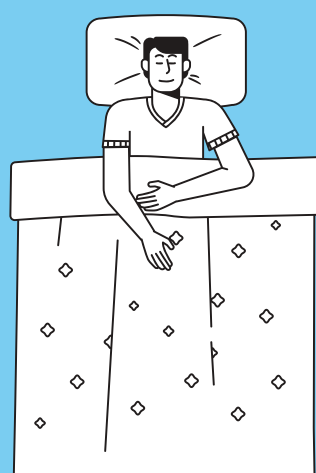


RETURN TO SWIMMING

Tips to help optimise your return to swim training

A BREAK FROM TRAINING CAN BE POSITIVE

As restrictions ease, swimmers will be keen to return to training. Take time to appreciate that the psychological and physical benefits from a rare training break, although extended, can be positive for young developing swimmers.



PLAN TO SUCCEED



Research on the impact of 4 weeks out of the pool on 14-15 yr olds confirmed a 4% drop in performance, and 50% reduced efficiency of oxygen transport so the ability to sustain speed after the break was affected. Swimmers who continued moderate to vigorous activity (run, cycle, dryland/gym work) minimised losses in aerobic efficiency, with better performance on returning to swimming (Zacca, 2019)

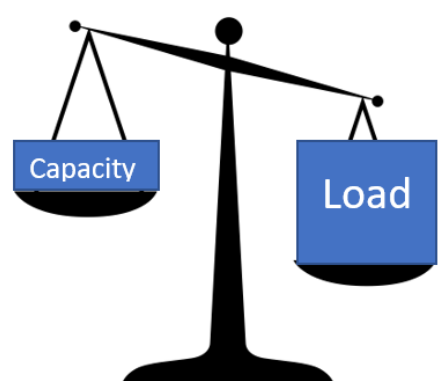
TAKE ADVANTAGE OF A 3 PHASE RETURN

Phase 1. Focus on stroke technique in a gradual return; alternate days/shorter sessions. Ensure technique does not deteriorate as a result of fatigue.
Phase 2. Increase volume gradually to build endurance.
Phase 3. Introduce interval work once base fitness improves, continuing to build strength and endurance.



MONITOR LOAD AND RESPONSE

The shoulder rotator cuff tendons do not like sudden changes in load. Tendon capacity will be reduced as it is hard to replicate the tendon loads in swimming on land. Some pain on return to training will be normal but if lasting after training, limit increases in volume to 10-20%. Sleep, stress and previous injury will also affect tendon capacity.



Pain during exercise
0 = no pain 10 = worse pain imaginable

0 - 3

Safe zone

4-5

Acceptable

6 - 10

Excessive

References available on request.
For more information read the Physiotas blog or contact sally@physiotas.com.au.

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