

Info on Swim Weight Training

Weights/Strength training should always be done after warming up. Do after a 15min aerobic warm up (at least). Studies have shown that when you begin with aerobic exercise and then do weight training you continue to burn fat and develop muscle longer after your workout is over.

A little background...there are good and bad lifting programs. This program, if followed correctly, is considered one of the best in terms of building strength, flexibility, and conditioning. My goal (and hopefully yours) is not to become “huge muscle-women/men”. If you were to gain too much muscle you would lose flexibility which inhibits your range of motion when swimming (Not good!). This program will strengthen the muscle you already have and make you much more powerful in the water. You will certainly gain *some* muscle, but our aim is **not** to build mass, it is to build strength. Just to forewarn you – muscle weighs more than fat; therefore, when you end up lean and mean, you may also weigh a little more (only because you replaced your “fat” with muscle and strength) – not a bad thing!

- Weight programs should be an every other day thing ...that is you need a day’s rest for muscles to recover!
- 3 sets of 12 repetitions with a weight that causes you to challenge yourself. When this weight is no longer a struggle for you, increase the weight – usually by 5lbs.
- Dumbbell exercises will increase your strength, flexibility and posture when done correctly in a more beneficial way than using machines. However you need to be careful of your weight, body position and speed of the exercise. The machine equivalent to each exercise proceeds in italics.

ARMS

Straight arm lift (forward)—do not exceed 10lbs.

Side lateral raise – do not exceed 10lbs.

Bench or floor flies [*Chest machine –elbows meet*]

Bicep curls

Tricep raises

Standing rows w/ dumbbells

Bench press w/ bar or dumbbells [*use bench w/ bar*]

Shoulder press [*use bench or incline bench*]

Push ups (ok from knees) ** keep back level and flat!

Lat pull downs – do half in front of body and half behind to min. injury

*****Rotator cuff stretch / exercise with cordz**

LEGS

Dumbbell squats [*squats with spotting rack and bar*]

Lunges w/ dumbbells

Step-ups w/ dumbbells

Calf raises w/ dumbbells

Leg extension machine

Leg curl machine

Breaststokers— fire hydrants [*hip adductor & abductor machines*], plie squats

Swimming Ab Programs

Abs should be worked daily in combination with back stretches as they are the most important muscles used in swimming!!! By increasing the strength and ability of your abs you automatically strengthen your back! BUT please be careful and stretch your back gently before AND after you workout!

In regards to abs, it is not necessarily the number of crunchers/sit ups you do; rather it is the quality of crunchers/sit ups you do. Quality over Quantity!! By the beginning of the season you should be able to work on your abs continuously for 15-20 minutes. To train; find a number or time that challenges you and increase every other day or each week by 20 or 2 minutes.

Do each type or crunch no more than 20 repetitions at a time, you may however repeat later.

Crunches with feet flat on floor

Reverse crunches

Indian style crunches

Oblique crunches (on side)

Oblique twists

Cross over to opposite knee (leg kick) *-try to work towards having other leg off ground!!*

Bicycles

Flutters

Rowboats (tuck ups)

Trunk Ups

Planks (great for balance too)

Other options

Partner twists w/ medicine ball

Partner situps w/ medicine ball

Oblique twists

Oblique leg lifts (works butt and legs too!)

Pelvic lift or tilt (works butt, back, abs, pelvic muscles and legs)

*****An exercise ball & video are a very good idea.*****

*******Pilates is also a superb choice*******