

Quick Facts about Swimming

25 Yard Pool

- 1 length = 25 yards (from wall to wall)
- 2 lengths = 50 yards
- 4 lengths = 100 yards
- $\frac{1}{4}$ mile = about 500 yards = 20 lengths
- $\frac{1}{2}$ mile = about 800 yards = 32 lengths
- 1 mile = about 1700 yards = 68 lengths
- 1.2 miles = about 2000 yards = 80 lengths
- 2.4 miles = about 4000 yards = 160 lengths

Triathlon Swimming

Sprint Distance Triathlon = Usual distance will be $\frac{1}{4}$ mile or approximately 500 yards. *Swim distances will vary.*

International Distance Triathlon = Distance may range from $\frac{1}{2}$ mile to 1.5k or 800 to 1700 yards. *Swim distances will vary.*

Olympic Distance Triathlon = Swim distance is 1.5k or approximately 1700 yards.

Half Ironman Distance Triathlon = Swim distance is 1.2 miles or approximately 2000 yards.

Ironman Distance Triathlon = Swim distance is 2.4 miles or approximately 4000 yards.

Fun Facts

- The slowest swim strokes are the breaststroke and the sidestroke.
- The fastest, most efficient, and most popular swim stroke is freestyle/front crawl.
- Peanuts are a source of energy for swimmers.
- Swimming is very relaxing and had been compared to yoga and meditation in terms of its soothing effect on the mind and body.
- Swimming works out all the body's major muscles.
- Swimming strengthens the heart and lungs.
- Swimming helps reduce stress.
- Swimming is a great cardiovascular exercise because you are moving against the water's resistance, which is over ten times that of the air.
- An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking.
- Swimming can burn between 450 to 950 calories per hour; it all depends on your pace.
- Water's buoyancy makes swimming the ideal exercise for physical therapy and rehabilitation or for anyone seeking low-impact exercise.
- Swimming is also a very safe form of exercise because it is considered to be low impact and easy on the bones and joints. You can do exercises in the water using floats and weights and enjoy a good workout without worrying about serious injury. This is especially true if you have arthritis or other types of physical limitations.

