

寒中水泳 ▶ winter swimming

Swimming in the sea or rivers in midwinter is called winter swimming. It is said to have originated in the Edo period when swimming was practiced in each domain even during the wintertime.

真冬に海や川で泳ぐことを寒中水泳と呼びます。江戸時代に各藩で冬にも泳ぐ練習をしたのが起源と言われています。

【豆知識】 polar bear swimとも呼ばれます。

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