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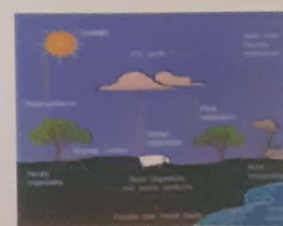
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Advantages of Strength Training In Competitive Swimming

Dr. Gopal Moghe

Director of Physical Education and Sports, Maharashtra Mahavidyalaya Nilanga - Maharashtra

Introduction

Swimming is a activity which involves floating of a human body over the water. This floating is achieved by coordinated movements of the body parts such as hands and legs. Swimming is one of the most popular recreational activities selected by humans. Swimming is also a Olympic sport and is pursued professionally by some athletes who desire to be best in it. There are 4 major styles of swimming namely Freestyle, Breast Stroke, Back Stroke and Butterfly in which the athletes compete at International Level. In a freestyle event the athlete can use any technique of swimming. in Breast stroke style the athlete must put his head inside the water, push his arms forward in front of the head and perform a frog kick with the leg, Backstroke is a technique where the athlete has to place his back on the surface of the water and use his hands for rotation and use the feet to kick against the water in order to make movement where as in Butterfly technique the athlete must stretch his arms of the body making a Y - shape and use legs to generate force to move forward. These styles must be practiced over along period of time in order to achieve the best possible result in competitive swimming championships. However practicing for longer periods of time and over training can cause decrease in performance as well decrease in the strength of the muscles involved in swimming. Hence strength training is considered as a must for a athlete who wishes to perform excellently in swimming at the highest level possible. The benefits of strength training to competitive swimmers can be read further in this paper

Building of Muscles

A body starts building muscle mass when exposed to stress in the form of weights or some kind of resistance. Strength training helps in building muscle mass which helps the swimmer to perform better at competition level than a swimmer that has not undergone strength training during his training sessions.

Injury Prevention

Swimming is an activity that involves a lot of repetitive movements which can tend to put a strain on the muscles and cause a injury. Strength training not only helps to build the muscles but to strengthen weak muscles. Stronger muscles and stronger muscles groups can help a swimmer to perform better at competition and can also help in injury prevention.

Techniques of Bio mechanics

Strength training helps to teach the proper techniques of bio mechanics to the swimmers. As swimming is a technique mastery of this technique is important for best performance in competition. This technique and mastery of bio mechanics can be learnt through a proper and planned strength training program.

Increase in Power

A trained muscle or muscle groups generates more power and is more efficient than a untrained muscle or muscle group. Hence a swimmer who undergoes a strength training program is able to perform better since the muscles have more power to help him during the competition.

Delay in Fatigue

The duration of the muscle to function under stress or under pressure increases drastically when it undergoes a strength training programme. A tired muscle or a trained muscle groups can lead to decrease in performance but a muscle that has undergone strength training works efficiently and thereby give better performance in competition.

Neurological Improvement

A swimmer with a balanced and planned strength training programme is able to send loud and clear messages to the concerned muscle groups thereby leading to effective functioning of the muscles involved in swimming which in return leads to better performance during competition. A trained body leads to a trained mind which sends positive message to the muscle groups to work continuously and tirelessly and hence the swimmer is able to push him harder even under the conditions of fatigue.

Improvement in Body Awareness.

Top swimmers tend to loose the ability of certain muscles due to large amount of time spent in the pool during the training phase. Strength training on certain areas such as the back, glutes, shoulders and lower body can increase body awareness and can lead to increase in performance.

Increased Range of Motion

Strength training helps the swimmer to have more powerful and increased range of motion. Strength training strengthens all the muscles around the concerned joints thereby helps the body to propel through the water with an increased and powerful range of motion.

Increase in Muscular Endurance

Swimming as a competitive sport requires a high level of muscular endurance for optimum performance in competition. A Strength training program involves various exercises which help improve muscular endurance. Higher resistance in the training sessions helps to develop muscular endurance which will help to improve the performance of the swimmers.

Increase in middle distance performance capacity

Two strength training sessions a week can help in increasing the middle distance capacity of the swimmers thereby helping in increasing the performance of swimmer and helping them achieve good results.

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