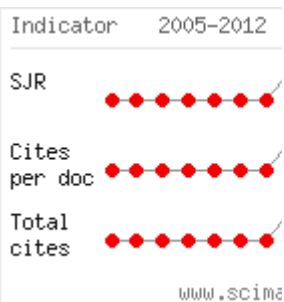


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Effects of dry-land strength training on swimming performance: a brief review

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Abstract

This article provides a brief review over the state of art concerning dry-land training for swimmers. It is important to understand the role of muscular strength for swimming performance and how it might be improved. Firstly, this article analyzes the relationships between strength or power assessment in dry-land and swimming performance. Secondly, the results of studies aiming to evaluate the influence of dry-land

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strength training to swimming performance improvement are presented. These results allow coaches to realize the benefits that may be obtained by an appropriate strength training program, according to gender and level.

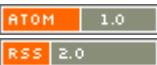
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