

Gym Strength Training

Video 25 | Build useful strength that supports long-distance swimming

PURPOSE

The goal is not the heaviest weight. The goal is useful strength that supports swimming technique, posture and endurance.

Important muscle groups

BACK

Rows and pulldowns support the pulling phase and shoulder-blade control.

SHOULDERS

Controlled shoulder work supports arm recovery and joint stability.

CHEST + ARMS

Balanced pushing and arm strength support the complete stroke.

CORE

Abdominal and trunk strength help maintain alignment and connect upper and lower body.

Progress safely

- Arrange a technique session with a qualified gym or strength-and-conditioning coach when beginning.
- Start with light resistance and increase weight only when every repetition remains controlled.
- A practical starting point is 2-3 sets of 8-12 repetitions; smaller arm exercises may use 10-15 repetitions.
- Change only one variable at a time: weight, repetitions, sets or exercise difficulty.

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Video 25 | Example exercise menu

3. GYM WORKOUTS (DUMBBELLS)

Gym sessions are specific to the gym environment and utilize various equipment. These workouts can target specific muscle groups to increase strength. It is essential for beginners to have proper supervision to prevent injuries. A typical gym session lasts 60 minutes and includes warm-up, workout, and stretching. Aim for 4 sets of 12–14 reps for each exercise to cover all your muscle groups.

Dumbbell Bench Press



Bent Over Row



Dumbbell Shoulder Press



Dumbbell Fly



Single Arm Row



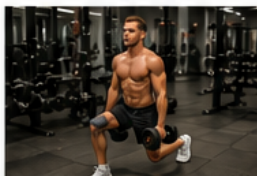
Goblet Squat



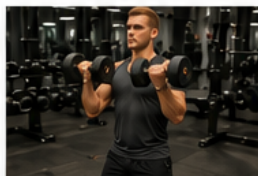
Romanian Deadlift



Walking Lunges



Bicep Curl



Triceps Overhead Extension



Session structure

- Warm-up: about 10 minutes of easy cardiovascular exercise and dynamic mobility.
- Main workout: approximately 25-40 minutes.
- Finish with relaxed breathing and gentle stretching.
- Start with two gym sessions per week and fit them around the important swim sessions.

REMEMBER

TECHNIQUE BEFORE WEIGHT. CONTROL BEFORE SPEED. CONSISTENCY BEFORE INTENSITY.