



THE IMPORTANCE OF SWIMMING IN YOUR GOLDEN YEARS

BENEFITS

- Socially
- Psychologically
- Physically
- Nutrition



SOCIALLY

- Bring a friend
- Meet new people & Build Friendships
- Accountability Partners
- Aids motivation
- Support



PSYCHOLOGICALLY

- Support: decreases stress
- Feel better
- Sleep better
- Goals: Motivation



PHYSICALLY

- Make you feel better!
- Cardio System
- Muscular System
- Energy Supply Systems
- Respiratory Systems

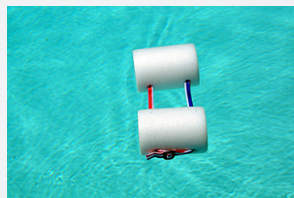
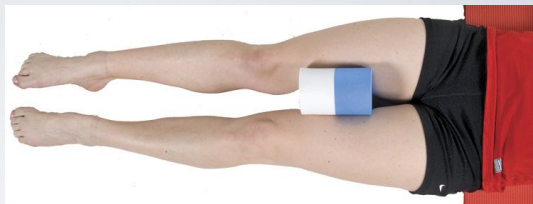
NUTRITION

- May change diet
- Eat better



EQUIPMENT

- Cap
- Goggles
- Swim suit or swim trunks
- Towel
- Kick board
- Fins or Zoomers
- Pull buoy



COMPONENTS OF A WORKOUT

- Goals & Tracking your Progress
- Individual Response
- WarmUp & CoolDown
- Adaptation & Stress
- Overload
- Progression
- Specificity
- Variation (per workout)
- Reversibility
- Long Term Training
- Flexibility & Balance

- GOALS & TRACKING PROGRESS

- 100 Time Trial
- Time
- RPE

- INDIVIDUAL RESPONSE

- Age & Experience
- Nutrition
- Stress
- Rest
- Motivation

- WARMUP & COOLDOWN

- Cardio System Improves or Maintains
- Muscular Strength & Endurance Improves
- Strengthens bones, ligaments, tendons

- OVERLOAD PRINCIPLE

- FIT Principle
- Frequency
- Intensity
- Time

- PROGRESSION

- Training loads increase no more than 10%
- Moves to *specificity*

- SPECIFICITY

- Fitness
- Speed
- Endurance

- VARIATION

- Strength training
- Alternate easy/hard workouts
- Quality work & rest

- REVERSIBILITY

- If workouts stop or not frequent enough loss of training might occur
- Need to keep at it...
MAINTAIN

- LONG TERM TRAINING

- Gradual improvement
- Improvement & understanding in stroke technique & enjoyment of swimming

- FLEXIBILITY & BALANCE

- Improves or strengthens

- ADAPTATION & STRESS

- Each person responds differently
- Illness or death of loved one
- Lack of rest or sleep
- Emotionally challenging situations

DESIGNING A WORKOUT

- Contact a Medical Doctor
- Look at your fitness level & prior training experience
- GOALS
- How you're feeling
- WarmUp
- Drills
- Main Set
- Kicking or Speed work.
- CoolDown
- Equipment

SAFETY CONSIDERATIONS WHEN SWIMMING

- Emergency Action Plan
- Slippery Deck
- Lane Lines
- Health Concerns



POOLS, ACTIVITIES & OPPORTUNITIES

- Recreational Centers
- Masters Swim Teams
- Qualifying Disability -specific meets

RECREATIONAL CENTERS



- Self Motivated
- Aqua Aerobics
- Adult Lap Swim

MASTERS SWIM TEAMS

- Participants ranging from inexperienced, to maintaining fitness, to competitive
- Casual, irregular, and regular swimmers
- Need strobe light for competitions

QUALIFYING DISABILITY MEETS

- USA Swimming: usaswimming.org
- USA Swimming Disability Championships: Takes place annually & during the summer. usaswimming.org
- Paralympic Games: Considering deaf category in the 2020 Tokyo Games. www.paralympic.org
- Deaf Olympics: www.deaflympics.com
- Deaf World Games: The highest level of competition for those who are deaf. Held once every four years. Need to qualify. www.ciss.org



TERENCE MIKE PARKIN



- Deaf swimmer from South Africa
- Won the silver medal at the 2000 Summer Olympics in the 200 meter breaststroke
- Competed in the 2004 Summer Olympics
- Competed in 2005 Deaflympics in which he took home two gold medals.



**"The spirit is larger
than the body.
The body is pathetic
compared to what we
have inside us."**

– Diana Nyad

DIANE NYAH



- In 2013, on her fifth attempt and at age 64, she became the first y confirmed to swim from Cuba to Florida without the aid of a shark cage, swimming from Havana to Key West (110 mi or 180 km).
- Set multiple women's distance swim records! 1974, 1975, 1978, 1979, 2013, etc

WHEN YOU
FEEL LIKE
QUITTING
REMEMBER
WHY YOU
STARTED