



Zhang Jian, Honor Swimmer, China, 2018



Videos: [Swim 1](#)

Zhang Jian was the first, in 2001, swimmer resident in China to swim the English Channel – in 11 hours and 56 minutes. He completed other first ever, and some of the longest swims ever recorded in China under traditional English Channel rules: 1988 Qiongzhou Strait 29.5 km – in 9 hours and 12 minutes; 2001 Fuxianhu Lake (China's deepest, fresh water lake 35 km – in 12 hours and 1 minute; 2003 Qinghai Lake 26.2 km in 8 hours and 52 minutes; and 2005 the Lingdingyang Bay (across the Pearl River Estuary) from Hong Kong to Macau 40 km - in 10 hours and 43 minutes which was broadcast live and is credited with significantly increasing open water swimming participation.

Zhang also complete 2 (first ever) swims in wetsuits. These were widely covered by China Central Television and other media and helped fuel local interest in open water swimming: 2000 Bohai Bay 123.58 km - in 50 hours and 22 minutes and 2010 Xingkai Lake 69 km - in 36 hours and 30 minutes.

In 2011 Zhang Jian was named as one of the top ten male athletes in China – bringing further honor and public attention to the sport. He founded the Zhang Jian Open Water Swimming Team and continues to coach and promote the sport. In 2026 Director of the Social Sports Teaching and Research Office and Director of the Outdoor Sports Centre at Beijing Sport University; Secretary-General of the Beijing Triathlon Association.

Previously, he held these positions: Director, Social Sports Teaching and Research Office, Beijing Sport University; Chairman, Chinese Triathlon Association; Member of the Standing Committee of the Party Committee and Vice President, Beijing Sport University; Vice Chairman, Outdoor Branch of the Beijing Collegiate Athletic Association; Deputy to the 13th, 14th, and 15th Beijing Municipal People's

Congress; and Member of the 13th National Committee of the Chinese People's Political Consultative Conference (Sports Sector).

[Expanded Biography \(Openwaterpedia\)](#)

[Long Swims Database \(Marathon Swimmers Federation\)](#)

Mandarin Translation

2001年，张健成为首位横渡英吉利海峡的中国本土游泳运动员，用时11小时56分钟。他还完成了其他多项中国首创的游泳壮举，并按照传统的英吉利海峡规则，完成了中国有史以来记录在案的最长距离游泳：1988年琼州海峡29.5公里——用时9小时12分钟；2001年福贤湖（中国最深的淡水湖）35公里——用时12小时1分钟；2003年青海湖26.2公里——耗时8小时52分钟；以及2005年从香港到澳门横渡珠江口灵定洋湾40公里——耗时10小时43分钟，此次横渡曾进行现场直播，并被认为极大地提升了公众对公开水域游泳的参与热情。

张健还完成了两次（史上首次）穿着湿式潜水服的游泳挑战。这些壮举得到了中央电视台及其他媒体的广泛报道，极大地激发了当地民众对公开水域游泳的兴趣：2000年渤海湾123.58公里——用时50小时22分钟；2010年兴凯湖69公里——用时36小时30分钟。

2011年，张健入选“中国十大男运动员”榜单，为该项目赢得了更多荣誉和公众关注。他创立了“张健公开水域游泳队”，并持续从事该项目的教练工作及推广活动。2026年，担任北京体育大学社会体育教研室主任、户外运动中心主任；北京铁人三项协会秘书长。

此前，他曾担任以下职务：北京体育大学社会体育教研室主任；中国铁人三项协会主席；北京体育大学党常委、副校长；北京市高校体育协会户外运动分会副主席；北京市第十三届、第十四届、第十五届人民代表大会代表；中国人民政治协商会议第十三届全国委员会委员（体育界）。