

Total Body Conditioning for Swimming

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Objectives of modules #3:

- To introduce the concept of total body conditioning (TBC)
- The importance of TBC
- The impact of swimming on the body that is deconditioned
- The impact of swimming on the body that is conditioned
- How conditioning the body prior to swimming journey is very important
- Steps to condition the body for swimming



What is Total Body Conditioning? (TBC)

- Multi-level full body workout that targets all the major muscle groups.
- Body conditioning refers to exercises that increase your strength, speed, endurance, or any other physical attribute.
 - Conditioning workout can help with losing weight, building up endurance, and increasing flexibility in the body.
- It's a proper form of exercises and workout program that helps the body to regain flexibility, mobility, strength, endurance, and coordination.



Importance of TBC

- Prevents the body from long-term injuries during workouts, trainings, and every-day activities.
- Warms up the body appropriately before heavy loading or high amount of endurance.
- Helps with building more muscles, burn more calories in less time, increase strength, maximize workout efficiency, and have greater flexibility.
- Allows the body to see which areas of imbalance and areas of stabilization are needed to be focused on and worked on.



The impact of swimming on the body that is deconditioned

- Can lead to injuries faster than a conditioned body.
- Can feel more tired too quickly.
- May have harder time learning and mastering the strokes and right techniques.
- Will have hard time coming out of the pool if there are no ladders around.
- May take longer time to learn the techniques.



The impact of swimming on the body that is conditioned

- Will have easier time learning the techniques.
- The journey to learning and mastering the skills will be easier and more fun in the water.
- Less injuries down the road.
- Less sore muscles and feeling tired after swims (depends on drills and workout of course).
- Easier to come out of the pool and will be able to add more fun workouts both in water and on land!
- Prevents from feeling stiff during and after swims.



How conditioning the body prior to swimming journey is very important

- The major muscles used in all strokes are the following:
 - Latissimus dorsi - known as “lats”
 - Pectoral muscles - known as “pecs” (used mostly during freestyle & breast strokes)
 - Core muscles - helps to stabilize the body and play an integral part of your position in the water.
 - Quadriceps muscles - known as “quads” (used for kicks)
 - Deltoid and shoulder muscles.
 - Glutes and hamstrings
 - Hip flexors
- Therefore, having the major muscles conditioned, warmed up, and strengthened before long swims is a very important factor in learning how to swim.
- Have these major muscles stabilized, conditioned, and strengthened on land is as important as it is to practice the strokes in water.
- Conditioning the body and major muscles will make the journey easier to learn, more fun, and prevent injuries.



Steps to condition the body for swimming

- Start with staying hydrated! Yes, because staying will help with feeling less stiff in the body.
- Add foam rolling in your workout routine at least 2-3x a week.
- Incorporate dynamic stretching before each workout whether on land or in water.
- Add proper static stretching and cool down phase after each workout (again whether on land or in water)
- Include both resistance and strength training into your workout routines at least 3x a week.
 - You can focus on endurance training and strength training when picking the rest time, number of sets, and numbers of reps.
- Follow a structured workout routine on a regular basis and aim to include cardio too for endurance training.

