

10 Ways for Swimmers to Stay in Shape While Stuck at Home



1. Cardio

Cardio and aerobic exercises are essentially the same. Cardio refers to exercises that get your heart rate up, while aerobic exercises refer to activities that use oxygen to fuel your muscles. By definition, Cardio and aerobic mean two different things, but they both have the same goal. When you do cardio, you are also exercising aerobically.

Swimming is both an aerobic and cardio activity. If you don't have access to a pool, the next best thing you can do is some other type of cardio. Great cardio exercises are running, biking, jogging, dancing, hiking, kickboxing, tennis, and more! Cardio encourages strong lungs and it's important to maintain those when you're away from the pool.

2. Cross-Training

Sometimes, the best thing you can do when you can't swim is to do anything else. Swimmers spend so much time in the water all year-long. This break is a great opportunity for swimmers to try a different activity without feeling guilty.

Cross Training looks different for every athlete, but for swimmers, some great cross-training activities are yoga, running, pilates, boxing/kickboxing, and weight lifting. The important thing about cross-training is that you need to look at it as a supplement to your swimming rather than a replacement for your swimming. What we mean by that is, don't get into running expecting to be a marathon runner, or don't get into weightlifting expecting to look like a bodybuilder. Whatever cross-training exercise you decide to take on, always keep your swimming in the back of your mind. Think about what muscle groups you should focus on, what movements you should think about, where you need to improve your strength, etc.

Dedicated swimmers rarely take breaks from the pool. Although this time away is hard, think of it as an opportunity to try some new activities guilt-free.

3. Maintain Healthy Nutrition

Since many restaurants are closed and families have stocked up their freezers and pantries at home, everyone is cooking now more than ever. Also, since we are all social-distancing as much as possible, our social eating and drinking is limited. This is a great opportunity to focus on your diet!

Athletes, you have more control over your diet than ever before. Take this time at home to experiment with new foods and new recipes. Focus on fueling your body just as you would in-season.

4. Get Your Zzz's

With a relaxed school and training schedule, it can be pretty easy to stay up late watching movies or Netflix. It's tempting to take advantage of this extra time to catch up on your shows, but be careful. The quickest way to fall off track with your workouts, your diet, and your schooling or work is by not getting enough sleep.

Much like your diet, take this time to prioritize sleep just like you would in-season. Sleep is the best way to keep you focused, excited, and energized for another day of creative exercise, stuck in the house.

5. Take Breaks from Screen Time

Being stuck at home means we are all spending more time watching TV, using our computers, and sitting on our phones. Take a break! It's very easy to get sucked in and before you know it, you haven't worked out, you haven't eaten, it's way past your bedtime and all you've done is spent hours looking at a screen.

Taking a break from screen time doesn't necessarily keep you in shape, but it will help you keep your routine and follow through on your commitments. If it helps, create a schedule for yourself segmenting an hour or two a day for dedicated TV or phone time.

6. Exercise Your Brain

Your body isn't the only thing that needs to be exercised, your brain does too! For those of you who are doing online school or working from home, you have this one taken care of. For many of you who are out of school, on spring break, or laid off from work, please prioritize exercising your brain. This could be something as simple as a puzzle, a game with your quarantine buddies, reading a book, or visualizing your races a few times a week.

To keep our bodies in peak condition, we need to keep our minds in peak condition as well. Do something good for your mind today!

7. Incorporate BODIMAX Sleeves into your daily exercise and recovery routines

There is no doubt that swimmers are doing more dryland activities than ever before. Especially since many swimmers were in taper mode when the season ended, muscle soreness is at an all-time high. One of the best things you can do for your muscles is to incorporate BODIMAX Sleeves into your workout and/or your recovery.

BODIMAX Sleeves are great for dryland and weight training. These activities are hard on the muscles and joints, plus, athletes build up a lot of lactic acid during these activities causing the muscles to tighten and fatigue. [By incorporating BODIMAX Sleeves into your workouts,](#) your muscles will not only feel less fatigued and less sore, but they will recover faster, keeping you fresh and ready to go for your next dryland workout!

[Seriously, give them a try and you will notice a difference in your muscles' health.](#) There are arm sleeves and calf sleeves, so no matter what your dryland workout of choice is, there is a pair for you! If you're not sure, [read what these athletes and coaches have to say about their experiences with BODIMAX.](#)

8. Stretch Those Muscles

Flexibility is important for swimmers and it's very easy to lose. Stretching is a great way to maintain your flexibility and keep those muscles loose. We suggest 10-15 minutes of stretching every day. You can do this in the morning when you wake up, immediately following your daily workout, or right before bed to help relax your body.

9. Core, Core, Core

Core strength takes time and dedication to build up but is very easily lost. Core is a very important part of conditioning for swimmers, so important, that we recommend doing some version of core work every single day.

Ask your coach for some quick at-home core workouts. You can also find a variety of programs online, on YouTube, or on social media. We recommend adding 10-minutes of core at the end of every workout you do.

10. Rest Your Brain

For many swimmers, the season, unfortunately, ended too soon. Some may have moved on from the unexpected ending, others may still be battling with the WHY. No matter where you are at in this process, we encourage every athlete to take this time for themselves.

Do whatever it is that you need to do to rest and regroup. Take a nap, go for a walk with no phone, sleep-in, have a lazy day, just take time for YOU! Swimming is both a physically and mentally demanding sport. So, just as we encourage you to physically recover, make sure you are taking time to rest your brain and mentally recover too.