



Strength & Conditioning for Swimmers

Frequently Asked Questions

How old do I have to be to participate in the Strength & Conditioning for Swimmers program?

Our programs cater to athletes of all ages and experience levels. We do however recommend a minimum age of 13 years old.

PLEASE NOTE: All athletes under 18 years of age must be properly supervised whilst undertaking our programs. This is the responsibility of the parent/guardian. Additionally it is the responsibility of parents/guardians to seek advice as to whether a Strength & Conditioning program such as that provided by Strength & Conditioning for Swimmers is appropriate for their child.

What is the process once I have purchased the program through the website?

1. Sign up on the website.
2. We classify you as:

Beginner: Athletes with little to no weight training experience;

Intermediate: Athletes with some experience, or who have previously completed the beginner program; or

Advanced: Athletes who have previously completed the intermediate program.

3. You will receive an invitation to TrueCoach within 24 hours of signing up.
4. Log in to TrueCoach and check the "Messages" where you will find a FAQ and waiver.
5. You are required to sign and return the waiver, by uploading it into the "Messages" in TrueCoach, before your program is allocated to you.
6. We add you to our private Facebook Group.
7. You start training, using TrueCoach to access your program; watch tutorial videos; and record your performances.
8. If you have any questions about the program, or want feedback on the way you perform the movements, we are available at any time on the private Facebook Group to help.



What is included in my Swim Squad purchase?

You receive a 12 week strength and conditioning program assigned to you based on your current level of experience and ability. You also have access to a community of other swimmers via our private Facebook group. Through the Facebook group you can ask questions, and post videos for form feedback from experienced Strength and Conditioning Coaches.

How do I communicate with The Swim Squad coaches?

The primary way you'll communicate with the coaches is through the Facebook group.

What is TrueCoach and how does it work?

TrueCoach is a 3rd party software formulated as an easy-to-use web app that we use for all your programming needs. TrueCoach is simple and easy to use. TrueCoach sends you emails each day you train with the specifics of your workout. But you can also open the web app at any time on your phone and see all of the details of your workouts for that entire week.

Equipment required

Depending on your level (beginner, intermediate or advanced) various pieces of equipment are required:

- Weight lifting machines: leg press, shoulder and bench press machines, lat pull down machine (all levels)
- Selection of dumbbells (All levels)
- Squat rack with barbells and weight plates (intermediate and advanced)
- Somewhere to perform chin ups and hang from (all levels)

How to arrange training days with swimming schedule

It's best to arrange gym training on non-swimming days OR days where one swimming session is programmed. Try to avoid doing gym work on days that have morning and afternoon swim sessions. Additionally, it is ok if your gym sessions run on different days week to week, but obviously it may be preferable to you and your swim coach if your gym days are kept consistent.

What if don't have equipment or can't perform particular exercises:

Below is a quick guide to what exercise you should do if you struggle to perform a prescribed exercise OR equipment is unavailable:

- Pushups > Incline pushups or kneeling pushups
- No Leg Press > Reverse Lunge
- No Chest Press Machine > Pushups with a weight vest or weight on back



No LPD > Pullups with band
No Shoulder Press Machine > Double Arm DB press
No 45 deg back raise > Back raise off bench
No TRX or Rings > Inverted Row
Chins > Banded chins
Seated Row Machine > DB row
Weighted Pull-ups > Unweighted Pull-ups or Band Assisted Pull-ups

If certain equipment is being used by someone else, then move onto the next exercise and come back to the previous one later.

If you can't figure out a suitable substitution from this list then ask our coaches on the Facebook group.

Where do I go if I need further help?

If any of your questions are not answered above, then check out the Facebook group! You may find your question has already been answered, and if not, go ahead and ask the our coaches!