

Liverpool City Council Strength & Conditioning Programme

Land Training / Core Body
Stability & Strength Workout Information

Incorporating the British Swimming
200m Individual Medley Conditioning Programme



For the majority of the exercises shown in this document you don't require any special equipment, just a space on the floor. Please remember, to carry out the exercise slowly and with perfect technique, don't rush or race through the program as you can risk injury, if you try to do the exercises too fast, the slower you carry out the exercise the better and the more benefit you will get from them.

Dear Swimmers,

The exercises in this document have been taken from the British Swimming, Strength & Conditioning Program that has been designed specifically for swimmers by Bob Smith, who worked for the English Institute of Sport and was the British Swimming, Strength & Conditioning Coach.

The 200m Individual Medley Program was specifically designed for young and is an introductory series of exercises to strengthen up key muscle groups in the body, especially the body core.

In swimming the core of the body is an essential set of muscles which helps to control the body position when swimming, helps to sustain the body shape when pushing off the wall after a turn and helps to sustain a streamlined body position during a dive start, so building up a strong set of core muscles is an important aid to you being able to sustain a good stroke technique and maintain all the skill elements which helps you to swim fast.

As with any form of exercise, technique, control and an understanding of the exercises is important to ensure the safety of the individual and limit the risk of injury. Whenever you perform these exercises, it must be done under supervision and in a controlled environment. Please ensure to look carefully at the pictures and read the notes to be fully prepared. Please ensure you have a supportive mat below you, so that when you perform the rocking motion in a number of the exercises, you don't rub your back against any sharp edges or items. I

Swimmers, I have added some lines to the pictures which mark key lines that you must maintain when exercising, which mainly surround the body core area, centreline, hips and shoulders.

Ian Ingman

200m IM Strength & Conditioning Programme (Pictures & Key Points)

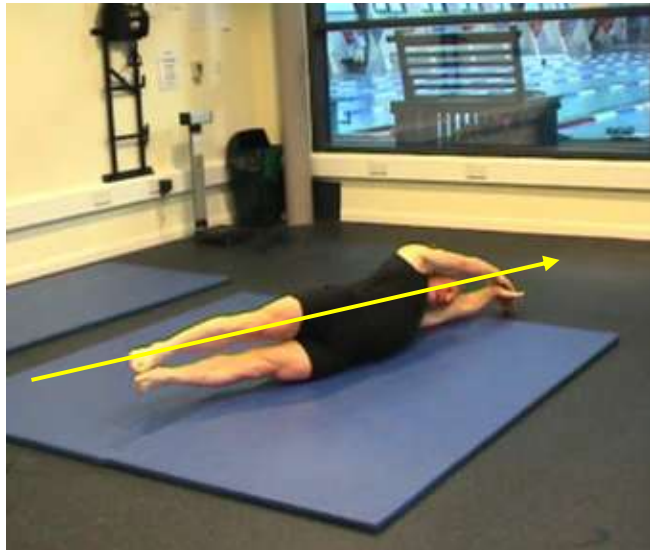
Exercise 1



- You can use this exercise as a warm up exercise before a swim session.
- After rotating forward and backwards, balance for a few seconds on your bum cheeks.
- Hold a tight streamline position with the arms over your ears.



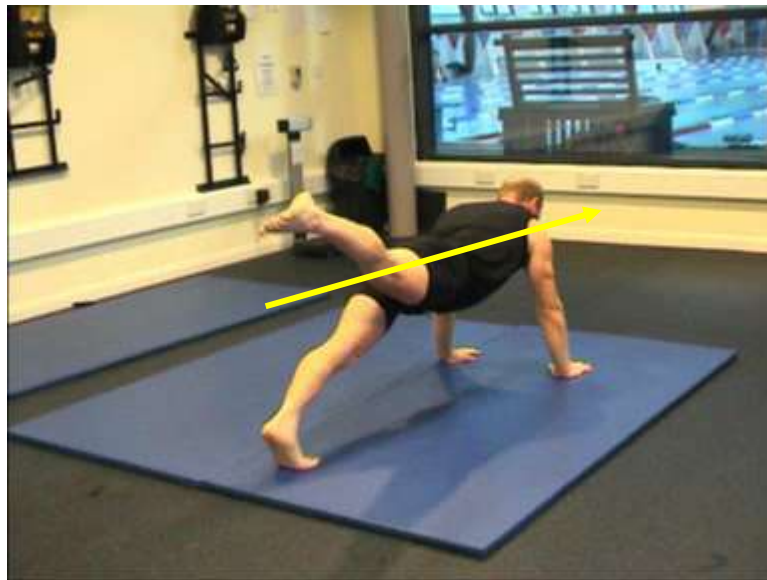
- Emphasise the streamline position when holding the balance.
- Ensure your legs are straight and locked out during the balance position through your hips, knees and to your feet.



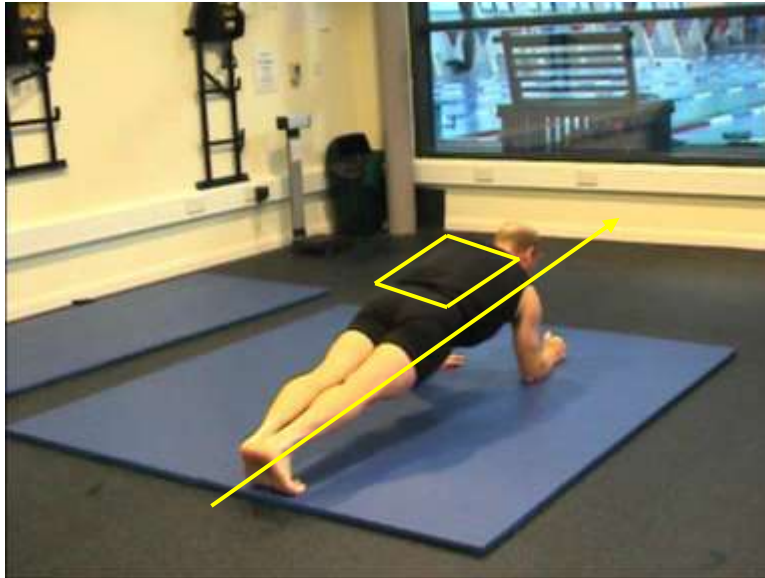
- Rotate in a streamlined position.
- Don't let your hips, shoulders or legs move from the centreline.
- Your hands should be positioned over the top of the head on the centreline.



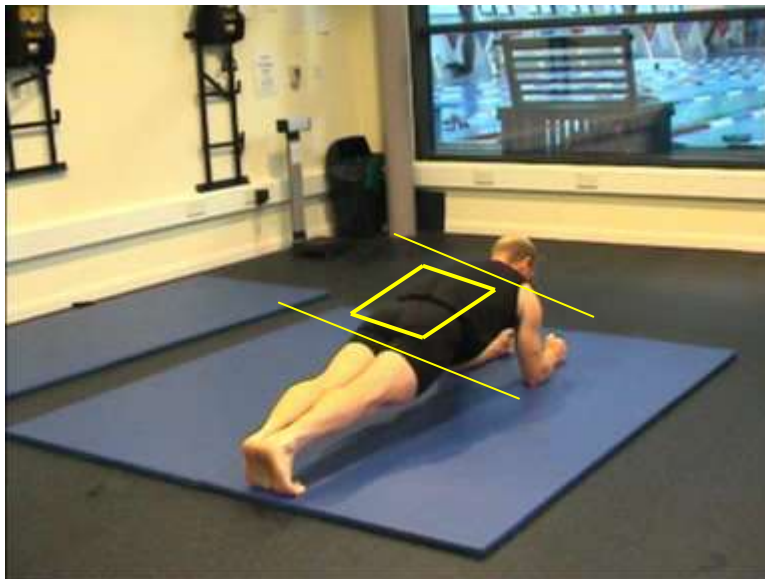
- When lifting up into the push up position, don't let your hips drop or bend your back, ensure a strong streamlined position from the heels to the knees and onto the shoulders.



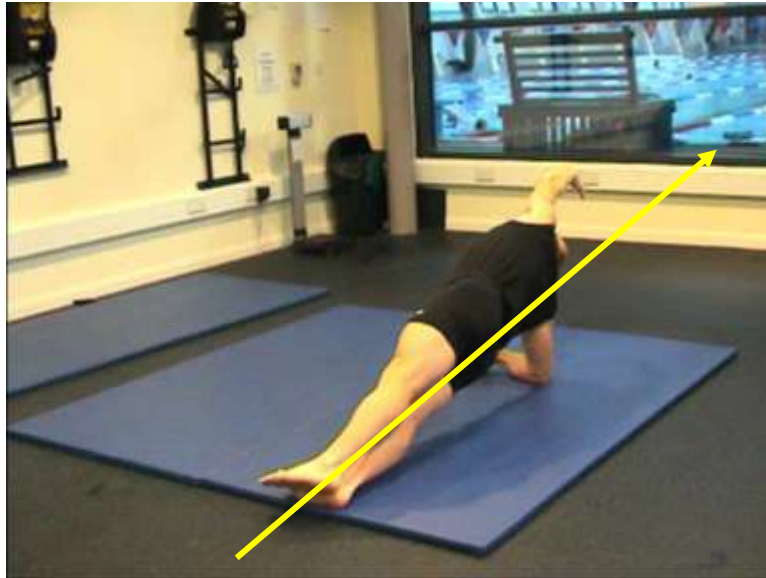
- When lifting your leg, hold a strong back position, don't let your hips rotate, lift or drop from the centreline.



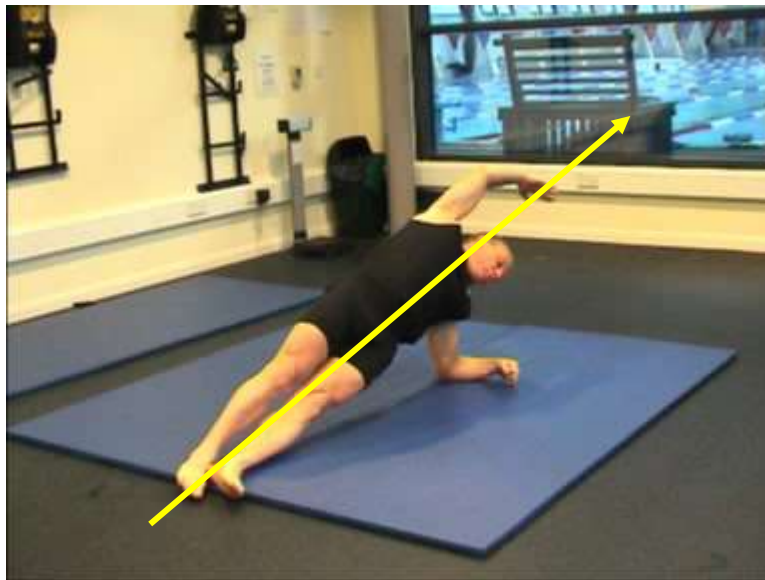
- When moving from one exercise to another, hold the streamlined position and a strong square box through the shoulders, hips and lower back.



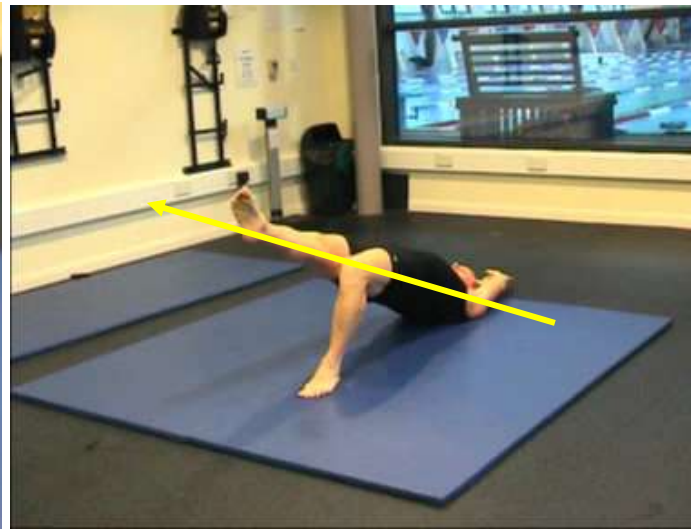
- Hold this position for 10 seconds.
- Maintain the same height through the hips and shoulders.



- When rotating from one side of the body to the other, hold for 10 seconds on each side.



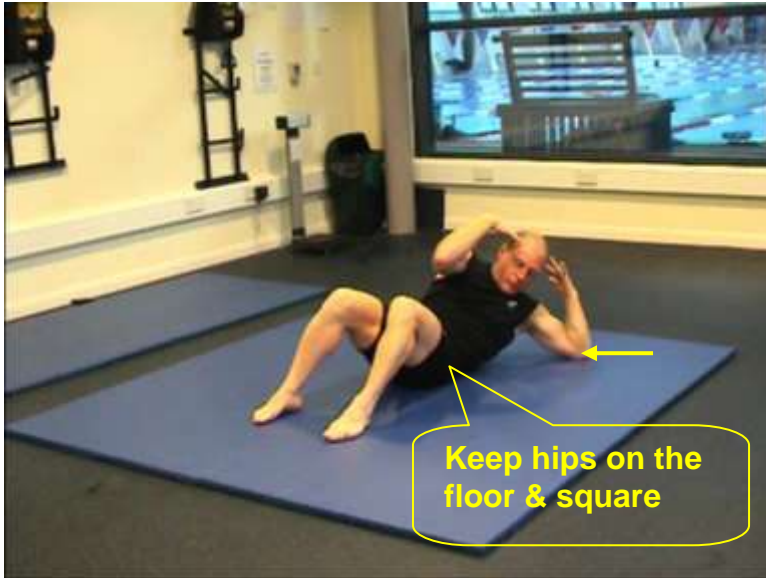
- Hold a strong elbow position.
- Maintain a strong centreline using your body core / stomach muscles; don't let your hips lift / drop from the centreline.



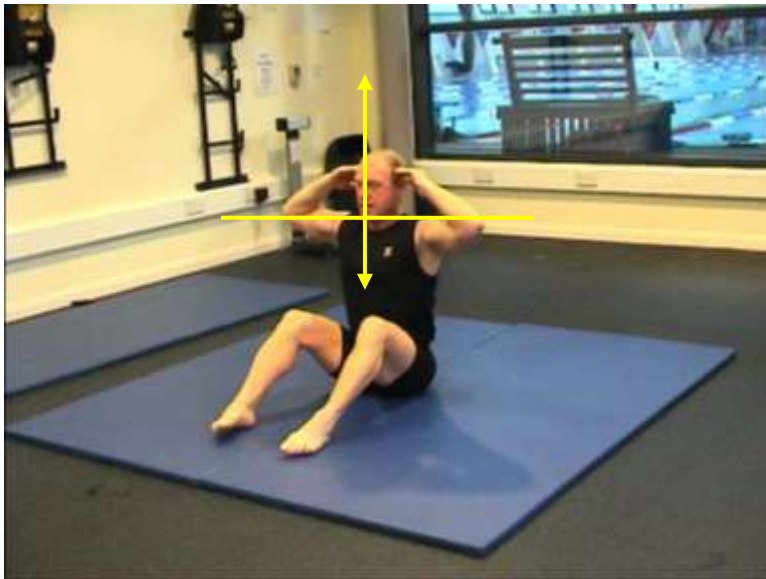
- Keep your knees together when performing this exercise.
- Hold hips up with a strong back, don't fall or rotate from one side of the body to another.



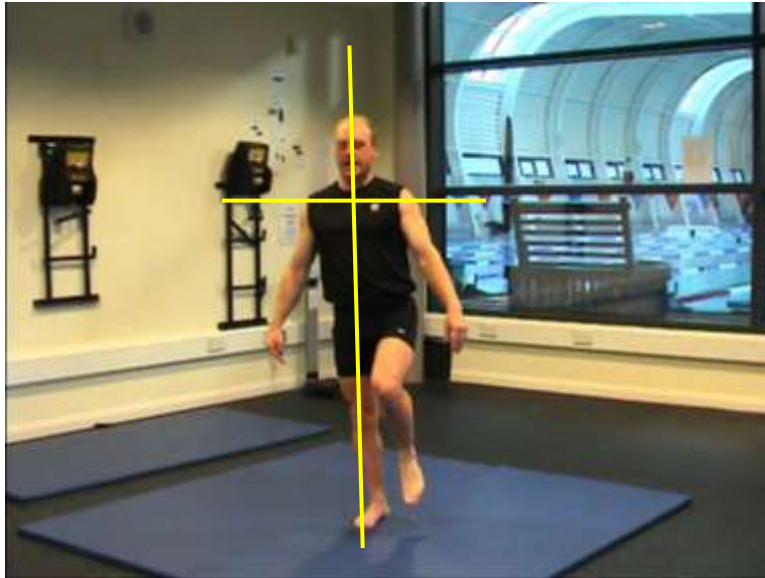
- Ensure when performing this you only lift your body up by performing a small curved movement from the shoulders when sitting up. Don't sit right up straight.
- Hold a strong streamlined position through the arms with your arms covering your ears.



- Rotate, keeping your elbows on the floor, don't bring your two elbows together.
- Pivot around your lower elbow position.
- Don't pull on your head just rest your finger tips against the side of your head.



- When sitting up, maintain the strong shoulder line and centreline position.
- Keep your finger tips by your ears don't hold the back of your head.



- Balance Test
- Eyes closed
- Hold position and balance through a strong body core and stomach muscle position don't move your hands to correct the balance.



- Swimmers when you bend your elbows to bring yourself up to the bar, don't bend your knees or back to jerk yourself up, make the movement through your arms only.

Focus on the exercise
and the technique

Not on the speed you
perform the exercise