



Coaches Corner

Dryland for Swimmers & Why it is Important

"Dryland" for swimmers refers to exercises performed outside of the pool, on land, that are specifically designed to improve swimming performance by enhancing strength, power, flexibility, core stability, and injury prevention, making it a vital component of a well-rounded swimming training program; essentially, it allows swimmers to build muscle and movement patterns that translate directly to better swimming technique and speed in the water

Key reasons why dryland training is important for swimmers:

1. **Increased power and speed:**

By performing exercises that target specific muscle groups used in swimming, like the shoulders, back, legs, and core, dryland training can significantly increase the power generated during each stroke, leading to improved performance.

2. **Improved core stability:**

Core exercises on land help strengthen the muscles supporting the spine, enhancing body position and stability in the water, which is crucial for efficient swimming mechanics.

3. **Injury prevention:**

Dryland exercises can help to improve flexibility and range of motion in the joints, reducing the risk of swimming-related injuries.

4. **Muscle imbalances correction:**

By addressing potential imbalances between different muscle groups, dryland training can optimize swimming form and prevent inefficient movements.

5. **Enhanced anaerobic capacity:**

Certain high-intensity dryland exercises can improve the body's ability to produce energy without oxygen, which is important for short, fast swimming bursts.

Land exercises that are beneficial for swimmers

file:///C:/Users/laura/OneDrive/Documents/FGSCTraining/Swimming_for_Land.pdf

Articles on Why Land is important for Swimmers:

<https://www.swimmingworldmagazine.com/news/four-ways-swim-specific-dryland-training-improves-performance/>

<https://runnersedge.physio/enhancing-performance-the-crucial-role-of-dryland-training-for-swimmers-and-triathletes/>

https://fitterandfaster.com/dry-land-fitness-nutrition/building-dryland-program-fitter-faster-injury-free-swimmers/?gad_source=1&gclid=Cj0KCQiAgJa6BhCOARIsAMiL7V8WjT4w1rTuAlAkDwHZtTHHLCeYAFBSuuUNTNDIL7pYIaQhwZwQdEkaAuUQEALw_wcB