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**How To Develop A Strength Training Workout To Swim Faster!**

**By Steve Preston**

How To Develop A Strength Training Workout To Swim Faster!

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Swimming is a very unique sport to develop a proper strength training workout for. Swimming is one of the few sports that requires more upper body strength for maximum performance. In fact, swimming requires at least 80% of strength from the torso and arms. Strength train correctly for swimming, and watch your speed in the water take off! Here are some tips to help you create the perfect workout.

1. Determine The Body Parts To Emphasize

No matter which swimming stroke you compete in, the body parts to emphasize are the same. The body parts in order of importance, that you will need for swimming are the back, chest, shoulders, arms, abdominals, hips, thighs. When creating a sport specific plan, you will work on these body parts in this order. You still want to train the entire body, because our body's work as a unit. Although you want to keep all of your body parts strong, try to keep this order when setting up your workout.

2. Select The Best Exercises For The Emphasized Body Parts

When selecting exercises for your swimming strength workout, you should find ones that you are comfortable with. Don't try to perform exercises that "mimic" the movements required when you swim. You never want your strength training exercises to be "too similar" to the skills for your sport. Just find the 12 best exercises for the body parts above.

3. Organize The Exercises Into A Routine

Take the 12 best exercises and organize them into a workout routine. You can substitute exercises occasionally. Try to select 2 exercises for each body part.

4. Full Body Workouts

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Now that you've organized your exercises into a routine, you need to perform these full body workouts. If you're in the off-season, you can do this full body workout on 3 nonconsecutive days per week. If you're in-season, try to perform a workout every 4–5 days. This additional rest will help you recuperate from the combination of practices, workouts, and competitions. You might even get stronger by training this infrequently.

### 5. Keep It Progressive

No matter which exercises you've decided on, you must keep your workouts progressive. That means you should strive to add an additional repetition with the same weight in successive workouts or keep the number of repetitions the same, and add a little more weight. Try to do this as often as you can.

### 6. Minimize Momentum

When you're swimming competitively you want to be fast in the water. Don't make the mistake of thinking that your strength training workouts need to be fast in order to make you faster in the water. Your strength training workouts should be slow and controlled. Always lower a weight twice as slowly as you lift it. This ensures that your form is perfect. Perfect form on your strength training exercises will carry over to improved performances in the water.

Steve Preston is a Sports Performance Specialist in Virginia Beach, Virginia. He specializes in sports-specific strength training programs to improve athletic performances. He is available for phone consultations, and clinics and can be reached through his website at

<http://www.sports-strength.com>

He has recently created a DVD Strength Training Program For Swimmers. It can be viewed at

<http://www.sports-strength.com/swimming.html>

## **Over-Training**

### **By Gil Burgos**

#### HIT Progress Reports

Hello HIT'ers,

This week I'd like to discuss the topic of over-training. One of my new clients had the pleasure of increasing his strength some 40% – since his last Chest (upper-body) workout. Note, his last chest workout was about 10 days ago!!

My client is new to Heavy Duty/High Intensity Training; however, he IS a good student and has taken the time to listen and grasp these new principles of exercise. By doing so, he has relatively been

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successful in EVERY workout.

Unfortunately, though, I haven't had the same success with another new client of mine. Somehow he had to learn the hard way. Lately, he has not had ANY strength gains! Why? Well, he has the notion that he must workout at least 3–4X a week (as most people think) and wants to train before he even recovers from his previous workout. Big mistake!

Now, one must realize that HD/HIT training is not like any other type of training. Most people in the gym train with a lot of volume: 3–5 sets, 10–12 reps, with about 20+ exercises @ low intensity. Their workouts usually last about 45–60 minutes in duration. HD/HIT workouts, however, consist of 1 set to failure with 5 or 6 exercises – ranging from 12–20 minutes in duration!! With a greater stress on the whole physiological system. Big difference, mind you.

People are under the notion that the workout produces growth. This is why they do so much volume. If that was the case, every body in the gym would have 20 inch arms. They fail to remember that the workout only STIMULATES growth. Remember, it is the BODY that produces growth, but ONLY if it is left undisturbed for a period of time. And also, the body does not decompensate with no training in 2 weeks. In fact, it is recommended to take a lay off every so often.

When it comes to your training frequency you MUST allow for two things: total recovery and total growth. Time in between workouts is vital if you want to see increases in size and strength. In essence, if you don't rest enough – you won't grow enough.

My first client's testimony is a good case in point. By not training so frequently he was able to improve in his Pec–Dec Flye and in his Chest Press. He did this in both weight and reps! In fact, he is rather eager to see what his Leg workout is going to be this week. I will keep you posted on his progress.

Have a happy new year, and keep HITing!

Gil Burgos, CPT

Gil has been training in the fitness industry since 1995 and brings a diversified background to his clients. Coming from a background of competitive sports he is able to train many types of athletes and fitness enthusiasts. Whether you're a beginner, intermediate or advanced level trainee, he can help you attain your goal in the most efficient way possible.

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Over–Training

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