



Forum: Common English Questions

Topic: swim conditioning

Subject: Re: swim conditioning

Posted by: Elinor

Posted on: 2011/9/2 21:27:34

Is this information correct? Thanks.

Swimming conditioning workouts enable swimmers to improve their musculature out of the water, while maintaining a regular swim schedule. By focusing on the upper body, swimmers gain strength that should translate to more power in the water. A Ball State University study of training methods, published in the November 1994 "Journal of Strength & Conditioning Research," studied various swim workouts that focused on upper-body strength, comparing traditional weightlifting to more swim-like strength training.

<http://www.livestrong.com/article/151778-swimming-conditioning-workouts/>