Training

Calling all Splashathon participants. The excitement is building! The event is not far away, so are you and your little one up for the challenge?

Here, you'll find everything you need to make sure you and your Water Baby are in peak condition for the main event - to swim a full width, in fancy dress.

The good news is that practicing for Splashathon doesn't have to be done in the water. You can do it in just about any safe space on dry land - at the park, in the kitchen or even on your bed! (Yes, even gentle bouncing on the bed is great leg exercise for your baby or toddler!)

Competitive swimmers use the gym to do exercises that mirror what happens to their bodies when they swim. And you can do the same. Just have a think about what you both do when you swim and find a different way of doing the individual movements out of the pool. The more fun it is, the better! Here's some inspiration:

Cake-r-cise!

Stirring a cake mix is like pulling your arm through the water. Stir both ways for maximum benefit. Keep going until it's all mixed up and your arm's a bit hurt! And don't even think about trying this one in the pool or you'll be guaranteed the proverbial soggy bottom!

Scrambling eggs would work in similar way. Whisking egg whites would be even better for full muscle building.

Sing to swim!

The songs you love to sing with friends and family are a brilliant swimming work out. But this is no 'Living on a prayer' or 'Don't stop me now' moment. Think of songs that make you use your arms and your legs - 'Head and shoulders, knees and toes' springs to mind! 'Wheels on the bus' would be great too. Or how about that old dancefloor classic, 'Oops upside your head' complete with rowing movements?

Seals or Cinders?

Do you want to slip across the water like a seal, with the minimum of water resistance? Or would you prefer to up the challenge by struggling from one side to the other like Cinderella doggy-paddling in her ball gown while towing her carriage? Either way, it's going to make for some unusual clothing decisions!

The appliance of science - the bath!

OK so we said you needn't get wet, but the bath is a great place to teach young ones about the concept of 'drag' through the water. Cup your hand and pull it towards you and you'll feel the resistance. Pull it sideways and it'll slip straight through. There are all kinds of objects you can experiment with, from frying pans to kitchen sieves.

This could get splashy actually...not our fault!