

# [Training the swimmer could do is medicine](https://assignbuster.com/training-the-swimmer-could-do-is-medicine/)

Training and programming assignment 1- methods oftraining Introduction In this assignment I will looking at differentcomponents and the different methods within the components. 1.     Power- the ability to do a movementwith speed or force at maximal strength.       There are manyways you can improve your power E.

G. lifting weights, throwing medicine balls, running against a resistance and plyometrics (depth jump and bounding). Plyometricsis based on the concentric muscular contractions are much stronger if an immediateeccentric contraction happens directly after. There are three phases withinplyometrics. Eccentric phase- this is when you’re muscles pre-load and theenergy is stored in agonist muscle group. Amortization phase- this is the timebetween the concentric and eccentric phase. The time need to be short otherwisethe energy stores in the eccentric dissipates.

Concentric phase- this phaseuses the stored energy to increase the force of the movement.   A swimmer would need to have good power as they needto pull and push themselves through the water at constant speed but also atpace keeping up with the other swimmers. A good way to develop power in ondryland as it is a harder surface to push off. Exercises the swimmer could dois medicine ball exercises, weight training circuit and plyometric push-ups. The medicine balls provide resistance which can be changed in weight and howmany reps that are done. The medicine balls are light so you would do between25-30 reps.

The weights circuit is to focus on the swimmer’s muscles that aremost used when swimming. It works on the back, trunk, shoulder and scapularstabilizers. Every exercise you should be doing between 8-12 reps and theswimmer does one set and moves onto the next exercise and perform the circuitthree or four times.  A good example of this would be Michael Phelps.

He isa very good swimmer because of his height which gives him a good reach throughthe water also he has a very good build and has a lot of power which will helphim glide through the water.       Component- strengthStrength is the maximal force you can apply whenlifting a load. There are three different types of strength. One ismaximal strength which is your maximal force in one movement. Another one iselastic strength which is the ability to counter a resistance with a fastcontraction and the third one is strength endurance, this is the ability tomove a weight over and over. To improve your maximal strength, you need to doweight training.

Weight training involves you lifting weights for ten-twelvereps and four sets. To improve your strength, you need to add more weight whichwill increase the resistance also by increasing the reps will help as well. Havinga good core strength is also essential in rugby as when you are in a ruck youdo not want to be easily pushed off the ball. If you have a weak core when youmake a tackle you are unable to transfer the strength from your legs to thecore and then to your upper body to smash people in tackles. A good core willmake you more stable and you will be able to transfer power through your bodywhich will help you within parts in your game.  A rugby player needs good strength for when he makestackles as they would need to stop the opposition from breaking the gain lineand make a positive tackle, also they are in collisions most of the game E.

G. aflanker is involved in every scrum, carries the ball into contact, makes mostof the tackles each game and are hitting most of the rucks. If a flanker didnot have good strength then he would not be able to break the gain line but alsostop the opposition from getting through and when they hit rucks they wouldneed to secure the ball and clear the opposition out of the way.   A good example would be Sam Underhill, this is becauseof his strength when he is making tackles, he is always smashing people andmaking positive tackles also he is good when he is on the ball he runs hard atthe defence and sometimes breaks the line.       Component- speed How fast someone is able to move over a distance. There are many ways to develop your speed E.

G. explosive training, plyometric exercises, overspeed, resisted running anddashing. Overspeed training is good because it trains your muscles to movefaster than they can.

You do this by running at a slight downhill this willbring gravity in to play and it will make your legs move faster than they canon even ground. To help increase speed have someone hold something around yourwaist which will cause resistance as you start sprinting and then after a fewpaces get them to let it go and it will cause you to have a burst of speedforward.  A sprinter will need good short bursts of speed andenergy and if they did not have those short bursts then they would just bejogging. As a sprinter there are four main components that are within speed, these are reaction time, acceleration, maximal speed and speed endurance.

Asprinter would need to work on these to maximise they’re chances of winning therace. Overspeed training would be good for a sprinter as it will work onacceleration as the resistance slows you down and then let go which will helpyour muscle fibres increase speed, also the resistance will help you togenerate power from a slow start which will increase your overall speed. Running downhill creates you to go faster than usual so this will train themuscles fibres in your legs to move at grater speeds and this will increaseyour overall speed. A good example of this would be Usain Bolt as he isthe fastest man on the earth this because of when he starts he has a powerfulpush off from the block which gets him ahead of the other athletes and then hegets to his maximal velocity and is able to maintain it for longer periods oftime which means he keeps ahead of the other athletes leaving them behind.           Component- aerobic endurance Aerobic endurance is the body’s ability to take aroundoxygen to the working muscles by blood.

The oxygen comes from the lungs andthen into the bloodstream, but is also how the efficient the body is with theoxygen.