



**THE SWIMMER STRENGTH PODCAST SEASON 1 EPISODE 11  
MANAGING & DEVELOPING ELITE LEVEL DIVISION 1 SEC COLLEGE SWIMMERS**

Are swimmers fragile? Reflect your thoughts based on the conversations in the episode.

What are some strategies to use when monitoring load and volume for swimmers?

Why is the Jump Shrug movement so valuable?



Why can swimming specific movement on land increase risk of injuries?

How can we use HRV in the training planning/design?

What did you learn this episode that you did not know before?



## The Swimmer Strength Podcast

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### 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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