

LAND TRAINING FOR SWIMMING

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This presentation looks at the role land training plays in the physical preparation of swimmers for performance, covering the following areas: identification of postural dysfunction and compensation patterns, effects it has on the swimmer on land and in the water, strategies to correct these patterns and in turn reduce injury potential and improve performance.

The aim of the presentation is to give coaches practical information they can take away and apply immediately within the various aspects of their land programme to enhance performance and reduce injuries through exercise modifications and training strategies.