



**THE SWIMMER STRENGTH PODCAST SEASON 1 EPISODE 2
ADAPTING TO CHANGES IN 2020 WITH SMARTER TRAINING STRUCTURE**

2020 came with a lot of challenged, but also some opportunities. What did you take from your 2020 where you had to pivot in a positive way to be more efficient?

How has the pandemic forced you to be smarter with your training? Has there been a major shift? If so, how has that shift looked like in the weight room?

What do coaches mean when they say, “*today, we are working on mobility.*”? What do we want to accomplish? What is *your* definition of mobility?



The Swimmer Strength Podcast

ABOUT



Join us as we deep dive into what strength training for swimmers truly means and what ways we can go about increasing power output, reducing injuries and reducing recovery times. Our guest are fellow swimming enthusiasts – current coaches with extensive background in swimming or coaching swimmers.

I am a performance coached and sport scientist who have been coaching swimmers on land for eight years. Swimming has been a life-long passion and like many others, I also suffered a nagging injury that I had to battle through. If you are a coach, swimmer, or just associated with the sport looking to find ways to make fast swimmers faster and healthier, this show is for you!

Each episode will be filled with strategic insights of how to make swimmers inside the pool with training done outside the pool. My genuine goal is for you to provide you with key take-aways that are concrete and applicable. Expect to be challenged, surprised and even to find a few good laughs along the way.



The Swimmer Strength Podcast

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