



**THE SWIMMER STRENGTH PODCAST SEASON 1 EPISODE 3
HOW NATIONAL LEVEL SWIMMERS MAINTAIN THEIR SHOULDER HEALTH**

At how many swimming hours per week does the risk for shoulder tendinopathy double? How many hours are you, or your swimmers swimming?

What are some strategies and interventions YOU are currently using to reduce your or your swimmers' risk of getting injured?

According to our guest, Daniel – what is one of the absolute best ways to reduce shoulder injuries?



What are some strategies to voice injuries?

How can an injury make a swimmer more durable later?

What are some benefits of using velocity-based training for swimmers and how is it used?



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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