

LOSE FAT, STAY LEAN FOR GOOD

FIT FOR LIFE

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Men's Fitness

8-DAY SIX PACK PLAN

**GET A FLAT
BELLY FAST**

**EAT CHIPS
AND GRAVY
AND PACK
ON MUSCLE**

**50 BEST
FITNESS
HOLIDAYS**

**TRAINING
WITH
PUSSYCAT
DOLL**

**ASHLEY
ROBERTS**



A-LIST ARMS

**TRAIN LIKE
THE HUNGER
GAMES' LIAM
HEMSWORTH**

**BUILD A STRONG
RIPPED BODY
AT HOME**

**How to
survive your
first marathon**

**WHY YOU NEED
TO GO ON THE
PALEO
DIET**

**Torch fat
all day
every day**

Focus on your strokes
instead of the possibility
of Jaws hurtling up
towards you from the deep



ME CARDIO EXPERT

Where do I start with open-water swimming?

It's often cold and deep and there's no side to cling to - but ditching the pool for the call of the wild is well worth the effort

Open-water swimmer and coach Adam Walker is one of only six people to have swum the Ocean's Seven, the long-distance open-water swims generally considered the hardest in the world: the North Channel of the Irish Sea (33.7km), the Cook Strait in New Zealand (26km), the Molokai Channel in Hawaii (43.5km), the English Channel (34km), the Catalina Channel off California (33.7), the Tsugaru Strait in Japan (19.5km) and the Strait of Gibraltar (14.4km).

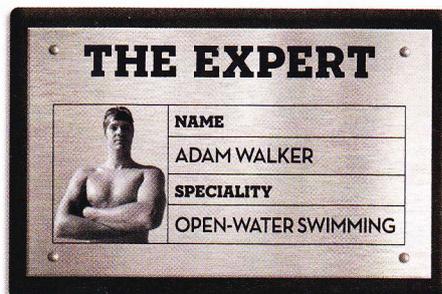
I hadn't swum for ten years when I decided to swim the English Channel. After seeing a film about a man who tried it I wondered if I could do it, and it went from there. That was in 2008, and once I'd done it I wanted another challenge, which was when I heard about the Ocean's Seven.

At the time, no-one had completed the challenge. Ireland's Stephen Redmond beat me to it in 2012, but I became the first British swimmer to complete it in 2014.

If you can swim, there's no reason you can't take on open-water challenges. There are fears and obstacles, but follow this advice and you'll overcome them.

Out in the cold

The things that typically worry people about swimming in open water are fear of the cold, being out of your depth and what dangerous marine life might be under you. My advice is to avoid dwelling on the negative side and focus on the goal. I push thoughts of danger out of my head and



concentrate on what it will feel like once I've finished. Don't even think the word 'cold'. Instead consciously think positive thoughts so there's no space for negative ones.

What lies beneath

I've never worried about sharks, but when I was swimming the Catalina Channel I was

stung by a man o' war jellyfish, and I panicked. They have around 70% of the venom a cobra has and my immediate reaction was terror that I'd be paralysed.

But then I caught myself and thought, 'I have to swim to the boat, I can do that'. When you're swimming a long distance you don't think of it as a 17-hour swim, you think of it as lots of half-hour swims. When I was stung I used the same principle.

Obviously that's an extreme example - and you're unlikely to get stung in UK waters - but mentally breaking up the swim is useful if you're struggling. Focus on your technique. Think, 'I'm going to do 60 strokes and see how that goes'. Once you're done, do another 60. That focus takes your mind away from everything else.

Adam Walker is a One Young World Counsellor. Visit oneyoungworld.com

SPLASH COURSE Not ready to take on the Channel? Try these shorter swims

DOWN THE RIVER WITHOUT A PADDLE

headtothehills.co.uk

This 45-minute introductory swimming session in the Lake District is perfect for beginners.

MONSTER SWIM

monsterswim.co.uk

There are 800m and 1.6km versions of this event which takes place in Loch Ness. Sea monsters not guaranteed.

CONISTON END TO END

chillswim.com

This race spans the 8.5km Coniston Water in the Lake District. The cut-off is 1hr 5min so that's your target.

