Swimming and Weight Loss
Cheat Sheet

1. Write down **why** you want to get fit. Put it somewhere that you'll see everyday

2. Write down what your **goal weight** is.

3. Be prepared to **work your ass off** in training for several months

4. Get yourself a coach or friend to **keep you accountable**. Tell them their role is to make you attend every session.

5. Learn correct **swimming technique** so you can train at a high intensity for long periods of time. This is crucial for improving fitness and losing weight.

6. See this graph about **training zones** and structure some of your training around it.

7. Once a week isn't enough. **Commit to training several times a week.**

8. Get swimming workouts that **work the right training zones** for improving aerobic fitness and burning fat

9. **Cut the crap** out of your diet. Have better foods available for when you are hungry. I have a bags of almonds and dried fruits at home, in the car and at work for when I want something to snack on.

10. **Eat the same thing each day** for breakfast, lunch and dinner. It makes shopping and making meals easy. For breakfast I have egg, lentils and spinach. Lunch is wraps with salad and meat. Dinner is vegetables and meat. Simple!

11. After training **have a protein shake**. This stops you from getting hungry and devouring whatever's in sight.

12. **Start a strength training program at the gym**. Swimming is low impact and for increased muscle definition and fat burn, gym is excellent.

13. **Boxing** is good for power, cardio and speed. It helps with sprinting speed in the water and aerobic endurance for longer events. Get yourself a pair of boxing gloves and pads to do this at home.

14. **Pilates** is great for core strength. I use DVD's and do it at home. 20 minutes and you're done.

15. **Running** is great for toning up and cutting weight. It's works your muscles differently than swimming because of the impact and it's a nice change from the black line.