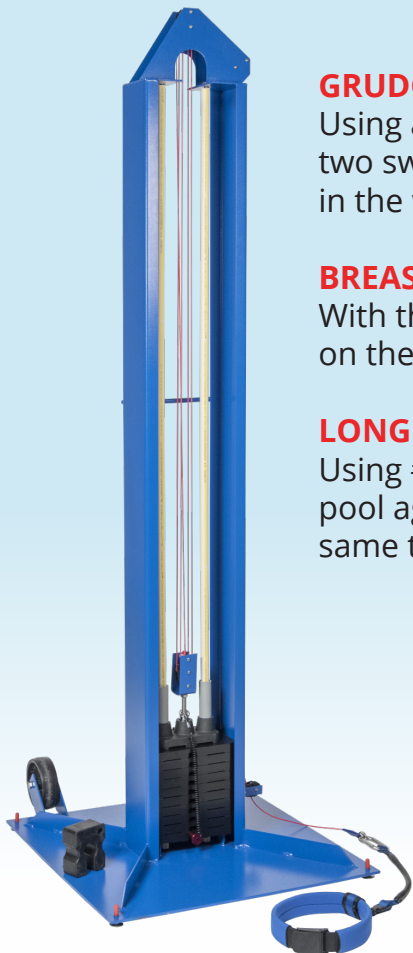


Resistance Training Guide

Are you training the best possible way for your sport? Unlike basic weight-lifting and strengthening exercises, resistance training replicates the body's movement in water, developing true swim-specific strength and technique. With a solid resistance training plan that includes exercises both in and out of the water, you will build power that sets you apart from the competition.



GRUDGE BELT:

Using a StrechCordz #S120, allow two swimmers to have a tug of war in the water.

BREASTSTROKE MACHINE:

With the #S108, swimmers can work on the breaststroke pull on dry land.

LONG BELT SLIDER:

Using #11875, swim the length of the pool against resistance, and use the same tubing for speed assist.

DRAG BELT:

With #S109, use the parachute for different levels of resistance swimming.

POWER RACK PROTOCOL:

Swim a set of 20 all-out swims against a set resistance for a distance of 10.5 yards. Use the Power Ratio to monitor progress.

POWER TOWER TRAINING PROTOCOL:

This guide explains over 200 pages of exercises for use on the Power Tower. Swim up to 25 meters with resistance!

For more tips for resistance training in and out of the water, e-mail sam@tpiswim.com or visit www.tpiswim.com.

