

Swimming

FOCUS ON SPORT

Swimming Program: Preparing for the summer with MedStrength

As summer hits and the temperature becomes warmer, outdoor pools re-open for the season and people head to the beach. The team at MedStrength has put their heads together and come up with a program that will help you condition yourself for the swimming season.

Swimming is rigorous exercise that incorporates complex biomechanical movements. In order to swim efficiently; one must possess technical skill, coordination, muscular balance, and athletic ability. Swimming is unlike any other exercise because you have to use all of your large muscle groups simultaneously to propel yourself through the water. Due to its unique movement, the fitness training for swimming differs from most conventional land based sports.

In order to optimise the benefit of land-based training, you must select exercises with mechanical relevance to the swimming action, particularly those movements which propel the swimmer through the water, such as the arm pull and leg kick. As with any sport-specific training program, it is essential to have a strong foundation of strength prior to embarking on development of specific muscles. This can be accomplished through the general circuit training program at MedStrength. Once this has been done, then you may want to add additional training days to improve your swimming endurance. Making strength functionally similar to the swimming stroke can be challenging but with a little guidance from our MedStrength trainers, the following exercises will help you stay in the water longer and travel further.

We suggest you exchange the following swimming-specific strength circuit for your usual MedX circuit once or twice a week. Perform each exercise for one set of as many repetitions you can with proper form, then move onto the next exercise in the circuit. After all exercises in the circuit have been completed, rest for 2-3 minutes and then repeat the circuit once or twice more.



Program:

Please ask a trainer if you would like more information or clarification of anything.

Lower Body

Choose 2 – 4 exercises

1. Traveling lunges with MedBall twists
2. TRX single leg squats
3. Swiss ball hamstring curls.
4. Prone hip twist with Swiss Ball

Upper Body

Choose 2 – 4 exercises

1. Dumbbell closegrip presses to pullovers
2. Theraband rotator cuff exercises. Most functional position is shoulder abducted to 90°.
3. Swiss Ball body pulls
4. Medicine ball single arm overhead throw (with a partner or trainer present)
5. TRX rows
6. Starfish push-ups: Do a push-up with your feet about shoulder-width apart and then as you come up, rotate out onto one side to work your core and the muscles that help to stabilise your shoulder. Pause for a second, then lower back down and repeat to the other side. 6-10 reps.
7. Reverse scaption to reverse fly: Lie prone over a bench, or stability ball holding a pair of light dumbbells in your hands. With a slight bend in your elbows, begin by retracting your shoulder blades and then work both arms up in a reverse fly type motion. When your arms are parallel to the ground, pause for a second and then lower back to the starting position. 10-12 total reps.

Core

Choose 2 – 4 exercises

1. TRX prone knees to chest
2. Reformer Hundreds
3. Swiss Ball body pulls
4. Side plank with reach under. In this exercise the side plank is followed by the reaching under action by the contralateral arm. Repeat for 8 - 10 reps.
5. Push-up position Bird Dog: Starting in a push-up position simultaneously lift the opposite arm and leg and come back to the push-up position. Remember to engage your core throughout your reps.