



**THE SWIMMER STRENGTH PODCAST SEASON 1 EPISODE 5
PROGRESSING SWIMMERS THROUGH STAGES OF DEVELOPMENT**

Beginner to advanced: prevent, progress, perform – can you build on this take of this way of design training structure for swimmers/athletes?

Taking the next step in one’s swimming career: compare and contrast how strong is strong enough and speed withing a movement.

How strong is strong enough? Reflect with strength index numbers.



What are some strategies to use with swimmers who fear the weight room?



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.



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