

## **Training with Torres**

### Resting up makes swimmer Dara Torres a better athlete

She is the first American swimmer to compete in five Olympic games. At 41 years old, she managed to snag three silver medals despite being the oldest swimmer in Beijing. Now 42, her chiseled body is any woman's dream. How does Dara Torres achieve greatness? The surprising answer is *not* being slave to the gym. Her secrets to success:

**Work and play.** Forget guilt when gym dates aren't possible. Studies show that resting muscles actually improves performance. On days off, Dara loves to hit the bike trails or run around with her 3-year-old daughter, Tessa Grace. Set training aside two days each week to take care of life's other necessities.

**Tough it out.** Hit it hard all other days. Don't let yesterday's relaxation affect current performance. After intense swim workouts, Dara continues with strength training and stretching. This combination produces greater results than endurance building alone. "They may become harder to achieve, but your dreams can't stop because you've hit a certain age or you've had a child," she says.

**Think tone, not bulk.** Dara centers training around her self-professed "secret weapon" of resistance stretching, which flexes and contracts muscles simultaneously for greater flexibility. Incorporate stretching into every workout.