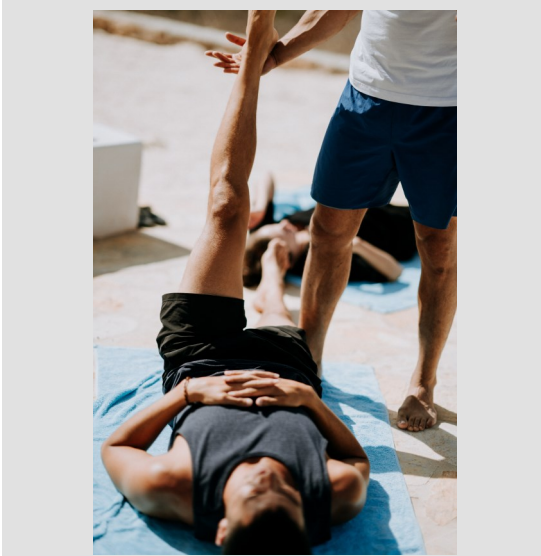


PARA SWIMMING

EXPLAINED

Dryland Training



Dryland training can include strength, mobility, speed, agility, conditioning, and flexibility training

Plan to Succeed

High performance training requires an orchestra of training movements and techniques to refine the body and muscles into peak performance. This happens with a combination of both in and out of the water training with dryland training providing additional strength and mobility to support the in water performance. For para swimmers with a range of mobility and strength challenges, being more intentional with dryland training may be the key to unlocking their potential.

The Start of Something Good

Did You Know? Swimming Canada has an entire web page dedicated to dryland training for para swimmers, including movements specific to high support swimmers (S1-S5). While comprehensive dryland training regimes are best suited for a physical trainer to provide, this resource page is a great starting place. What kind of resources are included?

Band Work

Cardio Training

Activation Sessions

Active Releases

Strength Training

For more information:

Dryland Training Resources:

<https://www.swimming.ca/en/para-swimming-2/para-swimming-training-resources/>

