

## An Open Swimmer English Edition

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It's disappointing that there's no convenient menu that lets you just browse freebies. Instead, you have to search for your preferred genre, plus the word 'free' (free science fiction, or free history, for example). It works well enough once you know about it, but it's not immediately obvious.

### An Open Swimmer English Edition

Sarah Thomas, an American ultramarathon swimmer, has just completed a swim that no other human on the planet has ever accomplished. The 37-year-old from Colorado plunged into waters off the shore...

### American Becomes 1st Person To Swim English Channel 4 ...

Sarah Thomas, a breast cancer survivor, has broken a world-record by swimming the English Channel four times non-stop, in just over 54 hours.

### This swimmer just broke a world record - CNN Video

London (CNN) An American cancer survivor has become the first person to swim across the English Channel four times non-stop. Sarah Thomas, an open water marathon swimmer from Colorado, completed...

### Cancer survivor becomes first person to swim English ...

Open water swimming doesn't always have to include fighting waves and getting kicked by other competitors. For some vacationers, it's a means to island hop and see the world. Start to Finish: Owing the Open Water. The first five minutes of a triathlon can be chaotic. Learn how to manage this hectic time with a smooth entrance and proper pacing.

### Open Water Swimming Tips and Training | ACTIVE

Swimming the English Channel. Doug McConnell, with the help of his A Long Swim Team, became only the 48th person over age 50 to swim the English Channel, in 14 hours that were divided between heavy waves and pitch black darkness. Read more about Doug McConnell's English Channel Swim.

### Welcome | A Long Swim

If you're new to open water, swimming alone or have some anxiety, there's a new device called the International Swimming Hall of Fame Safe Swimmer buoy. It's a lightweight inflatable bright orange buoy that floats behind you while swimming and can be used as a flotation device as needed.

### Workouts for Open Water Swimming | TrainingPeaks

The little-recognized problem is that training in 25-yard or -meter pools, as most triathletes and open water swimmers do, encourages development of stroke habits that are likely to undermine your performance in open water. In a pool, you generally swim just 20 strokes at a time. In a triathlon, you'll swim between 1000 (sprint) and 5000 ...

### **Open Water Swim Technique: Work Less, Swim Faster | ACTIVE**

Lynne Cox (born 2 January 1957) is an American long-distance open-water swimmer, writer and speaker. She is best known for being the first person to swim between the United States and the Soviet Union, in the Bering Strait, a feat which has been recognized for easing the Cold War tensions between US President Ronald Reagan and Soviet leader Mikhail Gorbachev.

### **Lynne Cox - Wikipedia**

3x Olympic Swimmer ('04, '08, '12), 4x Olympic Medalist, and Co-Captain of the U.S. Olympic Swim Team Michigan, USA 🇺🇸🇺🇸 "Pushes you to do your best" "MySwimPro is using technology to advance the sport of swimming and help swimmers all over the world achieve their goals in new and exciting ways.

### **MySwimPro | Custom swim & dryland workouts, training plans ...**

Open water swimming is a swimming discipline which takes place in outdoor bodies of water such as open oceans, lakes, and rivers. The beginning of the modern age of open water swimming is sometimes taken to be May 3, 1810, when Lord Byron swam several miles to cross the Hellespont from Europe to Asia. In the first edition of the modern Olympic Games in Athens in 1896, the swimming competition was held in open water. In 2000, the Olympic Games first included a triathlon with a 1500 m swim leg, an

### **Open water swimming - Wikipedia**

Once he had overcome the aching, agonizing cold of the water -- and while he continued to negotiate a tunnel cluttered with enormous stalactites -- Lewis Pugh was struck by the colors.

### **Lewis Pugh: How an open water swimmer braved freezing ...**

101 Movers and Shakers In Open Water Swimming – Female Edition. Left Sidebar. by Archive Team. 06 February 2012, 03:10pm ... Author of 7 open water swimming books after 2 English Channel swims ...

### **101 Movers and Shakers In Open Water Swimming - Female Edition**

Our family open swim is a great time to practice swimming skills outside of lessons and have fun with the whole family. Our warm water pools make for a great way to spend the day splashing around and staying active. Practicing water safety and swim skills on a more frequent basis is a key to success in learning to swim.

### **Our Swim Programs | SafeSplash**

So in 1978, while on summer break, he found what he was looking for -- open-water swimming. "Being an ocean lifeguard in Miami and Hollywood (Fla.) and the daily one- to two-mile swims began my love of open-water swimming," he said. "I loved the freedom of it. Instead of the idea of having to compete against somebody, it was just you and the ...

### **English Channel Swimmer | Triple Crown Swimming**

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### **Last crawl Sink, Float, or Swim (English Edition)**

Training for a long distance, outdoor and English Channel swim can be a daunting experience. I've been doing this now since I was 14 years old, but until 3 years ago, I'd always had to venture to some outdoor stretch of water to acclimatise to the wonderful 'cold' water conditions of the British climate.

### **English Channel Swimmer | Open Water Swim Training**

Open water swimmers have long enjoyed the positive link between exercise and emotion, writes Clodagh Finn ... as English Channel swimmer Sarah Ryan explained in an email to Wild Water Adventures ...

### **Meet the open water swimmers who feel the positive link ...**

Newport, Middletown Beaches Back Open To Swimmers - Newport, RI - Easton's and Third Beaches are once again safe for swimming.

### **Newport, Middletown Beaches Back Open To Swimmers ...**

CT Opening Inland State Parks For Swimming - Across Connecticut, CT - Eight state parks will reopen Saturday and two others will have previously closed areas opened.

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