


The 
Ultimate Guide to
**WEIGHT
TRAINING**
for
SWIMMING

second edition



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Part I



Swimming Specific Program

*With Weight Training, Knowledge is the
Key to Success*

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Swimming*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round swimming-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

The true importance of this book lies in the swimming-specific programs in the front of the book. They were created for one reason and one reason only; to improve your swimming potential. They do this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for swimming. Each program has been synergistically created to supply you with the advantage you will need to beat out your teammates and to outperform your opponents. By following the programs, you will build your muscles with strength and endurance as well as explosion, power, and agility. When the season begins, you will be physically prepared and mentally ready to compete at the highest of your potential.

The programs were constructed in such a way that you will be on the top of your game the day the season starts and you will be able to maintain your strength and power throughout the season. The off-season program is set up as a two-day split, four days per week, which means you train all of your muscle groups over the course of two training sessions followed by a rest day. The off-season is where you will build your foundation of strength and power. The preseason routine is designed to further enhance your physical abilities enabling you to peak with strength and power at the

onset of the season. And lastly, the in-season program is designed for the maintenance of your off-season gains without the risk of overtraining.

This book does not teach you how to perform the breast stroke. It does not show you the best strategies to win a race, nor does it give you any tips to improve your specific skills. This book does, however, provide you with the best methods, programs, and strategies available to physically improve your body and maximize your swimming potential!

OFF-SEASON TRAINING

The off-season is the time in any sport to build up your muscles, become more powerful, and increase muscular endurance. The off-season program consists of four 4-week routines cycled together to maximize both muscular endurance and explosive power. The first and third routines are designed to build your stamina and muscular endurance, while the second and fourth routines are designed more for power and explosion.



After following the first two 4-week off-season programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs.

Variation is very important to an effective workout program. Varying your routines keeps you making progress and gains. Your body eventually will adapt to any routine it's on, so it is very important to change routines once your gains have stopped and your strength has peaked. Changing programs every four weeks is the most effective time period to follow any one routine. For more information on the importance of variation to weight training, see the section *The Declaration of Variation*.

MUSCULAR ENDURANCE TRAINING

The first and third routines of the off-season cycle are to enhance your muscular endurance. Weight training for muscular endurance differs greatly from strength and power training. Strength training builds up size, bulk, and strength; power training builds explosion, speed, and intensity; and endurance training builds your stamina by enabling your muscles to work longer without fatiguing. Weight training to increase your muscular endurance requires many slow movement repetitions to train and build your slow-twitch muscle fibers, which are responsible for increased endurance and stamina.

The keys to endurance training are as follows:

Low weight, high reps: Proper endurance training calls for lifting light weights many times. Weights that are less than 60% of your one-rep max are ideal. With more repetitions comes increased muscular endurance, or the ability of your muscles to operate at a high level over time. Every additional repetition helps to increase your muscular endurance. Typically, sets involving at least 20 repetitions are considered to be training your muscular endurance.



Log on to www.sportsworkout.com and use an interactive one-rep max calculator to quickly and easily determine your one-rep max for any exercise.

TRAINING FOR SWIMMING

This article was written by Scott Reinweld, PhD, CSCS.

Finding the time to get in a swimming workout can be a difficult thing to do. With the demands of work, family and other activities the hours of the day seem to evaporate and the motivation to swim may not be there either. But, because you really do enjoy swimming and know how beneficial it is to your health, here are some suggestions to help you make the most effective and efficient use of your time in the pool.

One of the first things you should check out is whether there is a Masters swimming team that practices in your area (to find if there is a team in your area log on to www.usms.org). These teams can be found all over the country and are especially geared for the working adult—practice times usually are offered early in the morning, at lunch or after work, and the workouts are structured for every level of swimmer from the recreational swimmer who just wants to stay in shape to the athlete looking to compete at high level competitions. Masters swimming is social, provides motivation (for those days when you do not want to get in the water) and has the added benefit of having a coach to write workouts and provide you with technique pointers.

Whether you are on a Masters team or not, you should aim to get in the water three times a week and plan to dedicate at least an hour to working out. Additionally, think about what you want to get out of each workout—i.e., is endurance the theme for the day or is it sprint work? What do you want to work on technique-wise? It is very easy to talk yourself out of having a great workout if you have not thought out what you want to do once you get to the pool.

To help you plan the perfect workout, we'll provide you with some helpful tips on what to focus on. We'll also give you some sample workouts that you can use as examples to start you off.