

Training the swimmer could do is medicine



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Training and programming assignment 1- methods of training Introduction In this assignment I will be looking at different components and the different methods within the components. 1. Power- the ability to do a movement with speed or force at maximal strength. There are many ways you can improve your power.

E. lifting weights, throwing medicine balls, running against a resistance and plyometrics (depth jump and bounding). Plyometrics is based on the fact that concentric muscular contractions are much stronger if an immediate eccentric contraction happens directly after. There are three phases within plyometrics. Eccentric phase- this is when your muscles pre-load and the energy is stored in the agonist muscle group. Amortization phase- this is the time between the concentric and eccentric phase. The time needs to be short otherwise the energy stored in the eccentric phase dissipates.

Concentric phase- this phase uses the stored energy to increase the force of the movement. A swimmer would need to have good power as they need to pull and push themselves through the water at constant speed but also at pace keeping up with the other swimmers. A good way to develop power is on dryland as it is a harder surface to push off. Exercises the swimmer could do are medicine ball exercises, weight training circuit and plyometric push-ups. The medicine balls provide resistance which can be changed in weight and how many reps that are done. The medicine balls are light so you would do between 25-30 reps.

The weights circuit is to focus on the swimmer's muscles that are most used when swimming. It works on the back, trunk, shoulder and

scapular stabilizers. Every exercise you should be doing between 8-12 reps and the swimmer does one set and moves onto the next exercise and perform the circuit three or four times. A good example of this would be Michael Phelps.

He is a very good swimmer because of his height which gives him a good reach through the water also he has a very good build and has a lot of power which will help him glide through the water. Component-strength Strength is the maximal force you can apply when lifting a load. There are three different types of strength. One is maximal strength which is your maximal force in one movement. Another one is elastic strength which is the ability to counter a resistance with a fast contraction and the third one is strength endurance, this is the ability to move a weight over and over. To improve your maximal strength, you need to do weight training.

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

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G. a flanker is involved in every scrum, carries the ball into contact, makes most of the tackles each game and are hitting most of the rucks. If a flanker did not have good strength then he would not be able to break the gain line but also stop the opposition from getting through and when they hit rucks they would need to secure the ball and clear the opposition out of the way. A good example would be Sam Underhill, this is because of his strength when he is making tackles, he is always smashing people and making positive tackles also he is good when he is on the ball he runs hard at the 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 and dashing. Overspeed training is good because it trains your muscles to move faster than they can.

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

A sprinter would need to work on these to maximise their chances of winning the race. Overspeed training would be good for a sprinter as it will

work on acceleration as the resistance slows you down and then let go which will help your muscle fibres increase speed, also the resistance will help you to generate power from a slow start which will increase your overall speed.

Running downhill creates you to go faster than usual so this will train the muscles fibres in your legs to move at greater speeds and this will increase your overall speed. A good example of this would be Usain Bolt as he is the fastest man on the earth this because of when he starts he has a powerful push off from the block which gets him ahead of the other athletes and then he gets to his maximal velocity and is able to maintain it for longer periods of time which means he keeps ahead of the other athletes leaving them behind. Component- aerobic endurance Aerobic endurance is the body's ability to take around oxygen to the working muscles by blood.

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