

## How to maintain your fitness on dry land

As we all know, the current climate of the global pandemic keeps throwing the sporting world curve balls. However, as athletes & participants, we learn how to deal with curve balls and keep moving forward with the task at hand. This is something we as swimmers can adapt to, with various training alternatives, especially with regards to keeping your cardio or aerobic fitness in tip-top condition!

## Top tips for how we can swap our pool based fitness with land exercises:

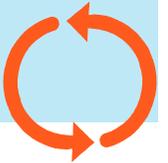
### Aerobic Training

This incorporates training that is between 40 to 60 bpm (beats per minute) below your maximum heart rate\* for a prolonged period of time, 30 to 45 minutes minimum. Aerobic training will help with your body's ability to use oxygen more efficiently and therefore improve how long your body can do continuous exercise. This means longer periods of exercise will feel easier on your body!

\*See how to measure this on the next page.

### Circuit Training

Strength exercises can be used in the format of completing exercises for one minute followed by 15 seconds rest, which is time to recover and change exercises. This type of training will not only improve your stamina but also your strength and endurance. Circuits can include a range of exercises to mix up your training and keep it different and exciting.



### Threshold Training

This involves training at approximately 30 bpm below your maximum heart rate, or 70% of your best effort (6/7 out of 10). Training at threshold can help with your overall stamina and improve your lactate tolerance, slowing down the onset of lactic acid, a waste product of exercise.

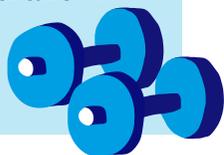


### HIIT (High Intensity Interval Training)

This type of training involves exercise of 100% effort that is all-out or near to maximum intensity. This is achieved through intense bursts of exercise, followed by short recovery periods. This can include running, cycling or rowing at a high intensity and maximum effort for a specified time. For example, 30 seconds activity followed by 30 seconds rest. This would be repeated for around 10 minutes, dependent on your desired workout duration. HIIT will not only improve stamina but can also improve your speed.



Remember to make a plan each week of which days you are going to complete certain exercise tasks, this way you can easily plan and prepare. This helps to avoid those midweek excuses!



# EXAMPLE SESSIONS

## Aerobic Training

For example, run for 10 to 20 minutes at 40 to 60bpm below your maximum heart rate, at your perceived effort of 6/10. Your maximum heart rate is 220bpm minus your age.

## Threshold Training

Four rounds to be completed, no rest between sets and maintaining 60 to 70% effort.

Exercise	Active Time	Rest
Burpees	1 minute	35 seconds
Rowing or running	1 minute	35 seconds
Superman	1 minute	35 seconds

## Circuit Training

Three rounds of the set below, or more to suit your ability.

Exercise	Active Time	Rest
Burpees	1 minute	30 seconds
Plank	1 minute	30 seconds
Superman	1 minute	30 seconds

## HIIT (High Intensity Interval Training)

Three rounds to be completed, or more if desired, taking two minutes rest between sets. Exercise to be completed at a very high intensity.

Exercise	Active Time	Rest
Burpees	25 seconds	50 seconds
Rowing or running	25 seconds	50 seconds
Superman	25 seconds	50 seconds

# TRAINING PLAN

We all know everyone's schedule and regime varies. This means all of us have different requirements based on the level of training we are currently at. If you have continued to stay active doing workout regimes, we advise keeping to the regime and only increasing the quantity of exercise included in the week once you feel comfortable to do so. For those of you beginning your workout

regime we advise completing one aerobic training session a week followed by a stretch after each session. Once you feel comfortable you can start introducing one other training session, such as HIIT, threshold or circuit training within the week. We also advise stretching after this session as well. A beginner training plan has been included for example purposes below.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1		Aerobic and stretch					
2		Aerobic and stretch			HIIT and stretch		
3		Aerobic and stretch			Threshold and stretch		
4		Aerobic and stretch			Circuit training and stretch		

I understand that when participating in any exercise or exercise program, there is the possibility of physical injury. I agree that if I engage in this exercise I do so at my own risk. I am voluntarily participating in these activities and assume all risk of injury to myself.

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

# GET IN TOUCH

**We're here to help with any questions or concerns you have.**

You can visit our website at [www.diabetes.org.uk](http://www.diabetes.org.uk)

You can email [swim22@diabetes.org.uk](mailto:swim22@diabetes.org.uk)

Or call our helpline on **0345 123 2399**, Monday to Friday, between 9am to 6pm.

We welcome your feedback. If any information in this guide has been particularly helpful or if you would like to suggest any improvements, please send your comments to: [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk) or write to us at: Diabetes UK Helpline, Wells Lawrence House, 126 Back Church Lane, London E1 1FH