



**THE SWIMMER STRENGTH PODCAST SEASON 1 EPISODE 9
HOW TO AVOID THE DARK SIDE OF STRENGTH TRAINING**

What are some strategies we can use to help swimmers understand tension in movements in order to withstand cheating movement patterns?

Compare and contrast the upside and downside with swimming specific movements. When are they appropriate in the swimming season?

What are some benefits to chug 30-40 ounces of water early in the morning?



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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