



**THE SWIMMER STRENGTH PODCAST SEASON 1 EPISODE 7
HOW TO AVOID THE DARK SIDE OF STRENGTH TRAINING**

Reflect on how injuries in the weight room occur. Does it matter if swimmers swim before?
What are some things to consider?

What are some ways to bridge the gap between the swim pool and weight room?

How do you differ between the weight room and dryland? Which is more important?



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

info@swimmerstrength.com



Share This With
Your Friends!

Share This

