

Huge base of distance swimming

[Literature](#), [Russian Literature](#)



It has also changed a lot over the years. The suits are different, the pools are much more high tech, there are goggles, papers to track your times, and most of all how you train. There is many misconceptions about what really works and how it trains your body. The broadest way to put it is distance training and sprint training then everything else just falls in between that. “ Although Japan gets credit for holding the first swimming races in 36 B. C. , England gets credit for turning it into a competitive sport in the 1 BOOS.

Swimming the English Channel was true proof of a successful competitive wimpier, one that could go the distance regardless of the speed, or lack thereof. Speed became a factor when a group of American Indians traveled to London for a swimming competition and one of them took only 30 seconds to swim 130 feet, according to Encyclopedia-corn. The speed was impressive to the English but the swimming strokes, which they deemed unrefined, were not. Swimming made it into the Olympics in 1896. ” With this said the main training from the 1 Boob’s to about the 20th century was all with a huge base Of distance swimming. Coaches would force kids to swim miles on miles with Eng strenuous sets. With all this distance swimming and long sets people began to get shoulder injuries and burnt out before they were even in their ass’s.

Distance training is mainly for just straight endurance. When training distance it’s mainly using your aerobic metabolism. This means you are constantly fueling your body with oxygen, and your muscle cells contract repeatedly. That means that distance swimming does not work out your anaerobic metabolism, where muscle cells rely on other reactions that do not require oxygen to fuel muscle contraction. This is where sprinting comes in.

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When you go all out for a shortened period of time it demands high energy levels because it targets your anaerobic metabolism. Your performance over time deteriorates because your muscle contractions are impaired.

Sprint training helps you get used to this kind of fatigue and perform well in spite of it. (Nadia Command) Sprint training has just started to become a major part of swimming in the last five years. It's called now " ultra-short race pace training" or SCARPS.