dr Julie Bradshaw MBE, world record swimmer and getset4success.co.uk coach.

FUEL UP

'Like any exercise, performing swimming sessions in an under-fuelled and dehydrated state can hamper your intensity and recovery. Athletes can have the best training plan in the world, but failure to fuel appropriately can affect performance.'

Dr James Morton, senior sports nutritionist at Science in Sport (scienceinsport.com)

How to be a **superfish**

These secrets from pros in the know will give your water work an edge

GET RHYTHM

'Work on breathing and rhythm. It's essential to have a smooth, rhythmic breath while swimming, or your body will be in a continuous state of panic. A simple way to develop rhythmic breath is to slow your front crawl, focus on breathing out under the water through your nose, and breathing in once your head is raised.'

Simone Benhayon, Zoggs UK Learn To Swim ambassador

HONE YOUR TECHNIQUE

'Technical improvement is essential. Aiming for a strong leg kick is a great place to start. Your legs are the biggest muscle group and often the first to fatigue. Strong legs will keep your body horizontal and more streamlined in the water. Try some leg-only work using a kickboard.'

Lisa Bates, coach to Team GB swimmer Aimee Willmott



GO HIGH

'I was always taught to keep my elbows high in front crawl - both out of the water and during the pull through the water. This ensures you have the best possible hand position in the water to pull yourself through.'

Charlotte Henshaw is a member of the British Gas GBR Disability Swimming Team



SHOW UP 'Be dedicated and make sure you get to every session. Always strive to improve and be motivated to do what it takes to achieve your goals. Always push yourself to the limit.'

Vicki Lucass is a member of the British Gas GBR Synchronised Swimming Team