

STRETCH CORD

Swimming performance is characterized as endurance and power efforts of swimmer. The endurance parts a swimmer build up on a swimming session. Increase of the swimmers strength (power) is part of the dry land sessions. Stretch cords are a great way to strengthen many of the tiny connector muscles, ligaments and tendons that can become overused or overlooked while training in the pool. An increase in strength leads to increased swimming speed.

EXERCISES

Stay position:

- **Bend over at the waist and lower your head with the back one line, bended knees with shoulders slightly about the hips.**



- **1, Swim catch – it is the main and first part of the stroke. Holding the cords in front of you, stand far enough away to create some tension in them.**

- **The exercise** starts the catch movement from extended arm in front you. Your palms and forearms are moving to catch position in of front of your shoulders. Make sure to keep your elbows pointed out and at your shoulder line. Finish stroke at the point outside the shoulders line.

- **REMEMBER: Pressing of the fingers on the paddles are getting your hand to catch possession. Shoulders and elbows are rotating with forearm in a vertical position.**

2, Double arms stroke – stat from catch stroke with continued pull back. Fingers of the hand pointed downwards, high elbows position and checking the body (lower back) position.

- **REMEMBER: The extended stretch cord must reach your shoulders in a full extended pull back.**



3, Single arm (freestyle pull-back): Same as the double arm stroke, but alternate one arm at a time.



- **REMEMBER:** always start pull from catch position
- **4, Triceps pull-back:** Use the same starting position as the butterfly but keep your elbows tucked into your sides and press your arms behind you. Make sure to squeeze the muscles at the back of your arms at the end of each stroke.
- **REMEMBER:** activate Triceps brachii muscle

Start position	catch position	Finish position
		
Start position	Catch position	Finsh position – full stroke
		
 Start position	 Catch position	 Finsh position – full stroke

BEGINNING SWIMMER			
STRETCH CORD EXERCISE		REPS(STROKES)	REST
1,	Swim Catch	4x20reps	20sec.
2,	Swim Catch + Double arms stroke	4x(3catch - 12 strokes)	20sec.
3,	Free style stroke	4x20reps	20sec.
4,	Push back	4x20reps	20sec.
5,	Double arms stroke	4x30-35sec.	30sec.

PROFESSIONALS SWIMMER			
STRETCH CORD EXERCISE		REPS(STROKES)	REST
1,	Swim Catch + Full stroke	4x[10Catch-20F stroke]	30sec.
2,	Freestyle stroke	4x50 -100 reps.	30sec.
3,	Double arms stroke	5x 25-50 easy	20sec.
4,	Freestyle stroke	4x[15sec.sprint+ 45 sec. Easy]	30sec.
5,	Combination Freestyle + Double	4x25 Easy	20sec.

ADVANCE SWIMMER			
STRETCH CORD EXERCISE		REPS(STROKES)	REST
1,	Swim Catch ALTERNATE	4x25-35reps	20sec.
2,	Swim catch DOUBLE ARMS	4x20-30reps	20sec.
3,	3xswim catch + 12 full strokes	6x 15reps	20sec.
4,	Freestyle stroke	20/30/40/50reps	20sec.
5,	Double arms stroke	4x30-45sec.	30sec.

