



SWIM YOUR WAY TO A **SIX-PACK**

We're giving it to you straight: You're never going to swim like Michael Phelps. For starters, you're probably not 6'4" and in the water, length means speed. Then there's your, by comparison, penguinlike wing span. Phelps's span is 79 inches, and it propels him through the water like a nitro-fueled speedboat. And the 45 miles of practice he puts in a week?

Great for him, but you have commitments. Now, the good news: All of this had less to do with Phelps's eight gold medals at the 2008 Olympics than one basic in-pool principle that anybody can learn: "The longer and more streamlined you can make your body, the faster you'll go," he says. "It's that simple." Phelps and swimming guru Terry Laughlin, president of the New York-based swimming think tank Total Immersion (totalimmersion.net), helped us put together a step-by-step swimming workout guide to leaving your lanemates behind.

If you're a beginner, our plan will keep you from flailing about like you're being attacked by piranhas. If you're a pro, we'll show you how to shave seconds without having to shave your knees. We're focusing on the freestyle stroke here, not only because it provides a killer cardio workout, but also because it works the most muscles overall—building core strength and carving your V. And it shreds calories. Blows them right out of the water, in fact. Phelps is as thin as an Olsen twin, yet he eats 8,000 calories a day. His average breakfast: two egg-and-cheese

