

Pool Workouts For Speed & Conditioning



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Pool Training Benefits

Resistance and Strength

Water provides resistance through a full range of motion in all directions. By adjusting the speed of an athlete's **movements, they** can increase or decrease the amount of resistance they feel. This allows athletes of all levels to customize their resistance levels to their needs. Whether swimming or running in the pool, moving against the water's resistance and maintaining proper body position helps develop core strength as well as upper and lower body strength.

Endurance

While some pool training sessions can include long, steady efforts, the pool training workouts listed here are designed as interval sessions. Pool interval sessions can help athletes effectively improve VO2 Max and work capacity. Running in water can also yield results for both aerobic and anaerobic conditioning, with results for conditioning that can even be equal to or greater than running on land.

Low Impact Cross Training Reduces Injury and Helps Rehab

Your body weights about 10% of its land weight when up to your neck in water, so when submerged for a pool running or swimming workout, a 150lb athlete will only experience the impact of approximately 15lbs.

This non-weight bearing environment reduces pressure on joints which can allow athletes to perform some exercises in water that they aren't able to do on land due to pain or functional limitations. Athletes dealing with injury or rehabilitation may be able to benefit from this low impact training.

Even for healthy athletes, performing plyometric exercises in the water can translate to improvements in explosive power without full weight pounding on their joints and muscles.

Recovery

Pool workouts can be effective for active recovery, helping to reduce post-training muscle soreness through low-impact movement. The water pressure surrounding your body works to aid circulation, promote relaxation, and help clear metabolic waste during exercise.



Safety Considerations

Before starting any new exercise or training program, you should be examined by your physician. This is especially important if you have any known heart or blood pressure concerns, any metabolic disorders, or have not previously participated in an active lifestyle.

The advice and training guides presented in this document are not intended to be medical guidance or as a substitute for medical counsel. Not all exercises or training approaches are appropriate for all people.

Start at an easy level and then work up to more challenging progressions as you develop your conditioning and experience with pool training. Never train in the water alone.



Pool Workouts

Each of these workouts can be done as swimming workouts or as pool running workouts. For variety, both approaches can be used: alternate swimming for 1 set or interval with running in the pool for the next.

1-2 Interval Workout

- 10 minute warmup (very easy laps or jogging)
- 4 sets of:
 - 1 minute hard, 1 minute recovery
 - 2 minutes hard, 2 minutes recovery
- 10 minute cool down

1-4 Ladder Workout

- 10 minute warmup (very easy laps or jogging)
- 1 min hard, 1 min easy
- 2 min hard, 1 min easy
- 3 min hard, 1 min easy
- 4 min hard, 1 min easy
- 3 min hard, 1 min easy
- 2 min hard, 1 min easy
- 1 min hard, 1 min easy
- 10 minute cool down

Hard-Rest-Hard-Easy Workout

- 10 minute warmup (very easy laps or jogging)
- 3 min / 1 min / 1 min / 1 min (hard / rest / hard / easy)
- 2 min / 1 min / 1 min / 1 min (hard / rest / hard / easy)
- 3 min / 1 min / 1 min / 1 min (hard / rest / hard / easy)
- 2 min / 1 min / 1 min / 1 min (hard / rest / hard / easy)
- 10 minute cool down