I'm not a bot

Competitive swimming is often described as one of the most complex sports to master. There are so many things that go into it- technique development, nutrition, mental training, dry-land, and of course, strength training as well. And thats why today we will be taking a look at the best strength exercises for swimmers. There are many reasons why you should be doing strength exercises to improve your performance in the water, things like increased power, added strength (obviously), explosiveness, and so on. It is, however, important to remember that the amount of time you spend in the water, combined with technique focus, is far more important than any other aspect of becoming a better swimmer. Yes, strength training can help enhance your physical performance in the water, but if you do decide to incorporate it into your training schedule, you need to make sure that it wont be interfering with your actual swim practices. To ensure that your strength training and swimming practices stay in line, consider reading my article on the 8 weightlifting guidelines every swimmer should follow. There are many examples of absolutely excellent swimmers that use strength training to their advantage, take Adam Peaty, probably one the greatest breaststroke swimmers to ever live, for example. We have seen how he uses strength training and his power-based training program to his advantage in becoming a faster, stronger, and better swimmer. Heres a quick video- Here are the best strength exercises for swimmers- Pull-ups Barbell Squat Bench Press Overhead Press Deadlifts Barbell Rows Walking Lunges Box Jumps Plank Kettlebell swings First up we have pull-ups. I truly believe that all swimmers should do pull-ups for overall upper body strength as it targets a lot of the important upper body muscle groups used in swimming, like the lats, and traps for example. These muscle groups play a very big and important role in swimming- they help you to push water effectively, allowing for faster and more powerful strokes, which is a big driver of propulsion in the water. The pull up is probably one of the best dryland exercises to train your lats and simulate the overhead motion commonly found when swimming, therefore you should definitely incorporate it into your dry-land or strength training routine. Another reason the pull up is so great is due to the fact that the technique is very basic and easy to learn. Continuous progress with this exercise isnt a problem either as there are many different variations that place emphasis on different muscles and you can also add weight to the exercise once you are strong enough. Wall Mounted Pull Up Bar Buy Now On Amazon Quick Tip: When performing pull-ups, make sure not to use a lot of momentum, a little bit is okay for beginners, but you should be aiming to use as little as possible momentum when doing pull-ups. For more information as well as some scientific studies about this exercise, consider reading my article, why every swimmer should do pull-ups. Another way to enhance performance in the pool- tech suits! Consider checking out my article on the best tech suits for swimmers or read my article on do tech suits make a difference? For an in-depth look and some cool scientific studies. The barbell squat is not only one of the best lower body exercises but a great full-body exercise as well. The barbell squat is excellent for strengthening your legs and building explosive power that can translate into faster kicking as well as better starts and turns. It also engages your core, back, arms, and stabilizer muscles. As swimmers, we all know how important a strong kick is- I mean the fastest swimmers are usually the ones with the strongest kick and good starts and turns are just as valuable for winning races. Therefore the barbell squat is a great exercise for swimmers. There are many different variations of the squat, but the 2 main variations I would recommend is the barbell back squat and the barbell front squat. Bodyweight jumping squats, dumbbell split squats, and goblet squats are also great options to try out. With this exercise, it is extremely important to first master the technique before you start adding a lot of weight to the bar. If you do not master the technique, it may result in injury. It might be minor or it could be a major injury. I wouldnt take the risk, better to first master the technique, and maximize your results from the exercise in doing so. With all that said, the squat is a great strength exercise for swimmers. It will help develop strength and muscle in your legs, as well as improving explosive power for better starts and turns in the pool. The bench press can be a very beneficial exercise to a swimmers overall strength if it is done correctly. The bench press is one of the best upper body compound exercises, meaning it works a large number of muscles at the same time. These muscles mainly include the chest, triceps, and shoulders- all of which are important in swimming. These muscles play an important role in the pulling motion of your stroke and strengthening them can be very beneficial. It will allow for a more powerful stroke which will help with better propulsion and faster swimming. However, like the front squat, a movement largely dependant on adding weight to the bar to become stronger. You will need to be careful not to injure yourself, especially if you are a beginner. Focus on learning proper technique and form, before you add any significant amount of weight to the bar. Overall, the bench press is definitely one of my favorite strength exercises and I believe that it can be a very beneficial strength exercise for becoming a better swimmer when performed safely with proper technique and form. The overhead press is another great strength exercise to incorporate into your swimming strength training routine. This exercise targets and strengthens your shoulders, triceps, and traps- muscles which are once again all important for developing a strong pull. The overhead press is also good for developing core stability as well as explosive power that can come in useful on the start and during sprinting events like 50s and 100s. Another benefit is the fact that it trains the overhead position which is commonly found when swimming. There are many variations of this exercise all of which are good options. A few include- seated overhead dumbbell press, standing overhead dumbbell press, standing barbell press, military press, seated barbell press, smith machine press, push press, and so on. Id recommend the standing overhead barbell press and the push press. Both are good for building strength. The push press engages slightly more muscles and develops explosive power and the standing overhead press is more strict and will place a bigger emphasis on strength. Overall, a great strength exercise for swimmers. Remember to learn proper technique before adding weight. Another way to enhance performance in the pool- tech suits! Consider checking out my article on the best tech suits for swimmers or read my article on do tech suits make a difference? For an in-depth look and some cool scientific studies. The deadlift is known as being one of the best exercises for full-body strength and power. The deadlift engages pretty much every muscle in your body and is a great way to develop explosive power, making it an excellent strength exercise for swimmers as we frequently have every muscle in our body firing as we swim. The deadlift will help to develop core stability, full-body strength, and power which will translate into faster kicking, pulling, and more stability in the water, which is important for technique and reducing drag when swimming. This exercise will also help swimmers to increase their strength endurance allowing for faster swimming for longer periods of time. Like a lot of the other exercises the deadlift also has a couple of variations to choose from. For swimmers, I recommend the hex bar deadlift and the conventional barbell deadlift as these are both great for developing athleticism, strength, and power. In terms of exercise technique, the deadlift is a bit more complicated than a lot of other exercises. Make sure to take the time to learn proper technique first. Watch videos, and record yourself to see if you are performing the exercise correctly. I also recommend keeping the volume on this exercise a bit on the lower side as performing it excessively may cause fatigue that will interfere with your swimming practices. Do 2-3 sets of 5-8 reps once or twice a week for this exercise. Swimmers are known for having strong back muscles, the reason being? The back muscles play an important role in swimming fast and efficiently. That said, the barbell row is easily one of my favorite exercises for developing complete back strength and power. This exercise engages all of the upper- and lower back muscles and also works your biceps and triceps. There are a couple of variations of this exercise that you can try out. I recommend the standard bent-over barbell row, the dumbbell row, or if you want some more stability try out the supported barbell row, which is also a great variation. Overall, a great upper body exercise for swimmers to develop a stronger back and increase your swimming speed. Lunges is another great strength exercise for developing power and strength in your legs which will help you to develop a stronger kick as well as better starts, turns, and underwaters, all contributing to the common goal of swimming as fast as possible in whatever event you specialize in. Like the barbell squat, lunges engage all of the muscles in your legs including the quadriceps, hamstrings, glutes, and calves. There are many different variations of the lunge that you can try out, some examples include dumbbell walking lunges, barbell lunges, and reverse lunges. If you are looking for explosive power, you can also try doing jumping lunges. That said, I recommend the walking dumbbell lunges as I found it to be one of the most engaging variations making it great for developing strength in your legs. Another great thing about this strength exercise is that the technique is quite basic to learn. Box jumps are one of the best exercises for developing explosive power allowing for better starts, turns, and underwaters. This exercise isnt necessarily the best for raw strength, but it is a great athletic exercise that can help you to become a better and faster swimmer. The box jump works many different muscle groups, including the core, glutes, quadriceps, hamstrings, and calves. These muscles are all frequently used when swimming, making the box jump a great exercise for you as a swimmer. To quickly dive a little deeper, the main reason for the gain in explosive power from doing box jumps is because it improves the reaction of fast-twitch muscle fibers, which is required for quick and explosive motions like starts, turns, underwaters, and fast strokes. Core strength is extremely important in competitive swimming. It plays an important role in many aspects including- trunks rotation and flexion, balance and stability, body position, power, and underwaters. The plank is one of my go-to exercises for core strength since it develops the entire core and develops some great stability in the abdominal muscles. Another cool thing to note is that the plank actually helps a little bit with flexibility, the plank stretches your shoulders, hamstrings, and certain areas of your feet. Overall I really like the plank and highly recommend all swimmers to incorporate it into their strength training routine. The plank is a great way to train the entire core in just a few sets. As you get stronger with the plank you can also try some more advanced variations like weighted planks, plank with your arms extended further in front of you, and ab wheel roll outs, which is a more dynamic and challenging variation of the plank. For some more core exercises, consider checking out my article on the 10 best core exercises for swimmers at home. The kettlebell swing is a great dynamic exercise for strengthening a large number of muscles in your body, including your hips, glutes, hamstrings, lats, abs, shoulders, and pecs. Its also great for developing explosive power that will help with fast kicks, pulls, underwaters, turns, and starts. The kettlebell swing will also quickly get your heart rate up training the aerobic systems in your body and burning a lot of calories. Another benefit is the fact that the technique on this exercise is also simple and easy to learn. Kettlebells Buy Now On Amazon Overall, the kettlebell swing is a good athletic exercise to incorporate into your strength training to become a better and faster swimmer. Below are 2 example strength training routines that you can try out. You can also use them as a guideline to create your own one if youd like. The key is to stay consistent with it over a period of at least 3 to 6 months and to gradually increase the weight/ intensity on exercises as you become stronger. Example 1- Workout 1- Monday Pull Ups, 3 sets of 8-12 reps. Barbell Back Squat, 3 sets of 6-8 reps. Bench Press, 3 sets of 6-8 reps. Plank, 3 sets of 1,5 minutes Box Jumps, 3 sets of 8-10 reps.Workout 2- Wednesday Pull Ups, 3 sets of 8-12 reps. Dumbell walking lunges, 3 sets of 12 reps per leg. Overhead Press, 3 sets of 6-8 reps. Deadlifts, 2 sets of 5 reps. Kettlebell swings, 3 sets of 15-20 reps.Workout 3- Friday Pull-ups, 3 sets of 8-12 reps. Barbell Front Squats, 3 sets of 6-8 reps. Bench press 3 sets of 6-8 reps. Barbell rows, 3 sets of 6-8 reps. Plank, 3 sets of 1.5 minutes. Example 2- Workout 1- Monday Barbell back squat, 3 sets 6-8 reps. Bench Press, 3 sets 6-8 reps. Overhead Press, 3 sets 6-8 reps. Pull-ups, 3 sets, 8-10 reps.Workout 2- Wednesday Barbell back squat, 3 sets 6-8 reps. Bench press, 3 sets 6-8 reps. Deadlift, 3 sets 6-8 reps. Box jumps, 3 sets 10 reps.Workout 3- Friday Barbell back squat, 3 sets 6-8 reps. Bench press, 3 sets 6-8 reps. Overhead press, 3 sets 6-8 reps. Weighted pull-ups, 3 sets 5 reps. At the end of the day, strength training can be very beneficial to swimming performance. Strength training allows you to develop muscle strength and explosive power that is required for developing faster, more explosive, and more efficient strokes, kicks, and other aspects of becoming a better and faster swimmer. Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Improve your swim on dry land with these 6 gym exercises: Muscles targeted: Latissimi dorsis, posterior deltoids,rhomboids, biceps. Session: 3 x 6, 2mins rest between sets; work with a weight that would only allow you to do a couple more reps if you had to. Method: Sit on the lat pull-down machine seat with your legs held under the padded restraint and your hands gripping the bar at twice shoulder-width. Pull the bar down powerfully to your chest, then let it travel back up under control. There should be tension in your muscles throughout each Muscles targeted: Triceps brachii, posterior deltoids.Session: 3 x 10, 2mins rest between sets; work with a weight that would only allow you to get out a couple more reps if you had to.Method: With a dumbbell in one hand, bend over and put your opposite hand and knee on a bench in front of you, and plant your free foot on the floor to the side of it. Bring the arm holding the dumbbell up so the upper part is in line with your back and bend your elbow to 90 this is your start position. From there, straighten your arm out behind you then return it to the start position under control. Muscles targeted: Quadriceps, glutes, hamstrings, hip extensors.Session: 3 x 10, 2mins rest between sets; work with a weight that would only allow you to do a couple more reps if you had to.Method: Stand facing a vertical cable machine with the strap of a low pulley around one ankle and grip the bar at chest height. Stand on your free leg and take any slack out of the cable with your strapped leg thats your start position. Keep your back straight, pull the cable by stretching your leg behind you to 30, then return it to the start under control. Muscles targeted: Rectus abdominus, transverse abdominis, obliques, triceps, pectorals.Session: 3 x 8, 2mins rest between sets.Method: Get into a press-up position with your legs up on a Swiss ball. Hold the ball in place by pressing your shoelaces into it this is your start position. Brace your core muscles and pull the Swiss ball towards your arms, bending your legs to allow the ball to roll forwards. Once your legs are fully tucked, return to the start position under control. Muscles targeted External and internal shoulder rotators, biceps, latissimus dorsi.Session 3 x 6 to each side, 2mins rest between sets; work with a weight that would only allow you to do a couple more reps if you had to.Method Kneel down on one knee beside a vertical cable pull machine with the pulley set high. Hold the handle so your arms are stretched out above and to your side this is your start position. With your back straight, pull the handle down across your body in towards the opposite hip. Return the handle to the start position under control. Muscles targeted: Hamstrings, glutes, quadriceps, hip flexors.Session: 3 x 10, 2mins rest between sets; work with a weight that would only allow you to do a couple more reps if you had to.Method: Stand with your back to a vertical cable machine and the strap of a low pulley around one of your ankles. Stand with your bodyweight on your free leg and take any slack out of the cable with your strapped leg by bending it slightly at the knee thats your start position. Hold your hips or another machine for extra stability and, with a straight back, pull the cable by kicking your leg out in front of you and straightening it as you go. Once your leg reaches 30, return your leg to the start position under control. ILLUSTRATIONS WWW.ACUTEGRAPHICS.CO.UK What are the best exercises for swimmers to do on dryland besides their water workouts? Everyone needs to do cardio. After all, it works your heart, lungs, and circularity system. You know, those incredible organs working nonstop to keep you alive. It doesnt matter how big your biceps are or how much you can deadlift; if your heart is small and weak and your lung capacity is low, your long-term health could be at risk. There are lots of cardio activities that you can do, and each one has advantages and benefits. However, if your weary, worn joints mean that high-impact activities like running have long since lost their appeal, swimming could be your best choice. This article lifts the lid on the ten best strength training exercises for swimmers and provides you with a dryland workout to help boost your swimming performance. Swimming Dryland Workout Improve your swimming performance with this dryland workout. Alternatively, do it any time that you cant get to the water for a swim. Before you start, spend a few minutes warming up by doing some light cardio, such as jump rope, and then a few dynamic mobility and stretching exercises for your major muscle groups and joints. Swimming Dryland Workout | HashiMashi.com Best Strength Exercises for Swimmers Dryland Workout *AMRAP = As Many Reps as Possible just keep repping out until you are unable to continue. The Last Race of One of the Greatest Olympic Swimmers of All Time Swimming is a 100% non-impact activity. Rowing, walking, cycling, and using an elliptical are all low impact, but only swimming is truly non-impact. The water supports your body weight which keeps joint stress to an absolute minimum. If running hurts your feet, ankles, knees, or hips, swimming is a good alternative. In addition, swimming is a very comfortable workout. The water helps keep you cool so that, even if you push yourself, you wont overheat. That said, youll still sweat, and swimming can lead to dehydration, so keep a water bottle on the poolside so you can grab a drink now and then. You can swim in an indoor pool or any body of water, including open water like the ocean, lakes, and rivers. You can use any stroke for swimming for fitness, including front crawl (freestyle), breaststroke, backstroke, and butterfly stroke. However, for efficiency, freestyle is usually the best choice. Swimming is not just a good solution to your cardio needs; its also a sport and a life skill. Being able to swim could save your life or the life of someone else. Everyone should know how to swim! Whatever stroke you use, swimming is an activity that engages your entire body. While a lot of your power comes from your upper body, your legs will be working too. Muscle recruitment varies from stroke to stroke, but its safe to say that all of your major muscle groups get in on the action. However, the prime movers are: Latissimus dorsi your upper back muscles Deltoids your shoulder muscles Pectoralis major your chest muscles Gluteus maximus your butt Quadriceps the muscles on the front of your thighs Hamstrings the muscles on the back of your thighs In terms of energy systems, swimming involves all three , depending on how hard and how fast you swim: The ATP-CP system during very short, high-intensity bursts, e.g., 10-20 seconds The lactic acid system during medium to high-intensity efforts, e.g., 30-90 seconds The aerobic system during low to medium intensity efforts, e.g., 3-30 minutes+ The energy systems do not work independently. Instead, they overlap, and while one is dominant, the other two are working in the background. The best way to get better at swimming is to swim more. Its also important to work on your stroke technique to ensure that you swim as efficiently as possible and dont waste energy. Dryland training is also helpful because you can use it to target your swimming muscles. Also, the better athlete you are out of the water will only help your performance in the water. Elite swimmers spend hours training for strength in the weight room. As one of Michael Phelpss quotes on swimming says If you want to be the best, you have to do things that other people arent willing to do. The following exercises are ten of the best for swimmers. Target muscles: Lats Straight arm pulldowns are one of the few exercises that isolate your lats, which are important muscles for swimmers. Also, this movement mimics the arm action of freestyle swimming. You can do this exercise using a lat pulldown machine or a resistance band. How to do it: Stand behind your lat pulldown machine. Reach up and hold the bar with an overhand, shoulder-width grip. Brace your core. Without bending your elbows, flex your lats and push the bar down to your thighs. Raise your arms and repeat. View this post on Instagram A post shared by Dr. John Rusin (@drjohnrusin) Target muscles: Pectoral muscles, delts, triceps Push-ups work your pecs, shoulders, and triceps, which are all important muscle groups for swimming. Best of all, you can do push-ups anywhere and anytime as you dont need any specialized equipment. How to do it: Place your hands on the floor, shoulder-width apart, and walk your feet back until your body is straight. Brace your abs. Bend your arms and lower your chest to about an inch above the floor. Push yourself back up and repeat. Bend your legs and rest on your knees to make push-ups easier. Raise your feet on a bench or chair to make them more challenging. Target muscles: Lats, biceps Lack of equipment doesnt have to mean you cant build strong, powerful lats and biceps. In fact, all you really need is something to hang from! Pull-ups and chin-ups are both a great way to pump up your most important swimming muscles. How to do it: Hang from an overhead bar with an overhand, slightly wider than shoulder-width grip (pull-ups) or an underhand, narrower than shoulder-width grip (pull-ups). Brace your abs and draw your shoulders down and back. Bend your arms and pull your chin up and over the bar. Descend under control and repeat. Target muscles: Deltoids, triceps This weight training exercise can be done seated or standing. The alternating action simulates swimming freestyle and backstroke. It also increases your time under tension and means you can get a challenging workout from relatively light dumbbells. How to do it: Hold a dumbbell in each hand and then press them both overhead. This is your starting position. Keeping one arm stationary, lower the other dumbbell down to your shoulder, and then press it back up again. Lower the other dumbbell down, and press it back up. Continue alternating arms for the duration of your set. View this post on Instagram A post shared by Brian (@briancraigesq) Target muscles: Core, delts, glutes This great exercise strengthens your hip flexors, promotes shoulder stability and a strong core. As such, it wont just improve your swimming performance; it could also reduce your risk of injury. Do a few sets a day its a bodyweight exercise, so you can do it anywhere and anytime. How to do it: Kneel on all fours, so your knees are directly under your hips, and your hands are below your shoulders. Brace your abs. Extend your left arm and right leg until they are parallel to the floor. Bend them again and touch your knee with your hand. Repeat for the prescribed number of reps and then change sides. You can also do this exercise using an alternating action. For more workout variety, watch this video below for 20 strength and conditioning exercises for swimmers with a medicine ball. Target muscles: quads, core As the name suggests, this exercise replicates kicking yourself through the water. Its a popular exercise in the Navy SEALs, who are renowned for their swimming prowess. How to do it: Lie on your back with your legs straight and your hands under your lower back, palms down. Lift your head, shoulders, and legs a few inches off the floor. Brace your abs. Pushing your lower back into the floor, kick your legs as though you were swimming. Four kicks equal one rep. Continue for the prescribed number of repetitions. Watch former Navy SEAL Brad McLeod do flutter kicks as part of an ab workout exercise routine to activate your core. Target muscles: Quads, hamstrings, core Strong legs can help you swim faster, and squats are hard to beat for developing lower body power. All types of squats are good for swimmers, but goblet squats are probably the most accessible because all you need to do them is a single kettlebell or dumbbell; no squat rack is required. How to do it: Hold a single dumbbell or kettlebell in front of your chest. Stand with your feet about shoulder-width apart, toes turned slightly outward. Brace your core. Push your hips back, bend your knees, and descend until your thighs are roughly parallel to the floor. Take care not to round your lower back. Stand back up and repeat. View this post on Instagram A post shared by Habib Jiwan (@habibswole) Target muscles: Lats, biceps, pecs, delts, triceps, core This combo move works all the muscles in your upper body, as well as your core muscles. If you only have time for one dryland swimming exercise, this is an excellent choice. How to do it: With a dumbbell in each hand, adopt the push-up start position with your arms and legs straight, and core braced. Bend one arm and row the dumbbell up into your ribs. Put the weight back on the floor and then repeat on the other side. Put that weight down. Do a single push-up. Continue this row-row-push-up sequence for the duration of your set. Target muscles: Upper back, shoulders Swimming is generally considered to be a very safe, joint-friendly workout. However, it also involves a lot of mostly forward repetitive movements. This can lead to an overuse injury called swimmers shoulder, where the muscles at the front of the shoulder joint become overdeveloped and out of balance with those at the back. Band pull-aparts will help correct this imbalance. Hold your resistance band with an overhand, shoulder-width grip. Raise your arms in front of you to shoulder height. Without bending your elbows, open your arms and stretch the band out across your chest. Bring your arms back together and repeat. View this post on Instagram A post shared by Dr. John Rusin (@drjohnrusin) Target muscles: Core Swimming involves a surprising amount of core strength. Stir the pot is a plank hold variation during which youll have to work extra hard to stabilize your spine and prevent rotation and lateral movements, making it more swimming-specific. How to do it: Place your forearms on a stability ball, and then walk your feet back, so your body is in a straight line. Brace your abs. Without raising or lowering your hips, circle your elbows clockwise and counterclockwise. Make this exercise harder by lifting one leg off the floor or putting both feet on a bench or chair. Are you Still Doing the Static Front and Side Plank? Its Time to Stir the Pot The fitness law of training specificity states that the best way to get better at something is to do it more often. So, if you want to be a better swimmer, you need to do more swim workouts. A swim coach may also help you iron out any technical faults that could be undermining your performance. However, dryland exercises can also be helpful. They allow you to preferentially target your swimming muscles to make them stronger and more enduring. The right exercises may help strengthen those muscles not used so much when you swim, which could help ward off injuries. Swimming is a great workout, and you can use these exercises and our training plan to get even more out of this popular, joint-friendly fitness activity. Footnotes: Understanding Energy Systems Used in Swimming Staines Swimming Club Competitive swimming is often described as one of the most complex sports to master. There are so many things that go into it- technique development, nutrition, mental training, dry-land, and of course, strength training as well. And thats why today we will be taking a look at the best strength exercises for swimmers. There are many reasons why you should be doing strength exercises to improve your performance in the water, things like increased power, added strength (obviously), explosiveness, and so on. It is, however, important to remember that the amount of time you spend in the water, combined with technique focus, is far more important than any other aspect of becoming a better swimmer. Yes, strength training can help enhance your physical performance in the water, but if you do decide to incorporate it into your training schedule, you need to make sure that it wont be interfering with your actual swim practices. To ensure that your strength training and swimming practices stay in line, consider reading my article on the 8 weightlifting guidelines every swimmer should follow. There are many examples of absolutely excellent swimmers that use strength training to their advantage, take Adam Peaty, probably one the greatest breaststroke swimmers to ever live, for example. We have seen how he uses strength training and his power-based training program to his advantage in becoming a faster, stronger, and better swimmer. Heres a quick video- Here are the best strength exercises for swimmers- Pull-ups Barbell Squat Bench Press Overhead Press Deadlifts Barbell Rows Walking Lunges Box Jumps Plank Kettlebell swings First up we have pull-ups. I truly believe that all swimmers should do pull-ups for overall upper body strength as it targets a lot of the important upper body muscle groups used in swimming, like the lats, and traps for example. These muscle groups play a very big and important role in swimming- they help you to push water effectively, allowing for faster and more powerful strokes, which is a big driver of propulsion in the water. The pull up is probably one of the best dryland exercises to train your lats and simulate the overhead motion commonly found when swimming, therefore you should definitely incorporate it into your dry-land or strength training routine. Another reason the pull up is so great is due to the fact that the technique is very basic and easy to learn. Continuous progress with this exercise isnt a problem either as there are many different variations that place emphasis on different muscles and you can also add weight to the exercise once you are strong enough. Wall Mounted Pull Up Bar Buy Now On Amazon Quick Tip: When performing pull-ups, make sure not to use a lot of momentum, a little bit is okay for beginners, but you should be aiming to use as little as possible momentum when doing pull-ups. For more information as well as some scientific studies about this exercise, consider reading my article, why every swimmer should do pull-ups. Another way to enhance performance in the pool- tech suits! Consider checking out my article on the best tech suits for swimmers or read my article on do tech suits make a difference? For an in-depth look and some cool scientific studies. The barbell squat is not only one of the best lower body exercises but a great full-body exercise as well. The barbell squat is excellent for strengthening your legs and building explosive power that can translate into faster kicking as well as better starts and turns. It also engages your core, back, arms, and stabilizer muscles. As swimmers, we all know how important a strong kick is- I mean the fastest swimmers are usually the ones with the strongest kick and good starts and turns are just as valuable for winning races. Therefore the barbell squat is a great exercise for swimmers. There are many different variations of the squat, but the 2 main variations I would recommend is the barbell back squat and the barbell front squat. Bodyweight jumping squats, dumbbell split squats, and goblet squats are also great options to try out. With this exercise, it is extremely important to first master the technique before you start adding a lot of weight to the bar. If you do not master the technique, it may result in injury. It might be minor or it could be a major injury. I wouldnt take the risk, better to first master the technique, and maximize your results from the exercise in doing so. With all that said, the squat is a great strength exercise for swimmers. It will help develop strength and muscle in your legs, as well as improving explosive power for better starts and turns in the pool. The bench press can be a very beneficial exercise to a swimmers overall strength if it is done correctly. The bench press is one of the best upper body compound exercises, meaning it works a large number of muscles at the same time. These muscles mainly include the chest, triceps, and shoulders- all of which are important in swimming. These muscles play an important role in the pulling motion of your stroke and strengthening them can be very beneficial. It will allow for a more powerful stroke which will help with better propulsion and faster swimming. However, like the front squat, a movement largely dependant on adding weight to the bar to become stronger. You will need to be careful not to injure yourself, especially if you are a beginner. Focus on learning proper technique and form, before you add any significant amount of weight to the bar. Overall, the bench press is definitely one of my favorite strength exercises and I believe that it can be a very beneficial strength exercise for becoming a better swimmer when performed safely with proper technique and form. The overhead press is another great strength exercise to incorporate into your swimming strength training routine. This exercise targets and strengthens your shoulders, triceps, and traps- muscles which are once again all important for developing a strong pull. The overhead press is also good for developing core stability as well as explosive power that can come in useful on the start and during sprinting events like 50s and 100s. Another benefit is the fact that it trains the overhead position which is commonly found when swimming. There are many variations of this exercise all of which are good options. A few include- seated overhead dumbbell press, standing overhead dumbbell press, standing barbell press, military press, seated barbell press, smith machine press, push press, and so on. Id recommend the standing overhead barbell press and the push press. Both are good for building strength. The push press engages slightly more muscles and develops explosive power and the standing overhead press is more strict and will place a bigger emphasis on strength. Overall, a great strength exercise for swimmers. Remember to learn proper technique before adding weight. Another way to enhance performance in the pool- tech suits! Consider checking out my article on the best tech suits for swimmers or read my article on do tech suits make a difference? For an in-depth look and some cool scientific studies. The deadlift is known as being one of the best exercises for full-body strength and power. The deadlift engages pretty much every muscle in your body and is a great way to develop explosive power, making it an excellent strength exercise for swimmers as we frequently have every muscle in our body firing as we swim. The deadlift will help to develop core stability, full-body strength, and power which will translate into faster kicking, pulling, and more stability in the water, which is important for technique and reducing drag when swimming. This exercise will also help swimmers to increase their strength endurance allowing for faster swimming for longer periods of time. Like a lot of the other exercises the deadlift also has a couple of variations to choose from. For swimmers, I recommend the hex bar deadlift and the conventional barbell deadlift as these are both great for developing athleticism, strength, and power. In terms of exercise technique, the deadlift is a bit more complicated than a lot of other exercises. Make sure to take the time to learn proper technique first. Watch videos, and record yourself to see if you are performing the exercise correctly. I also recommend keeping the volume on this exercise a bit on the lower side as performing it excessively may cause fatigue that will interfere with your swimming practices. Do 2-3 sets of 5-8 reps once or twice a week for this exercise. Swimmers are known for having strong back muscles, the reason being? The back muscles play an important role in swimming fast and efficiently. That said, the barbell row is easily one of my favorite exercises for developing complete back strength and power. This exercise engages all of the upper- and lower back muscles and also works your biceps and triceps. There are a couple of variations of this exercise that you can try out. I recommend the standard bent-over barbell row, the dumbbell row, or if you want some more stability try out the supported barbell row, which is also a great variation. Overall, a great upper body exercise for swimmers to develop a stronger back and increase your swimming speed. Lunges is another great strength exercise for developing power and strength in your legs which will help you to develop a stronger kick as well as better starts, turns, and underwaters, all contributing to the common goal of swimming as fast as possible in whatever event you specialize in. Like the barbell squat, lunges engage all of the muscles in your legs including the quadriceps, hamstrings, glutes, and calves. There are many different variations of the lunge that you can try out, some examples include dumbbell walking lunges, barbell lunges, and reverse lunges. If you are looking for explosive power, you can also try doing jumping lunges. That said, I recommend the walking dumbbell lunges as I found it to be one of the most engaging variations making it great for developing strength in your legs. Another great thing about this strength exercise is that the technique is quite basic to learn. Box jumps are one of the best exercises for developing explosive power allowing for better starts, turns, and underwaters. This exercise isnt necessarily the best for raw strength, but it is a great athletic exercise that can help you to become a better and faster swimmer. The box jump works many different muscle groups, including the core, glutes, quadriceps, hamstrings, and calves. These muscles are all frequently used when swimming, making the box jump a great exercise for you as a swimmer. To quickly dive a little deeper, the main reason for the gain in explosive power from doing box jumps is because it improves the reaction of fast-twitch muscle fibers, which is required for quick and explosive motions like starts, turns, underwaters, and fast strokes. Core strength is extremely important in competitive swimming. It plays an important role in many aspects including- trunks rotation and flexion, balance and stability, body position, power, and underwaters. The plank is one of my go-to exercises for core strength since it develops the entire core and develops some great stability in the abdominal muscles. Another cool thing to note is that the plank actually helps a little bit with flexibility, the plank stretches your shoulders, hamstrings, and certain areas of your feet. Overall I really like the plank and highly recommend all swimmers to incorporate it into their strength training routine. The plank is a great way to train the entire core in just a few sets. As you get stronger with the plank you can also try some more advanced variations like weighted planks, plank with your arms extended further in front of you, and ab wheel roll outs, which is a more dynamic and challenging variation of the plank. For some more core exercises, consider checking out my article on the 10 best core exercises for swimmers at home. The kettlebell swing is a great dynamic exercise for strengthening a large number of muscles in your body, including your hips, glutes, hamstrings, lats, abs, shoulders, and pecs. Its also great for developing explosive power that will help with fast kicks, pulls, underwaters, turns, and starts. The kettlebell swing will also quickly get your heart rate up training the aerobic systems in your body and burning a lot of calories. Another benefit is the fact that the technique on this exercise is also simple and easy to learn. Kettlebells Buy Now On Amazon Overall, the kettlebell swing is a good athletic exercise to incorporate into your strength training to become a better and faster swimmer. Below are 2 example strength training routines that you can try out. You can also use them as a guideline to create your own one if youd like. The key is to stay consistent with it over a period of at least 3 to 6 months and to gradually increase the weight/ intensity on exercises as you become stronger. Example 1- Workout 1- Monday Pull Ups, 3 sets of 8-12 reps. Barbell Back Squat, 3 sets of 6-8 reps. Bench Press, 3 sets of 6-8 reps. Plank, 3 sets of 1,5 minutes Box Jumps, 3 sets of 8-10 reps.Workout 2- Wednesday Pull Ups, 3 sets of 8-12 reps. Dumbell walking lunges, 3 sets of 12 reps per leg. Overhead Press, 3 sets of 6-8 reps. Deadlifts, 2 sets of 5 reps. Kettlebell swings, 3 sets of 15-20 reps.Workout 3- Friday Pull-ups, 3 sets of 8-12 reps. Barbell Front Squats, 3 sets of 6-8 reps. Bench press 3 sets of 6-8 reps. Barbell rows, 3 sets of 6-8 reps. Plank, 3 sets of 1.5 minutes. Example 2- Workout 1- Monday Barbell back squat, 3 sets 6-8 reps. Bench Press, 3 sets 6-8 reps. Overhead Press, 3 sets 6-8 reps. Pull-ups, 3 sets, 8-10 reps.Workout 2- Wednesday Barbell back squat, 3 sets 6-8 reps. Bench press, 3 sets 6-8 reps. Deadlift, 3 sets 6-8 reps. Box jumps, 3 sets 10 reps.Workout 3- Friday Barbell back squat, 3 sets 6-8 reps. Bench press, 3 sets 6-8 reps. Overhead press, 3 sets 6-8 reps. Weighted pull-ups, 3 sets 5 reps. At the end of the day, strength training can be very beneficial to swimming performance. Strength training allows you to develop muscle strength and explosive power that is required for developing faster, more explosive, and more efficient strokes, kicks, and other aspects of becoming a better and faster swimmer. Competitive swimming is often described as one of the most complex sports to master. There are so many things that go into it- technique development, nutrition, mental training, dry-land, and of course, strength training as well. And thats why today we will be taking a look at the best strength exercises for swimmers. There are many reasons why you should be doing strength exercises to improve your performance in the water, things like increased power, added strength (obviously), explosiveness, and so on. It is, however, important to remember that the amount of time you spend in the water, combined with technique focus, is far more important than any other aspect of becoming a better swimmer. Yes, strength training can help enhance your physical performance in the water, but if you do decide to incorporate it into your training schedule, you need to make sure that it wont be interfering with your actual swim practices. To ensure that your strength training and swimming practices stay in line, consider reading my article on the 8 weightlifting guidelines every swimmer should follow. There are many examples of absolutely excellent swimmers that use strength training to their advantage, take Adam Peaty, probably one the greatest breaststroke swimmers to ever live, for example. We have seen how he uses strength training and his power-based training program to his advantage in becoming a faster, stronger, and better swimmer. Heres a quick video- Here are the best strength exercises for swimmers- Pull-ups Barbell Squat Bench Press Overhead Press Deadlifts Barbell Rows Walking Lunges Box Jumps Plank Kettlebell swings First up we have pull-ups. I truly believe that all swimmers should do pull-ups for overall upper body strength as it targets a lot of the important upper body muscle groups used in swimming, like the lats, and traps for example. These muscle groups play a very big and important role in swimming- they help you to push water effectively, allowing for faster and more powerful strokes, which is a big driver of propulsion in the water. The pull up is probably one of the best dryland exercises to train your lats and simulate the overhead motion commonly found when swimming, therefore you should definitely incorporate it into your dry-land or strength training routine. Another reason the pull up is so great is due to the fact that the technique is very basic and easy to learn. Continuous progress with this exercise isnt a problem either as there are many different variations that place emphasis on different muscles and you can also add weight to the exercise once you are strong enough. Wall Mounted Pull Up Bar Buy Now On Amazon Quick Tip: When performing pull-ups, make sure not to use a lot of momentum, a little bit is okay for beginners, but you should be aiming to use as little as possible momentum when doing pull-ups. For more information as well as some scientific studies about this exercise, consider reading my article, why every swimmer should do pull-ups. Another way to enhance performance in the pool- tech suits! Consider checking out my article on the best tech suits for swimmers or read my article on do tech suits make a difference? For an in-depth look and some cool scientific studies. The barbell squat is not only one of the best lower body exercises but a great full-body exercise as well. The barbell squat is excellent for strengthening your legs and building explosive power that can translate into faster kicking as well as better starts and turns. It also engages your core, back, arms, and stabilizer muscles. As swimmers, we all know how important a strong kick is- I mean the fastest swimmers are usually the ones with the strongest kick and good starts and turns are just as valuable for winning races. Therefore the barbell squat is a great exercise for swimmers. There are many different variations of the squat, but the 2 main variations I would recommend is the barbell back squat and the barbell front squat. Bodyweight jumping squats, dumbbell split squats, and goblet squats are also great options to try out. With this exercise, it is extremely important to first master the technique before you start adding a lot of weight to the bar. If you do not master the technique, it may result in injury. It might be minor or it could be a major injury. I wouldnt take the risk, better to first master the technique, and maximize your results from the exercise in doing so. With all that said, the squat is a great strength exercise for swimmers. It will help develop strength and muscle in your legs, as well as improving explosive power for better starts and turns in the pool. The bench press can be a very beneficial exercise to a swimmers overall strength if it is done correctly. The bench press is one of the best upper body compound exercises, meaning it works a large number of muscles at the same time. These muscles mainly include the chest, triceps, and shoulders- all of which are important in swimming. These muscles play an important role in the pulling motion of your stroke and strengthening them can be very beneficial. It will allow for a more powerful stroke which will help with better propulsion and faster swimming. However, like the front squat, a movement largely dependant on adding weight to the bar to become stronger. You will need to be careful not to injure yourself, especially if you are a beginner. Focus on learning proper technique and form, before you add any significant amount of weight to the bar. Overall, the bench press is definitely one of my favorite strength exercises and I believe that it can be a very beneficial strength exercise for becoming a better swimmer when performed safely with proper technique and form. The overhead press is another great strength exercise to incorporate into your swimming strength training routine. 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Strength training allows you to develop muscle strength and explosive power that is required for developing faster, more explosive, and more efficient strokes, kicks, and other aspects of becoming a better and faster swimmer. Get stronger and more explosive in the water with this list of the best strength training exercises for swimmers. Strength training is a hot-button issue in our sport. Misconceptions abound about lifting weights and their role in swimming performance. Weight-lifting causes injuries. Strength training needs to completely mimic what I am doing in the water. Lifting weights will make me too bulky to swim. Ultimately, strength training, when done properly and tactically, helps swimmers reduce injury, address muscle imbalances, provide a short-term boost of improvement via post-activation potentiation, and yup, help em swim faster. The biggest perk to lifting weights isnt just the ego boost you get in the mirror. Strength training helps you counter-strengthen muscles that are being overtrained. Think about the countless overhead and anterior (front of the body) movements you are doing in the water. Those rounded shoulders? The super-tight hips and sore knees? Yup, looking at you two. Okay, okay, you are probably thinking. But what are the absolute best strength training exercises for swimmers? Gimme what I came here for. Of course, there are a ton of variables when it comes to strength training for swimmers. From picking out the right exercises to address your goals in the water, to the age you start lifting, frequency and volume of your lifting, to properly programming your lifting to help you peak at the right times of the season. Below is a list of my personal favorite strength training exercises for swimmers, based on 30+ years of experience in the sport, my fair share of injuries, research studies, and the feedback of a few Olympic champions and physiotherapists. The list is not exhaustive, but it provides a solid starting point for swimmers looking to get stronger in and out of the water. Lets do this. Pull-ups are a simple and highly effective exercise that targets a lot of the same muscles that you use to haul yourself through the water, making it an essential part of your dryland workouts. Pull-ups most noticeably hit your lats, helping you develop that overhead-and-pulling-down power that gets you through the water. But theres more: pull-ups also target your t-spine, forearms (helpful in strengthening your early vertical forearm), traps, arms, and shoulders. Not bad for an exercise that doesnt require any equipment outside of a sturdy weight-bearing pull-up bar. According to his 2009 autobiography, No Limits, the GOAT, Michael Phelps, could do up to 34 pull-ups in a row. Olympic 100-meter freestyle champion Nathan Adrian can do them with up to an additional 130 pounds dangling off his waist. This exercise helps increase my strength-to-weight ratio in a movement that directly translates to the pool, Adrian says. Although banging out a metric ton of reps might boost self-confidence, the priority is doing pull-ups properly and with correct technique (just like anything else in the gym or in the pool, for that matter). According to a study published in the Journal of Strength Conditioning Research, titled Relationship Between Dryland Strength and Swimming Performance: Pull-Up Mechanics as a Predictor of Swimming Speed, researchers evaluated and tested a group of competitive swimmers to see if pull-up strength correlated with swimming speed. Sure enough, the group of twelve male swimmers, with an average age of 19 years, who swam fastest had the best mechanics on the bar. It wasnt who did the most repetitions, but the swimmers who did pull-ups with the best mechanics that swam fastest. As in the pool, technique is king when it comes to strength training for swimmers. The progressions and variations with pull-ups are almost endless. For beginners, start with simple hangs and inverted body rows before progressing to assisted and negative pull-ups. I love pull-ups, says Ryan Murphy, Olympic and NCAA champion backstroker. You can do so many different variations of overhand and just really isolate the lats. You can do underhand and get a little bit of biceps in there. You can go wide grip and get a little bit of chest so theres just so many different kinds of variations of pull-ups. The barbell bench press is a strength training O.G. And its undoubtedly one of the best ways to develop muscle and power in your upper body. But for swimmers, who require a high degree of scapular stability, and who arent exclusively focused on building muscle mass, the barbell bench press comes with some limitations. With the upper back pinned to the bench, the shoulder blades are immobilized. The dumbbell variation of the bench press allows the shoulders to move in a more natural pattern, with a greater range of motion. There are a few other reasons I prefer the dumbbell bench press over the traditional barbell: First, you can target each arm individually, helping to address muscle imbalances (fun fact: muscle imbalances are one of the leading causes of swimmers shoulder). Second, you use a more natural grip with dumbbells that reduces strain on the wrists, elbows and shoulders. Again, protecting the shoulders. Third, the single and alternating versions of the dumbbell bench absolutely hammers your core. The anti-rotation component is awesome for swimmers as it mimics the demands we face in the water. And fourth, dumbbells are far more practical in terms of learning the movement, gym space (there are only so many bench press benches), and loading (dumbbells require less spotting as you can drop them to the side if too heavy). Fast swimmers have strong legs and a fast kick. Training the kind of kick that helps you close your swim races is built in the pool, doing lots of kick and focusing on improving technique, but power and strength come from the gym. Squats have practical implications in two obvious areas: Generating power and explosiveness off of the start. Getting off the blocks, both in terms of distance and speed, requires strong legs and hips. Maximizing speed and power off of the turns. Whether you are doing a flip turn or a two-handed touch into the wall, when you complete rotating/turning, your feet are planted on the bulkhead or wall and you push off from a squat position. These are the two sections of the races where swimmers are moving at peak speed. Every meter between the start and turns is spent just trying to hold onto the speed that you start with. So yeah, squatting is important. And research has shown repeatedly (Science! More science!) that squatting can significantly increase jumping ability and explosiveness. When it comes to the best squat, that is a whole other debate. I love using jump squats because they require no equipment (perfect for those home-based workouts) and explosive movements are simply fun. Balancing the plyometric nature of squat jumps with weights is a proven way to develop strength and speed. When it comes to heavy squats, Olympic backstroke champion Ryan Murphy prefers front squats versus back squats as they force the lifter to really brace their core. Im not a huge fan of back squats, he says. Its easy to hurt the back and Im much more of a proponent of front squats. You really have to brace the abs and hold your body upright. You cant do as much weight, but its really a whole-body exercise. Swimming is an anterior-dominant activity. This means that the front of the body is the driver of action most of the time, which means that your posterior (glutes, hamstrings, calves, lower back) are under-developed from thousands of reps of anterior-dominant movements. One of my favorite exercises of all time for swimmers is the glute bridge. You lay on your back, and raise your pelvis off the floor, driving your heels into the ground, firing muscles up and down the posterior chain from your lower back to your calves. There are three ways you can use glute bridges in your strength training programming: As an activation exercise before you get in the water. Put a resistance band around your knees and do 315 slow and controlled reps to engage those muscles that are run dormant from sitting all day. As a strength-building exercise. The barbell hip thruster is the weighted version of the glute bridge, typically performed with your shoulders on a bench and with a barbell across the front of your hips. As someone who has had knee problems on and off over the years, this exercise is a pain-free way to generate a ton of activation on my backside and get stronger. As you progress with this exercise, use a hip thruster pad to protect the hips and pelvis while lifting. It will keep the bar stable and prevent the barbell from digging and bruising into the hips as you push more and more weight. As a core and stability exercise. Swimming fast requires exceptional body control and stability in the water. One of my favorite variations of the glute bridge raising my butt off the floor, and then lifting and straightening one leg and doing small and controlled flutter kicks. (You can draw Os with your toes for an additional challenge.) The hip and core stability from this exercise carries directly into your ability to maintain a stiff and strong body position in the water. Swimming is a unique sport for a lot of reasons. The weightlessness, the relentless focus on improving efficiency, the battle against the density of the water. On top of that, we have a key part of our race that cannot be trained in the water: the start. The start has always been important, but swimmers like Flo Manaudou, Brad Tandy, Bill Pilczuk (heres a quick history lesson on Bill and how his devotion to a fast start upset the best sprinter in history), and most recently, Caeleb Dressel and his world-beating start have shown how game-changing an explosive start can be. The technique of the swim start is something you should be working at while you are at the pool. Having a clean entry, not having your hips sink too deep, and using your arms to pull you forward and propel you through the air. But getting more distance off the blocks and more velocity starts in the gym, and one proven exercise for accomplishing both of these goals is the broad jump, a plyometric exercise that both beginners and Olympic-level swimmers can do. According to a paper titled Plyometric Long Jump Training With Progressive Loading Improves Kinetic and Kinematic Swimming Start Parameters published in the Journal of Strength Conditioning Research, found that a plyometric program focused on broad jumps increased horizontal velocity and distance off the start. The intervention was a 9-week dryland program that prioritized broad jumps. For the first two weeks, the swimmers did 82 broad jumps twice a week. For the following seven weeks, 152 reps. The jumps were performed off a small platform that was angled the same as a regular starting block. At the end of the seven weeks, the swimmers generated 7% more horizontal force (getting further off the block) and picked up a 16% increase in horizontal velocity (getting faster off the block). With broad jumps, the key is explosive power, so take generous amounts of rest between sets (the study cited above had the swimmers resting for two minutes between sets). Stick the landing with soft feet. And make sure that you are measuring the distance to keep yourself focused and accountable to good form and maximum effort. And now for your regularly scheduled disclaimer. Weight training is a tool to help your performance in the water. Use it to complement your training. (And as alwayscheck with your doctor and coach before undertaking any type of physical training program.) With that out of the way, here are some tips for making strength training a durable fixture of your training program: Often, swimmers and coaches will go a little overboard with sport-specificity when it comes to dryland and lifting weights. They will only replicate swimming movements on the pool deck and add load. And the idea makes sense: train the movements on dryland that you want to perform in the water. But strength training isnt just about training yourself to perform on race day, its to help strengthen you to withstand long bouts of training, injury-proof your water-training, and address imbalances and strength deficiencies. Strength training for swimmers should focus on developing a stronger athlete. Faster swimming will happen naturally as a result. A curious thing I see with swimmers who are very proficient in the water is that they think this automagically translates to the gym. Done improperly, weight-lifting is a quick and easy way to injure yourself. One paper followed an NCAA Division I swim team for four years and half of the training injuries the swimmers incurred happened outside of the water. Have a plan that progresses, allows for sufficient recovery, and doesnt leave you crippled with DOMS after the first session. Look, I get the temptation to walk into the weight room for the first time and load up the bar and hammer time on the reps. But if you havent lifted before, or havent lifted in a long while, stick to technique and bodyweight work to get started. Even if that means starting with lifting with just your bodyweight. Focus on mastering proper movement mechanics with your own body weight, says Jason Dierking, the strength and conditioning coach for the University of Louisvilles swim team. Having the ability to squat, hip hinge, and perform a perfect chest-to-floor push-up will put you ahead. If

you arent able to lift with proper form and function not only are boosting the likelihood of hurting yourself, you also arent getting the proper benefit and improvement from the exercise. Total double fail. Total weight might be good for the ego, but total form is what will help you swim fast, get properly strong, and reduce injury. Swimming is a lot of fun and is an excellent full-body workout with low resistance and high rewards. However, if you want to take your swimming up a notch, strength training for swimmers is crucial. If you feel youve hit a plateau or you want to improve your overall speed and power in the water, I encourage you to try these strength training exercises for swimmers. Squat jumps will strengthen your calves, glutes, and quads, which will help you push off with more power when finishing a flip turn or the starting block. You can do squat jumps using just your body weight, while holding dumbbells or other weight, or my favorite while using resistance bands. A hip circle band around your thighs will give you quite the workout while you jump! Put the hip circle band a few inches above your knees, and squat with your feet hip-distance apart.Jump up, and then go back into a squat again. Thats one rep. Make sure your knees stay in line with your toes as you squat and jump. It looks like this: Pull-ups are one of the essential exercises for strength training forbutterfly swimmers. Butterfly stroke demands a lot of strength and power from your deltoids (the muscles in front of and behind your shoulders). The butterfly also uses your trapezius muscles on the side and behind your neck. If you are just starting out with pull-ups, you may want to use a resistance band to help you, like this: However, you can also use weights or just your bodyweight if you can already do pull-ups. In terms of strength training for swimmers, planks are one of my top picks because they are simple to do, there are many variations, and they strengthen your core. The other important thing to know about the plank position is that you are reproducing excellent form when your body is in the water. You need to focus on keeping your back straight as if there were a straight line from your ankles to your head. To keep this straight posture, youll have to tighten your abs and glutes and make sure your neck stays straight and that you are looking out ahead of you rather than down. A strong plank can also help prevent injury and improve your position while rotating as you swim and improve your speed when doingfreestyle. If you are just starting with planks, begin by holding a good plank position for 30 to 60 seconds. You can slowly work up to as long as 5 minutes, or even add weight to make it more challenging. Mountain climbers are excellent strength training for swimmers because they work your whole body. Your shoulders, glutes, triceps, legs, and your core all get a workout. Mountain climbers also improve your cardio endurance, since when doing these exercises, you are always moving as you would if you were swimming. Mountain climbers can improve your strength and endurance and your overall position while you swim. Youll develop a more powerful kick for strokes such as freestyle, butterfly, andbackstroke. As with other full-body exercises, do mountain climbers around 2-3 times per week for best results. To be sure you are doing mountain climbers correctly and are avoiding some common mistakes people make, watch this demonstration: Pushups are excellent strength training for swimmers as they work your pectorals and your latissimus dorsi muscles, which allow you to move forward with power when you swim. Do your pushups slowly to make them challenging. You want to make sure you are building strength in your arms and chest, rather than just cardio endurance. You can do elevated pushups (with your feet elevated on a stool or bench behind you) to work in more of a challenge. There are many variations of pushups. Watch this video to choose from 30 different options: Medicine ball lunges with rotation will improve your lower body strength and keep your hips flexible, essential for swimmers. Youll be working your glutes, quads, and core while improving your balance and awareness of where your body is in space (proprioception). The better your lower body strength, the faster you can push off from the wall or the starting block. Heres what these lunges look like in action: Get a Custom Strength Plan Programmed for YOU or Your Team! This exercise works your upper back and shoulder muscles, which can help protect your shoulder from injury. You can do a reverse fly with dumbbells or a resistance band. Strengthening your upper back and shoulders will not only give more power to your strokes but will improve your posture. Heres what it looks like using dumbbells: Heres what it looks like with a resistance band: Any strength training for swimmers needs to include kneeling supermans. You may have noticed that one side of your body is weaker than the other when doing backstroke or front crawl. This exercise can help address that by working your core while working opposite sides of your body at the same time. Youll be strengthening your abs, glutes, and your back. Kneeling on all fours, stretch your right arm forward while your left leg goes out straight behind you. Hold here for a few seconds before repeating on the opposite side. You can see how to do this exercise here:9. Russian Twists with Medicine Ball Russian twists work your obliques, shoulders, and hips, helping you develop a more efficient stroke. They also allow you to glide better in the water and change direction quickly. Holding a medicine ball or other weight while you do these will work your muscles even harder. Make sure you extend your legs as much as you can during this exercise to get maximum benefits. Heres what Russian twists look like in practice: The chop wood exercise is brilliant for your core, as it works your abs and your obliques together. The twisting and lifting movement replicates some of the moves you do in the water already. You can do this exercise using either a dumbbell or a resistance band. Heres what it looks like using a dumbbell: Heres what it looks like with a resistance band: Conclusion You can see there are lots of strength training exercises for swimmers here. The choice is yours! To know more, you can find other dry land exerciseshere. Or, even get personally or group trained with Coach Abbie. More details and information on virtual training sessions can be found here. Enjoy your training! *This blog is a guest post from Victorem Gear. Strength training is a crucial part of improving swimming performance. Targeting key muscle groups helps build power, increase endurance, and improve stroke technique. Here are 5 of the best strength exercises every swimmer should include in their training routine.Get Stronger and Faster in the Pool: The Best Strength Training Exercises for SwimmersLooking to boost your power and speed in the water? Strength training is key to improving your swimming performance. But there are many myths and misconceptions in our sport about weightlifting and its role in swimming.Some common myths include:Weightlifting causes injuries.Strength training needs to exactly mimic swimming movements.Lifting weights will make me too bulky for swimming.In reality, when done correctly, strength training helps swimmers reduce injury risk, fix muscle imbalances, and provide a performance boost through post-activation potentiation. Plus, it helps you swim faster.One of the biggest benefits of weightlifting isnt just how you look in the mirrorits the ability to strengthen muscles that are often overworked. Think of all the repetitive overhead and front-body movements involved in swimming. This can lead to rounded shoulders, tight hips, and sore knees.But youre here for the best strength exercises to improve your swimming, right?When it comes to strength training for swimmers, there are plenty of factors to consider:Selecting exercises that target your swimming goalsYour age and experience levelHow often you lift and the volume of your trainingProperly timing your strength workouts to peak during the seasonBased on over 30 years of experience in the sport, research, and advice from Olympic swimmers and physiotherapists, Ive compiled a list of my top strength training exercises for swimmers. This list will help you build strength, reduce injury risk, and become a faster swimmer.Lets dive in!Pull-ups are a simple and highly effective exercise that targets a lot of the same muscles that you use to haul yourself through the water, making it an essential part of your dryland workouts. Pull-ups most noticeably hit your lats, helping you develop that overhead-and-pulling-down power that gets you through the water.But theres more: pull-ups also target your t-spine, forearms (helpful in strengthening your early vertical forearm), traps, arms, and shoulders. Not bad for an exercise that doesnt require any equipment outside of a sturdy weight-bearing pull-up bar.According to his 2009 autobiography, No Limits, the GOAT, Michael Phelps, could do up to 34 pull-ups in a row. Olympic 100-meter freestyle champion Nathan Adrian can do them with up to an additional 130 pounds dangling off his waist.This exercise helps increase my strength-to-weight ratio in a movement that directly translates to the pool, Adrian says.Although banging out a metric ton of reps might boost self-confidence, the priority is doing pull-ups properly and with correct technique (just like anything else in the gym or in the pool, for that matter).According to a study published in the Journal of Strength Conditioning Research, titled Relationship Between Dryland Strength and Swimming Performance: Pull-Up Mechanics as a Predictor of Swimming Speed, researchers evaluated and tested a group of competitive swimmers to see if pull-up strength correlated with swimming speed.Sure enough, the group of twelve male swimmers, with an average age of 19 years, who swam fastest had the best mechanics on the bar. It wasnt who did the most repetitions, but the swimmers who did pull-ups with the best mechanicsthat swam fastest.As in the pool, technique is king when it comes to strength training for swimmers.The progressions and variations with pull-ups are almost endless. For beginners, start with simple hangs and inverted body rows before progressing to assisted and negative pull-ups.I love pull-ups, says Ryan Murphy, Olympic and NCAA champion backstroker. You can do so many different variations of overhand and just really isolate the lats. You can do underhand and get a little bit of biceps in there. You can go wide grip and get a little bit of chest so theres just so many different kinds of variations of pull-ups.The barbell bench press is a strength training O.G. And its undoubtedly one of the best ways to develop muscle and power in your upper body.But for swimmers, who require a high degree of scapular stability, and who arent exclusively focused on building muscle mass, the barbell bench press comes with some limitations.With the upper back pinned to the bench, the shoulder blades are immobilized. The dumbbell variation of the bench press allows the shoulders to move in a more natural pattern, with a greater range of motion.There are a few other reasons I prefer the dumbbell bench press over the traditional barbell:First, you can target each arm individually, helping to address muscle imbalances (fun fact: muscle imbalances are one of the leading causes of swimmers shoulder).Second, you use a more natural grip with dumbbells that reduces strain on the wrists, elbows and shoulders. Again, protecting the shoulders.Third, the single and alternating versions of the dumbbell bench absolutely hammers your core. The anti-rotation component is awesome for swimmers as it mimics the demands we face in the water.And fourth, dumbbells are far more practical in terms of learning the movement, gym space (there are only so many bench press benches), and loading (dumbbells require less spotting as you can drop them to the side if too heavy).Fast swimmers have strong legs and a fast kick.Training the kind of kick that helps you close your swim races is built in the pool, doing lots of kick and focusing on improving technique, but power and strength come from the gym.Squats have practical implications in two obvious areas:Generating power and explosiveness off of the start. Getting off the blocks, both in terms of distance and speed, requires strong legs and hips.Maximizing speed and power off of the turns. Whether you are doing a flip turn or a two-handed touch into the wall, when you complete rotating/turning, your feet are planted on the bulkhead or wall and you push off from a squat position.These are the two sections of the races where swimmers are moving at peak speed.Every meter between the start and turns is spent just trying to hold onto the speed that you start with.So yeah, squatting is important. And research has shown repeatedly (Science! More science!) that squatting can significantly increase jumping ability and explosiveness.When it comes to the best squat, that is a whole other debate. I love using jump squats because they require no equipment (perfect for those home-based workouts) and explosive movements are simply fun. Balancing the plyometric nature of squat jumps with weights is a proven way to develop strength and speed.When it comes to heavy squats, Olympic backstroke champion Ryan Murphy prefers front squats versus back squats as they force the lifter to really brace their core.Im not a huge fan of back squats, he says. Its easy to hurt the back and Im much more of a proponent of front squats. You really have to brace the abs and hold your body upright. You cant do as much weight, but its really a whole-body exercise.Swimming is an anterior-dominant activity. This means that the front of the body is the driver of action most of the time, which means that your posterior (glutes, hamstrings, calves, lower back) are under-developed from thousands of reps of anterior-dominant movements.One of my favorite exercises of all time for swimmers is the glute bridge.You lay on your back, and raise your pelvis off the floor, driving your heels into the ground, firing muscles up and down the posterior chain from your lower back to your calves.There are three ways you can use glute bridges in your strength training programming:As an activation exercise before you get in the water. Put a resistance band around your knees and do 315 slow and controlled reps to engage those muscles that are run dormant from sitting all day.As a strength-building exercise. The barbell hip thruster is the weighted version of the glute bridge, typically performed with your shoulders on a bench and with a barbell across the front of your hips. As someone who has had knee problems on and off over the years, this exercise is a pain-free way to generate a ton of activation on my backside and get stronger. As you progress with this exercise, use a hip thruster pad to protect the hips and pelvis while lifting. It will keep the bar stable and prevent the barbell from digging and bruising into the hips as you push more and more weight.As a core and stability exercise. Swimming fast requires exceptional body control and stability in the water. One of my favorite variations of the glute bridge raising my butt off the floor, and then lifting and straightening one leg and doing small and controlled flutter kicks. (You can draw Os with your toes for an additional challenge.) The hip and core stability from this exercise carries directly into your ability to maintain a stiff and strong body position in the water.Swimming is a unique sport for a lot of reasons. The weightlessness, the relentless focus on improving efficiency, the battle against the density of the water.On top of that, we have a key part of our race that cannot be trained in the water: the start.The start has always been important, but swimmers like Flo Manaudou, Brad Tandy, Bill Pilczuk (heres a quick history lesson on Bill and how his devotion to a fast start upset the best sprinter in history), and most recently, Caeleb Dressel and his world-beating start have shown how game-changing an explosive start can be.The technique of the swim start is something you should be working at while you are at the pool. Having a clean entry, not having your hips sink too deep, and using your arms to pull you forward and propel you through the air.But getting more distance off the blocks and more velocity starts in the gym, and one proven exercise for accomplishing both of these goals is the broad jump, a plyometric exercise that both beginners and Olympic-level swimmers can do.According to a paper titled Plyometric Long Jump Training With Progressive Loading Improves Kinetic and Kinematic Swimming Start Parameters published in the Journal of Strength Conditioning Research, found that a plyometric program focused on broad jumps increased horizontal velocity and distance off the start.The intervention was a 9-week dryland program that prioritized broad jumps. For the first two weeks, the swimmers did 82 broad jumps twice a week. For the following seven weeks, 152 reps. The jumps were performed off a small platform that was angled the same as a regular starting block.At the end of the seven weeks, the swimmers generated 7% more horizontal force (getting further off the block) and picked up a 16% increase in horizontal velocity (getting faster off the block).With broad jumps, the key is explosive power, so take generous amounts of rest between sets (the study cited above had the swimmers resting for two minutes between sets).Stick the landing with soft feet. And make sure that you are measuring the distance to keep yourself focused and accountable to good form and maximum effort.And now for your regularly scheduled disclaimer. Weight training is a tool to help your performance in the water. Use it to complement your training. (And as alwayscheck with your doctor and coach before undertaking any type of physical training program.)With that out of the way, here are some tips for making strength training a durable fixture of your training program:Often, swimmers and coaches will go a little overboard with sport-specificity when it comes to dryland and lifting weights. They will only replicate swimming movements on the pool deck and add load.And the idea makes sense: train the movements on dryland that you want to perform in the water.But strength training isnt just about training yourself to perform on race day, its to help strengthen you to withstand long bouts of training, injury-proof your water-training, and address imbalances and strength deficiencies.Strength training for swimmers should focus on developing a stronger athlete. Faster swimming will happen naturally as a result.A curious thing I see with swimmers who are very proficient in the water is that they think this automagically translates to the gym. Done improperly, weight-lifting is a quick and easy way to injure yourself.One paper followed an NCAA Division I swim team for four years and half of the training injuries the swimmers incurred happened outside of the water.Have a plan that progresses, allows for sufficient recovery, and doesnt leave you crippled with DOMS after the first session.Look, I get the temptation to walk into the weight room for the first time and load up the bar and hammer time on the reps.But if you havent lifted before, or havent lifted in a long while, stick to technique and bodyweight work to get started.Even if that means starting with lifting with just your bodyweight.Focus on mastering proper movement mechanics with your own body weight, says Jason Dierking, the strength and conditioning coach for the University of Louisvilles swim team. Having the ability to squat, hip hinge, and perform a perfect chest-to-floor push-up will put you ahead.If you arent able to lift with proper form and function not only are boosting the likelihood of hurting yourself, you also arent getting the proper benefit and improvement from the exercise. Total double fail.Total weight might be good for the ego, but total form is what will help you swim fast, get properly strong, and reduce injury.,the free encyclopedia that anyone can edit.107,766 active editors 7,028,964 articles in EnglishDick Cresswell (27July 1920 12December 2006) was an officer and pilot in the Royal Australian Air Force (RAAF). Born in Tasmania, he joined the RAAF in July1938. He commanded No.77 (Fighter) Squadron from April1942 to August1943, in Australia's North Western Area Campaign, against Japanese raiders. He claimed the squadron's first victorythe first by an Australian over the mainlandin November1942. He commanded No.81 (Fighter) Wing from May1944 to March1945, and simultaneously No.77 Squadron between September and December1944. In September1950, during the Korean War, he took command of No.77 Squadron for the third time. He oversaw its conversion to Gloster Meteors, becoming the first RAAF commander of a jet squadron in war, and earned the Commonwealth and US Distinguished Flying Crosses. Cresswell resigned from the RAAF in 1957, and flew with Bobby Gibbes's Sepik Airways in New Guinea before joining deHavilland Australia in 1959. He retired in 1974. (Fullarticle...)Recently featured: Liz TrussLesley J. 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A bare-breasted "woman of the people" with a Phrygian cap personifying the concept and Goddess of Liberty, accompanied by a young boy brandishing a pistol in each hand, leads a group of various people forward over a barricade and the bodies of the fallen while holding aloft the flag of the French Revolutionthe tricolour, which again became France's national flag after these eventsin one hand, and brandishing a bayonetted musket with the other. The figure of Liberty is also viewed as a symbol of France and the French Republic known as Marianne. The painting is displayed in the Louvre in Paris.Painting credit: Eugne Delacroix; photographed ShonagonRecently featured: Cytoplasmic streamingHudson YardsEmperor angelfishArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements.Village pump Forum for discussions about Wikipedia itself, including policies and technical issues.Site news Sources of news about Wikipedia and the broader Wikimedia movement.Teahouse Ask basic questions about using or editing Wikipedia.Help desk Ask questions about using or editing Wikipedia.Reference desk Ask research questions about encyclopedic topics.Content portals A unique way to navigate the encyclopedia.Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurusThis Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles DeutschEspaolFranaisItalianoNederlandsPolskiPortugusSvenskaTing Vit 250,000+ articles Bahasa IndonesiaBahasa MelayuBn-lm-gCataletinaDanskEestiEsperantoEuskaraMagyarNorsk bokmlRomnSimple EnglishSloveninaSrpskiSrpskohrvatskiSuomiTrkeOzbekcha 50,000+ articles AsturianuAzrbaycancaBosanskiFryskGaeilgeGalegoHrvatskiKurdLatvieuLietuviNorsk nynorskShqipSloveninaRetrieved from " 2Calendar yearYearsMillennium2ndmillenniumCenturies16thcentury17thcentury 18thcenturyDecades1660s1670s1680s 1690s1700sYears1686168716881689 169016911692vteApril 11: William III and Mary II are crowned in London as the joint rulers of England and Scotland.1689 by topicArts and scienceArchitectureArtLiteratureMusicScienceLeadersState leadersColonial governorsReligious leadersBirth and death categoriesBirths DeathsEstablishments and disestablishments categoriesEstablishments DisestablishmentsWorks categoryWorksvte1689 in various calendarsGregorian calendar1689MDCLXXXIXAb urbe condita2442Armenian calendar1138 Assyrian calendar6439Balinese saka calendar16101611Bengali calendar10951096Berber calendar2639English Regnal year1Will.&Mar.2Will.&Mar.Buddhist calendar2233Burmese calendar1051Byzantine calendar71977198Chinese calendar (EarthDragon)4386 or 4179to (EarthSnake)4387 or 4180Coptic calendar14051406Discordian calendar2855Ethiopian calendar16811682Hebrew calendar54495450Hindu calendars- Vikram Samvat17451746- Shaka Samvat16101611- Kali Yuga47894790Holocene calendar11689Igbo calendar689690Iranian calendar10671068Islamic calendar11001101Japanese calendarGenroku 2()Javanese calendar16121613Julian calendarGregorian minus 10 daysKorean calendar4022Minguo calendar223 before ROC223Nanakshahi calendar221Thai solar calendar22312232Tibetan calendar(male Earth-Dragon)1815 or 1434 or 662to(female Earth-Snake)1816 or 1435 or 663March 2: Heidelberg Castle is burned.1689 (MDCLXXXIX) was a common year starting on Saturday of the Gregorian calendarand a common year starting on Tuesday of the Julian calendar, the 1689th year of the Common Era (CE) and Anno Domini (AD) designations, the 689th year of the 2ndmillennium, the 89th year of the 17thcentury, and the 10th and last year of the 1680s decade. As of the start of 1689, the Gregorian calendar was 10 days ahead of the Julian calendar, which remained in localized use until 1923. Calendar year Notable events during this year include:Coup, war, and legislation in England and its territories.The overthrow of Catholic king James of England, Ireland, and Scotland in the Glorious Revolution. The latter realms entering the Nine Years War and its expansion to the American colonies in the King William's War.The Bill of Rights becomes law in England.Japanese writer Bash goes on a voyage, resulting in the classic Narrow Road to the Interior.The death of Pope Innocent XI and the election of the 241st Pope Alexander VIII.The Holy Roman Empire wins the Battle of Ni, fought against the Ottoman Empire.Morocco wins in the Siege of Larache against Spain.Peter the Great decrees the construction of the Great Siberian Road to China.January 22 (January 12, 1688 O.S.) Glorious Revolution in England: The Convention Parliament is convened to determine if King James II of England, the last Roman Catholic British monarch, vacated the throne when he fled to France, at the end of 1688. The settlement of this is agreed on 8 February. [1]January 30 The first performance of the opera Henrico Leone composed by Agostino Steffani takes place in Hannover to inaugurate the new royal theatre in the Leineschloss.February 12 John Locke returned to London from exile in Holland.[2]February 23 (February 13, 1688 O.S.) William III and Mary II are proclaimed co-rulers of England, Scotland and Ireland.[1]March 2 Nine Years' War: As French forces leave, they set fire to Heidelberg Castle, and the nearby town of Heidelberg.March 22 (March 12 O.S.) Start of the Williamite War in Ireland: The deposed James II of England lands with 6,000 French soldiers in Ireland, where there is a Catholic majority, hoping to use it as the base for a counter-coup.[3] However, many Irish Catholics see him as an agent of Louis XIV of France, and refuse to support him.March 27 Japanese haiku master Bash sets out on his last great voyage, which will result in the prose and verse classic Oku no Hosomichi ("Narrow Road to the Interior").April 4 A total lunar eclipse is visible in central Asia. [4]April 11 (O.S.) William III and Mary II are crowned in London as King and Queen of England, Scotland and Ireland.[5] Ireland does not recognise them yet, while the Estates of Scotland declare King James VII of Scotland deposed.April 18Boston revolt: Unpopular New England Governor Sir Edmund Andros and other officials are overthrown by a "mob" of Bostonians. Andros, an appointee of James II of England, is disliked for his support of the Church of England and revocation of various colonial charters.The Siege of Derry begins in Ireland as former King James II arrives at the gates of Derry and asks for its surrender during the Williamite War in Ireland. The Protestant defenders refuse and the siege lasts until August 1 when it is abandoned. .[6]April 19 - A fire in Amalienborg-palace in Copenhagen killed 180 people.May 11 (May 1 O.S.)The Battle of Bantry Bay begins during the Williamite War in Ireland as the French fleet under the Marquis de Chteaurenault is able to protect its transports, unloading supplies for James II, from the English Royal Navy under the Earl of Torrington, and withdraws unpursued.[7]William and Mary accept the Scottish throne a month after the Scottish Parliament votes to depose King James VIIMay 12 Nine Years' War: With England and the Netherlands now both ruled by William III, they join the Grand Alliance (League of Augsburg), thus escalating the conflict, which continues until 1697. This is also the effective beginning of King William's War, the first of four North American Wars (until 1763) between English and French colonists, both sides allied to Native American tribes. The nature of the fighting is a series of raids on each other's settlements, across the Canadian and New England borders.May 24 The Act of Toleration, drawn up by the Convention Parliament of England to protect Protestants but with Roman Catholics intentionally excluded, is passed; this effectively concludes the Glorious Revolution.May 25 The last hearth tax is collected in England and Wales.May 31 Leisler's Rebellion: Calvinist Jacob Leisler deposes lieutenant governor Francis Nicholson and assumes control of the Province of New York.June 5 The Convention of Estates adjourns in Scotland after 11 weeks and its members form a new Scottish parliament.June 14 The Duke of Gordon, a Scottish peer and Jacobite supporter, surrenders Edinburgh Castle to Protestant attackers after holding out for 20 days following the Glorious Revolution.July 25 The Council of Wales and the Marches is abolished.July 27 First Jacobite rising: Battle of Killiecrankie near Pitlochry in Perthshire Scottish Covenanter supporters of William III and Mary II (under Hugh Mackay) are defeated by Jacobite supporters of James II, but the latter's leader, John Graham, Viscount Dundee, is killed. Hand grenades are used in action.[8]July 28 English sailors break through a floating boom across the River Foyle, to end the siege of Derry after 105 days.[9]August 2 Boston Revolt: Edmund Andros, former governor of the Dominion of New England, escapes from Boston to Connecticut, but is recaptured.August 5 Beaver Wars: Lachine massacre A force of 1,500 Iroquois largely destroys the village of Lachine, New France.August 12 Innocent XI (Benedetto Odescalchi, b. 1611), Pope since 1676, dies. He played a major part in founding both the League of Augsburg, against Louis XIV, and the Holy League, against the Ottoman Empire.August 20 A large Williamite force under Marshal Schomberg begins the siege of Carrickfergus in the north of Ireland, which surrenders on August 27.August 21 First Jacobite rising: Battle of Dunkeld Covenanters defeat the Jacobites in Scotland.[10]August 23Roman Catholic cardinals convene in Rome for a papal conclave to elect a successor to Pope Innocent XI. The conclave lasts until October 6.Gravely ill, the Empress Xiaoyiren is proclaimed empress by her husband, China's Kangxi Emperor, after having been Imperial Noble Consort since 1682. She dies the next day.August 27 China and Russia sign the Treaty of Nerchinsk.September 8 The Siege of Mainz (in the modern-day Rheinland-Pfalz state of Germany), which had started on June 1, ends after almost three months, as French General Nicolas Chalon du Bl surrenders the walled city to the armies of Austria and the Dutch Republic.September 9 King William brings England into a military alliance with the Holy Roman Empire in a fight against France in the Nine Years War.September 24 The Holy Roman Empire wins the Battle of Ni, fought against the Ottoman Empire during the Great Turkish War in modern-day Serbia.September 2829 A total lunar eclipse is visible in eastern America, western Europe and west Africa.[11]October 6 The papal conclave in Rome unanimously elects Pietro Vito Ottoboni as the new Pope. Ottoboni takes the name Alexander VIII and succeeds Pope Innocent XI, to become the 241st pope, the first Venetian to hold the office in over 200 years.October 26 Skopje fire of 1689 occurs, lasting for two days and burning much of the city.November 11 The Siege of Larache in Morocco ends when the Spanish troops surrender to Mawlay Ismail and the Moroccan forces.November 22 Peter the Great decrees the construction of the Great Siberian Road to China.December 10 A great comet is visible from Pekin and sightings continue until December 24th, including many from Dutch ships near the equator.[12]December 16 The Bill of Rights (An Act Declaring the Rights and Liberties of the Subject and Settling the Succession of the Crown), drawn up by the Convention Parliament of England to establish constitutional monarchy in England, but with Roman Catholics barred from the throne, receives royal assent; it will remain substantially in force into the 21st century.December 22 A serious earthquake strikes Innsbruck, Austria.[13]Peter the Great plots to overthrow his half-sister Sophia as regent of Russia.Supporters of William of Orange seize Liverpool Castle in the north west of England.[14]The English East India Company expands its influence, and a Committee of the House of Commons is formed to deal with the concerns of the Company.[15]Valvasor's The Glory of the Duchy of Carniola is printed in Nuremberg.The first documented performance of the opera Dido and Aeneas by Henry Purcell takes place at Josias Priest's girls' school in Chelsea, London, with a libretto based on Virgil's Aeneid.[16]Boston suffers a smallpox epidemic.[17]Montesquieu born 18 JanuaryPierre-Joseph Alary born 19 MarchRichard Ward (governor) born 15 AprilMarie Anne de Bourbon born 18 AprilAntoine Louis Rouill born 7 JuneMary Montagu, Duchess of Montagu born 15 JulySzymon Czechowicz born 22 JulyPrince William, Duke of Gloucester born 24 JulyHenric Benzelius born 7 AugustKilian Ignaz Dientzenhofer born 1 SeptemberAnna Sophie Schack born 4 SeptemberCatharina Backer born 22 SeptemberNij Yoshitada born 26 SeptemberFrans van Mieris the Younger born 24 DecemberJanuary 7 Robert Murray, Brigadier-General, Scottish soldier, Member of Parliament (d. 1738)January 11 Charles Parkin, English clergyman and antiquarian (d. 1765)January 15 Giovanni Gaetano Bottari, Italian scholar and critic (d. 1775)January 16 Edmond Jean Franois Barbier, French historian (d. 1771)January 18Montesquieu, French social commentator and political thinker (d. 1755)Jan Abel Wassenbergh, painter from the Northern Netherlands (d. 1750)January 21 Daniel Henchman, bookseller (d. 1761)January 22 Philibert Orry, French politician (d. 1747)January 23 Joseph Ames, English bibliographer and antiquary (d. 1759)January 24 Gaspare Diziani, Italian painter (d. 1767)January 29 James Rait, Bishop of Brechin (d. 1777)February 1 Thomas Jenner, English academic (d. 1768)February 3 Blas de Lezo, admiral of the Spanish Empire (d. 1741)February 23 Leonardo Antonio Olivieri, Italian painter (d. 1752)c. February 23 Samuel Bellamy, English pirate captain (d. 1717)February 27Pietro Gnocchi, Italian composer (d. 1775)John Roosevelt, American businessman and alderman (d. 1750)Maximilian Emanuel of Wrttemberg-Winnental, German noble (d. 1709)March 3 Thomas Ingoldsby, British politician (d. 1768)March 3 Mattias Alexander von Ungern-Sternberg, Swedish politician and field marshal (d. 1763)March 7 Charles-Michel Mesaiger, Jesuit priest (d. 1766)March 11Roger Handasyd, British Army officer (d. 1763)Nanbu Toshimoto, mid-Edo period Japanese samurai, the 6th daimy of Morioka Domain (d. 1725)March 19 Pierre-Joseph Alary, French ecclesiastic and writer (d. 1770)March 20 Thomas Robie, Colonial American scientist and physician (d. 1729)March 25 Peder Hersleb, Norwegian bishop (d. 1757)March 26 Archduchess Maria Magdalena of Austria, Austrian Royal (d. 1743)April 2 Arthur Dobbs, Irish politician, governor of the Province of North Carolina (d. 1765)April 5 William Holmes, English academic and Dean of Exeter (d. 1748)April 14 William Murray, Marquess of Tullibardine, Scottish army officer and Jacobite leader (d. 1746)April 15 Richard Ward, American colonial governor (d. 1763)April 18 Marie Anne de Bourbon, French noble (d. 1720)April 21 Johann Jakob Fried, German obstetrician (d. 1769)April 24 Giovanni Antonio Faldoni, Italian painter and engraver (d. 1770)April 30 Jean-Jacques Amelot de Chaillou, French politician (d. 1749)May 1 Martha Fowke, English poet (d. 1736)May 2 Franz de Paula Ferg, Austrian painter (d. 1740)May 5 John Tufts, American minister and music educator (d. 1750)May 10 Jos Manso de Velasco, 1st Count of Superunda, Royal Governor of Chile (d. 1767)May 11 Heinrich Karl Ludwig de Herault, Prussian Army general (d. 1757)May 15 Lady Mary Wortley Montagu, writer and poet from England (d. 1762)May 16 Samuel Adams Sr., American brewer (d. 1748)May 21 Andr-Franois Deslandes, French philosopher (d. 1757)May 24 Daniel Finch, 8th Earl of Winchilsea, British politician (d. 1769)May 27 Andreas Jakob von Dietrichstein, Archbishop of Salzburg (d. 1753)May 28 Maximilian of Hesse-Kassel, German prince (d. 1753)May 29 Louis de Gramont, 6th Duke of Gramont, French general (d. 1745)June 1 Henri Franois, comte de Sgur, French general (d. 1751)June 2 Edward Harley, 2nd Earl of Oxford and Earl Mortimer, British politician, bibliophile, collector and patron of the arts (d. 1741)June 6 Algernon Coote, 6th Earl of Mountrath, Irish politician (d. 1744)June 7 Antoine Louis Rouill, French noble (d. 1761)June 12 Sir Richard Grosvenor, 4th Baronet, British politician; (d. 1732)June 19 Montague Blundell, 1st Viscount Blundell, Irish Viscount (d. 1756)June 23 George Hay, 8th Earl of Kinnoull, British diplomat (d. 1758)June 24 Giovanni Casini, Portrait painter and sculptor (d. 1748)June 26Edward Holyoke, American academic administrator, 9th president of Harvard (d. 1769)James Radclyffe, 3rd Earl of Derwentwater, English noble (d. 1716)July 6 Johann Friedrich Karl von Ostein, Roman Catholic archbishop (d. 1763)July 9 Alexis Piron, French writer (d. 1773)July 14 Antoine Gaubil, French missionary (d. 1759)July 15 Mary Montagu, Duchess of Montagu (d. 1751)July 16 Samuel Molyneux, Irish politician (d. 1728)July 17 Christian, Landgrave of Hesse-Wanfried-Rheinfels (d. 1755)July 21 John Quincy, American soldier and politician (d. 1767)July 22 Szymon Czechowicz, Polish artist (d. 1775)July 24 Prince William, Duke of Gloucester, son of Queen Anne (d. 1700)July 26 Maria Anna Josepha Althann, Spanish noble (d. 1755)August 1 Pedro de Calatayud, writer (d. 1773)August 3 Ladislas Ignace de Bercheny, Marshal of France (d. 1778)August 4 James Cotter the Younger, Leader of the Catholics of Cork (d. 1720)August 7 Henric Benzelius, Swedish archbishop (d. 1758)August 8 Wenzel Lorenz Reiner, Czech painter (d. 1743)August 19 Samuel Richardson, English writer and printer (d. 1761)August 21 Josep Prades i Gallent, Organist and composer (d. 1757)September 1Kilian Ignaz Dientzenhofer, Czech architect (d. 1751)Philipp Segesser, Swiss missionary (d. 1762)September 4Hugh Bethell, British Member of Parliament (d. 1747)Thomas Lawrence, American mayor (d. 1754)Anna Sophie Schack, Danish noblewoman (d. 1760)September 13 Johan Fredrik Peringskild, Swedish translator (d. 1725)September 17 Ferdinand Charles, comte d'Aspremont-Lynden, army general (d. 1772)September 18 Gabriel Malagrida, Italian missionary (d. 1761)September 21 Jan Klemens Branicki, Polish noble (d. 1771)September 22 Catharina Backer, painter from the Northern Netherlands (d. 1766)September 23 Antonio Denzio, Italian opera singer (d. 1763)September 24 Johann Adam Steinmetz, German pastor (d. 1762)September 26 Nij Yoshitada, Japanese noble (d. 1737)September 27 Edward Stanley, 11th Earl of Derby, English noble and politician (d. 1776)September 29 Henry Perrot, British Member of Parliament (d. 1740)September 30 Jacques Aubert, French composer and violinist (d. 1753)October 10 Francesco Maria Pratilli, Italian priest, antiquarian, famed for skilled forgeries (d. 1763)October 15 Nicolas-Ignace de Beaubois, French missionary (d. 1770)October 22King John V of Portugal, Portuguese king (d. 1750)Matthew Skinner, English serjeant-at-law, judge and politician (d. 1749)October 29 Tokugawa Yoshimichi, daimyo (d. 1713)October 31 Mildmay Fane, British politician (d. 1715)November 2Michael Cox, Anglican archbishop in Ireland (d. 1779)Charles-Franois Panard, French chansonnier and poet (d. 1765)Joan Paul Schaghen, Dutch governor (d. 1746)November 3Jan Josef Ignc Brentner, Czech composer (d. 1742)John Crowley, British Member of Parliament (d. 1728)November 4 Lus Carlos Incio Xavier de Meneses, 1st Marquis of Lourial, Portuguese nobleman and statesman (d. 1742)November 6Reynolds Calthorpe, politician (d. 1714)Christoph Schtz, German theologian (d. 1750)November 8 Henry XXXV, Prince of Schwarzburg-Sondershausen (d. 1758)November 17 Jean Franois Foppens, Flemish historian (d. 1761)November 21 Jacques I, Prince of Monaco, Prince consort of Monaco (d. 1751)November 29 Johann Theodor Eller, German chemist and physician (d. 1760)November 30Lars Gathenhielm, Swedish privateer (d. 1718)Joseph Wamps, French painter (d. 1744)December 1 Hieronymus Albrecht Hass, harpsichord maker (d. 1752)December 4 Gottfried Lengnich, historian and politician (d. 1774)December 8 Albert Wolfgang of Brandenburg-Bayreuth, Titular margrave of Brandenburg, imperial general (d. 1734)December 11 Ignatius van der Beken, Flemish painter (d. 1774)December 14 Agostino Veracini, Italian painter (d. 1762)December 21 Arthur Ingram, 6th Viscount of Irvine, British peer and politician (d. 1736)December 23 Joseph Bodin de Boismortier, French composer (d. 1755)December 24 Frans van Mieris the Younger, Dutch painter (d. 1763)December 27 Jacob August Franckenstein, Encyclopedia editor, professor (d. 1733)Seth Ward (bishop of Salisbury) died 6 JanuaryMarie Louise d'Orlans died 12 FebruarySambhaji died 11 MarchKazimierz yszczyski died 30 MarchArchduchess Maria Anna Josepha of Austria died 4 AprilLorenzo Onofrio Colonna died 14 AprilAphra Behn died 16 AprilChristina, Queen of Sweden died 19 AprilConyers Darcy, 1st Earl of Holderness died 14 JuneSong Si-yeol died 19 JulyPope Innocent XI died 12 AugustJohn Lake (bishop) died 30 AugustJane Lane, Lady Fisher died 9 SeptemberGeorge Ent died 13 OctoberStephan Farffler died 24 OctoberThomas Sydenham died 29 DecemberJanuary 6Cristoforo Ivanovich, Venetian historian and librettist of Serb origin (b. 1628)Bishop Seth Ward, Bishop of Salisbury, mathematician and astronomer (b. 1617)January 9 Sir Hugh Cholmeley, 4th Baronet, English politician (b. 1632)January 16 Gilbert Holles, 3rd Earl of Clare, English politician (b. 1633)January 18Ernest Gnther I, Duke of Schleswig-Holstein-Sonderburg-Augustenburg (b. 1609)Humphrey Lloyd, British bishop (b. 1610)January 24 Henry Waldegrave, 1st Baron Waldegrave, English peer and Jacobite supporter (b. 1661)January 27Robert Aske, merchant & haberdasher in the City of London (b. 1619)Sir Henry Beaumont, 2nd Baronet, English politician (b. 1638)Thomas Colepeper, 2nd Baron Colepeper, English noble and colonial governor of Virginia (b. 1635)January 28 Bernardino Corniani, Roman Catholic prelate, Bishop of Pula (b. 1626)January 29 Maria van Cortlandt van Rensselaer, Dutch director of Rensselaerswyck (Albany, New York) (b. 1645)January 31 Manuel de Herrera, Roman Catholic prelate, Bishop of Durango (b. 1635)February 1 Sir John Borlase, 2nd Baronet, English politician (b. 1642)February 4 Moshe ben Yonatan Galante, Ottoman rabbi (b. 1621)February 5 William Coddington Jr., Rhode Island colonial governor (b. 1651)February 6 Metcalfe Robinson, English politician (b. 1629)February 8 Sir John Gell, 2nd Baronet, English politician (b. 1613)February 12 Marie Louise d'Orlans, Queen of Spain as the wife of King Charles II (b. 1662)February 13 Carlo Pio di Savoia, Italian Catholic cardinal (b. 1622)February 18 Alexander Farnese, Prince of Parma, Spanish politician and military personnel (b. 1635)February 19 Khushal Khattak, Afghan poet (b. 1613)February 21 Isaac Vossius, Dutch classical scholar (b. 1618)February 22 Willem Ogier, Flemish playwright (b. 1618)February 24 Elsa Elisabeth Brahe, Swedish countess and duchess (b. 1632)February 28 Thomas Benedict, American settler (b. 1617)March 7 Franz Johann von Vogt von Altensumerau und Prasberg, Bishop of Constance (b. 1611)March 8 Alexander Parker, British minister (b. 1628)March 9 Franois Adhmar de Monteil, French priest, Bishop of Saint-Paul-Trois-Chteaux (b. 1603)March 10 Philip Louis, Duke of Schleswig-Holstein-Sonderburg-Wiesenburg (b. 1620)March 11Kim Ik-hun, Korean General and philosopher, soldier, politician (b. 1619)Sambhaji, High Protector of the Maratha Empire (b. 1657)March 14 Anthony Coucheron, Norwegian engineer (b. 1650)March 15 Yolo, Qing dynasty prince (b. 1625)March 18 John Dixwell, regicide (b. 1607)March 24Thomas Ballard, American politician (b. 1630)Michiel ten Hove, Grand Pensionary of Holland (b. 1640)March 26 Gabriel Milan, Governor of the Danish West Indies (b. 1631)March 29 Sir John Hotham, 2nd Baronet, Member of the House of Commons of England (b. 1632)March 30 Kazimierz yszczyski, Polish philosopher (b. 1634)March 31 Tommaso Caracciolo, Bishop of Gerace (b. 1640)April 4 Archduchess Maria Anna Josepha of Austria, youngest surviving daughter of Ferdinand III (b. 1654)April 12 John Hunting, first ruling elder of the church of Dedham, Massachusetts (b. 1602)April 14 Lorenzo Onofrio Colonna, Italian noble (b. 1637)April 16 Aphra Behn, British playwright, poet and spy (b. 1640)April 18 George Jeffreys, 1st Baron Jeffreys, Welsh judge, aka the Hanging Judge (b. 1645)April 19 Christina, Queen of Sweden, ruled from 1632 until abdication in 1654 (b. 1626)April 22 Thomas Proby, English politician (b. 1632)May 11 Charles Goodall, English poet (b. 1671)May 12 Sir John Reresby, 2nd Baronet, English politician and diarist (b. 1634)May 15 Jean Paul Mdaille, French Jesuit missionary (b. 1618)May 20 Estevo Brioso de Figueiredo, Roman Catholic prelate, Bishop of Funchal of Olinda (b. 1630)May 23 Charles Erskine, Earl of Mar, Scottish noble (b. 1650)May 25 Charles Errard, French painter (b. 1606)June 4 Ren Gaultier de Varennes, New France governor (b. 1635)June 7 Alphonse de Berghes, Roman Catholic archbishop (b. 1624)June 8 Decio Azzolino, Italian Catholic cardinal (b. 1623)June 9 Franois Bonnemer, French painter and engraver (b. 1638)June 10 Christophe Veyrier, sculptor (b. 1637)June 13 William Annand, Minister of the Church of Scotland and the Church of England (b. 1633)June 14 Conyers Darcy, 1st Earl of Holderness, English noble (b. 1598)June 17Jan Baptist de Crpu, Flemish painter and army officer (b. 1631)Marcin Zamoyski, Polish noble (b. 1637)June 20Willem Coucheron, Dutch general in the Dano-Norwegian army (b. 1600)Richard Sherlock, English Anglican priest (b. 1612)June 21 Thomas Blanchet, French painter (b. 1614)June 25 William Thomas, Welsh Anglican bishop (b. 1613)June 27 Richard Waldron, colonial settler, acting President of the Province of New Hampshire (b. 1615)June 28 Thomas Mainwaring, English politician (b. 1623)July 1 Anne Crawford-Lindsay, Scottish nobility (b. 1631)July 2 Edward Villiers, 1st Duke of Buckingham (b. 1620)July 7 Princess Louise of Savoy, Hereditary Princess of Baden-Baden (b. 1627)July 8Menahem Mendel Auerbach, Austrian banker and rabbi (b. 1620)Edward Wooster, English Connecticut pioneer (b. 1622)July 19 Song Si-yeol, Korean philosopher (b. 1607)July 23 Frederick Wilhelm von Pfalz-Neuburg, German noble (b. 1665)July 27 John Graham, 1st Viscount Dundee, Scottish general (b. 1648)August 6 Princess Dorothea Sophie of Schleswig-Holstein-Sonderburg-Glcksburg, Electress of Brandenburg (b. 1636)August 9 Dionisio Lazzari, Italian sculptor and architect (b. 1617)August 12 Pope Innocent XI, pope of the Catholic Church (b. 1611)August 13 Count Maximilian I, Prince of Hohenzollern-Sigmaringen, Count of Hohenzollern-Sigmaringen (b. 1636)August 15 John Gregory, Connecticut settler (b. 1612)August 17William Boynton, English politician (b. 1641)Thomas Street, astronomer (b. 1621)August 20 Antonio Marinari, Roman Catholic prelate, Auxiliary Bishop of Ostia-Velletri, Titular Bishop of Thagaste (b. 1605)August 21 William Cleland, Scottish poet and soldier (b. c. 1661)August 28Claude-Jean Allouez, French Jesuit missionary and explorer of North America (b. 1622)Alexander Coosemans, Flemish still life painter (b. 1627)August 29 Curwen Rawlinson, English politician (b. 1641)August 30 John Lake, English bishop (b. 1624)September 6 Torii Tadanori, Daimyo who ruled the Takat Domain in Shinano Province (b. 1646)September 9 Jane Lane, Lady Fisher, English Royalist (b. 1626)September 10 John Belasyse, 1st Baron Belasyse, English politician and noble (b. 1614)September 13 Ciro Ferri, Italian painter, engraver, sculptor and architect (b. 1634)September 15Balthasar Cellarius, German theologian (b. 1614)Timolon Cheminais de Montaigu, French theologian (b. 1652)September 18 Sir Richard Head, 1st Baronet, English politician (b. 1600)September 26 August, Duke of Schleswig-Holstein-Sonderburg-Beck (b. 1652)September 30 Julius Francis, Duke of Saxe-Lauenburg, Bohemian noble (b. 1641)October 1 Alexander Voet the Elder, Flemish engraver (b. 1608)October 4 Quirinus Kuhlmann, German Baroque poet and mystic (b. 1651)October 11 Fyodor Shaklovity, Russian diplomat (b. 1640)October 13 George Ent, English scientist and physician; (b. 1604)October 14 Adolph John I, Count Palatine of Kleeburg, Swedish prince (b. 1629)October 15 Sir Edward Dering, 3rd Baronet, English politician (b. 1650)October 24 Stephan Farffler, German inventor (b. 1633)October 25 Joseph Maynard, English politician (b. 1639)October 30 Pier Antonio Capobianco, Roman Catholic prelate, Bishop of Lacedonia (b. 1619)November 9 Enea Silvio Piccolomini, imperial general (b. 1651)November 12 Justus de Verwer, Dutch painter and illustrator (b. 1625)November 13Matteo Borboni, Italian painter (b. 1610)Philipp von Zesen, German poet (b. 1619)November 16 Cornelis Mahu, Flemish painter (b. 1613)November 18 Jacob van der Ulft, painter from the Northern Netherlands (b. 1621)November 19 Elizabeth Cavendish, Countess of Devonshire, English noblewoman; (b. 1619)November 20 Samuel Peterson, American city founder (b. 1639)November 24 Carey Dillon, 5th Earl of Roscommon, Irish nobleman and professional soldier (b. 1627)November 26 Marquard Gude, German archaeologist (b. 1635)December 2 George Speke, English politician (b. 1623)December 6 Pjetr Bogdani, Albanian priest and writer (b. c. 1630)December 12 Louis Ferdinand Elle the Elder, French painter (b. 1612)December 15 Anne Neville, abbess of Pontoise (b. 1605)December 16Cornelis Geelvinck, Dutch mayor (b. 1621)Thomas Wyndham, English Member of Parliament (b. 1640)December 25 Oliver Montagu, English Member of Parliament (b. 1655)December 27 Gervase Bryan, English clergyman (b. 1622)December 28 Pietro Montanini, Italian painter (b. 1626)December 29Olfert Dapper, Dutch physician and writer (b. 1636)George Kinnaird, 1st Lord Kinnaird, Scottish aristocrat (b. 1622)Franoise Bertaut de Motteville, French writer (b. 1621)Thomas Sydenham, English physician (b. 1624)December 31Felipe Fernandez de Pardo, Roman Catholic prelate, Archbishop of Manila (b. 1611)Gilbert de Choiseul Duplessis Praslin, Roman Catholic bishop (b. 1613)Anders Sinclair, Scottish soldier who joined Swedish service during the Thirty Years' War (b. 1614)^ a b Kenyon, J. 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He is recognized in Antioch and makes it his capital.711 Umayyad conquest of Hispania: Battle of Guadalete: Umayyad forces under Tariq ibn Ziyad defeat the Visigoths led by King Roderic.939 Battle of Simancas: King Ramiro II of Len defeats the Moorish army under Caliph Abd-al-Rahman III near the city of Simancas.998 ArabByzantine wars: Battle of Apamea: Fatimids defeat a Byzantine army near Apamea.1333 Wars of Scottish Independence: Battle of Halidon Hill: The English win a decisive victory over the Scots.1544 Italian War of 154246: The first Siege of Boulogne begins.1545 The Tudor warship Mary Rose sinks off Portsmouth; in 1982 the wreck is salvaged in one of the most complex and expensive projects in the history of maritime archaeology.1553 The attempt to install Lady Jane Grey as Queen of England collapses after only nine days.1588 Anglo-Spanish War: Battle of Gravelines: The Spanish Armada is sighted in the English Channel.1701 Representatives of the Iroquois Confederacy sign the Nanfan Treaty, ceding a large territory north of the Ohio River to England.1702 Great Northern War: A numerically superior Polish-Saxon army of Augustus II the Strong, operating from an advantageous defensive position, is defeated by a Swedish army half its size under the command of King Charles XII in the Battle of Klissow.1817 Unsuccessful in his attempt to conquer the Kingdom of Hawaii for the Russian-American Company, Georg Anton Schffer is forced to admit defeat and leave Kauai.1821 Coronation of George IV of the United Kingdom.1832 The British Medical Association is founded as the Provincial Medical and Surgical Association by Sir Charles Hastings at a meeting in the Board Room of the Worcester Infirmary.1843 Brunel's steamship the SSGreat Britain is launched, becoming the first ocean-going craft with an iron hull and screw propeller, becoming the largest vessel afloat in the world.1845 Great New York City Fire of 1845: The last great fire to affect Manhattan begins early in the morning and is subdued that afternoon. The fire kills four firefighters and 26 civilians and destroys 345 buildings.1848 Women's rights: A two-day Women's Rights Convention opens in Seneca Falls, New York.1863 American Civil War: Morgan's Raid: At Buffington Island in Ohio, Confederate General John Hunt Morgan's raid into the north is mostly thwarted when a large group of his men are captured while trying to escape across the Ohio River.1864 Taiping Rebellion: Third Battle of Nanking: The Qing dynasty finally defeats the Taiping Heavenly Kingdom.1870 Franco-Prussian War: France declares war on Prussia.1900 The first line of the Paris Mtro opens for operation.1903 Maurice Garin wins the first Tour de France.[2]1916 World War I: Battle of Fromelles: British and Australian troops attack German trenches as part of the Battle of the Somme.1934 The rigid airship USSMacon surprised the USSHouston near Clipperton Island with a mail delivery for President Franklin D. Roosevelt, demonstrating its potential for tracking ships at sea.[3]1936 Spanish Civil War: The CNT and UGT call a general strike in Spain mobilizing workers' militias against the Nationalist forces. People's Olympiad of Barcelona cancelled.[4]1940 World War II: Battle of Cape Spada: The Royal Navy and the Regia Marina clash; the Italian light cruiser Bartolomeo Colleoni sinks, with 121 casualties.1940 Field Marshal Ceremony: First occasion in World War II that Adolf Hitler appoints field marshals due to military achievements.1940 World War II: Army order 112 forms the Intelligence Corps of the British Army.1942 World War II: The Second Happy Time of Hitler's submarines comes to an end, as the increasingly effective American convoy system compels them to return to the central Atlantic.1943 World War II: Rome is heavily bombed by more than 500 Allied aircraft, inflicting thousands of casualties.1947 Prime Minister of the shadow Burmese government, Bogyoke Aung San and eight others are assassinated.1947 Korean politician Lyuh Woon-hyung is assassinated.1952 Opening of the Summer Olympics in Helsinki, Finland.[5]1957 The largely autobiographical novel The Ordeal of Gilbert Pinfold by Evelyn Waugh was published.[6]1961 Tunisia imposes a blockade on the French naval base at Bizerte; the French would capture the entire town four days later.1963 Joe Walker flies a North American X-15 to a record altitude of 106,010 meters (347,800 feet) on X-15 Flight 90. Exceeding an altitude of 100km, this flight qualifies as a human spaceflight under international convention.1964 Vietnam War: At a rally in Saigon, South Vietnamese Prime Minister Nguyn Khnh calls for expanding the war into North Vietnam.1967 Piedmont Airlines Flight 22, a Piedmont Airlines Boeing 727-22 and a twin-engine Cessna 310 collided over Hendersonville, North Carolina, USA. Both aircraft were destroyed and all passengers and crew were killed, including John T. McNaughton, an advisor to Robert McNamara.[7]1969 Chappaquiddick incident: U.S. Senator Ted Kennedy crashes his car into a tidal pond at Chappaquiddick Island, Massachusetts, killing his passenger Mary Jo Kopechne.[8]1972 Dhofar Rebellion: British SAS units help the Omani government against Popular Front for the Liberation of Oman rebels in the Battle of Mirbat.1976 Sagarmatha National Park in Nepal is created.1977 The world's first Global Positioning System (GPS) signal was transmitted from Navigation Technology Satellite 2 (NTS-2) and received at Rockwell Collins in Cedar Rapids, Iowa, at 12:41a.m. Eastern time (ET).[9]1979 The Sandinista rebels overthrow the government of the Somoza family in Nicaragua.1979 The oil tanker SS Atlantic Empress collides with another oil tanker, causing the largest ever ship-borne oil spill.1980 Opening of the Summer Olympics in Moscow.[10]1981 In a private meeting with U.S. President Ronald Reagan, French President Franois Mitterrand reveals the existence of the Farewell Dossier, a collection of documents showing the Soviet Union had been stealing American technological research and development.1982 In one of the first militant attacks by Hezbollah, David S. Dodge, president of the American University of Beirut, is kidnapped.[11]1983 The first three-dimensional reconstruction of a human head in a CT is published.1985 The Val di Stava dam collapses killing 268 people in Val di Stava, Italy.1989 United Airlines Flight 232 crashes in Sioux City, Iowa, killing 111.1992 A car bomb kills Judge Paolo Borsellino and five members of his escort.1997 The Troubles: The Provisional Irish Republican Army resumes a ceasefire to end their 25-year paramilitary campaign to end British rule in Northern Ireland.2011 Guinean President Alpha Cond survives an attempted assassination and coup d'tat at his residence in Conakry.[12]2012 Syrian civil war: The People's Protection Units (YPG) capture the city of Koban without resistance, starting the Rojava conflict in Northeast Syria.[13]2014 Gunmen in Egypt's western desert province of New Valley Governorate attack a military checkpoint, killing at least 21 soldiers. Egypt reportedly declares a state of emergency on its border with Sudan.2018 The Knesset passes the controversial Nationality Bill, which defines the State of Israel as the nation-state of the Jewish people.[14]2024 A faulty software update by CrowdStrike, an American cybersecurity company, causes global computer outages.[15]2024 The International Court of Justice (ICJ) delivered a ruling stating that Israel should end its illegal occupation of the Palestinian territories. The ICJ identified that all member states of the UN are under an obligation not to recognize the occupation as legal nor "render aid or assistance" toward maintaining Israel's presence in the occupied territories.[16][17]2025 The tourist boat Wonder Sea capsizes during a thunderstorm in H Long Bay, Vietnam, leaving at least 36 people dead.[18]810 Muhammad al-Bukhari, Persian scholar (died 870)1223 Baibars, sultan of Egypt (died 1277)1420 William VIII, Marquis of Montferrat (died 1483)1569 Conrad Vorstius, Dutch theologian (died 1622)1670 Richard Leveridge, English singer-songwriter (died 1758)1688 Giuseppe Castiglione, Italian missionary and painter (died 1766)1744 Heinrich Christian Boie, German author and poet (died 1806)1759 Marianna Auenbrugger, Austrian pianist and composer (died 1782)1759 Seraphim of Sarov, Russian monk and saint (died 1833)1771 Thomas Talbot, Irish-Canadian colonel and politician (died 1853)1794 Jos Justo Corro, Mexican politician and president (died 1864)[19]1789 John Martin, English painter, engraver, and illustrator (died 1854)1800 Juan Jos Flores, Venezuelan general and politician, 1st President of Ecuador (died 1864)1814 Samuel Colt, American businessman, founded the Colt's Manufacturing Company (died 1862)[20]1819 Gottfried Keller, Swiss author, poet, and playwright (died 1890)1822 Princess Augusta of Cambridge (died 1916)1827 Mangal Pandey, Indian soldier (died 1857)1834 Edgar Degas, French painter, sculptor, and illustrator (died 1917)1835 Justo Rufino Barrios, Guatemalan president (died 1885)1842 Frederic T. Greenhalge, English-American lawyer and politician, 38th Governor of Massachusetts (died 1896)1846 Edward Charles Pickering, American astronomer and physicist (died 1919) [21]1849 Ferdinand Brunetire, French scholar and critic (died 1906)1860 Lizzie Borden, American woman, tried and acquitted for the murders of her father and step-mother in 1892 (died 1927)1864 Fiammetta Wilson, English astronomer (died 1920)[22]1865 Georges Friedel, French mineralogist and crystallographer (died 1933)1865 Charles Horace Mayo, American surgeon, co-founder of the Mayo Clinic (died 1939)1868 Florence Foster Jenkins, American soprano and educator (died 1944)1869 Xenophon Stratigos, Greek general and politician, Greek Minister of Transport (died 1927)1875 Alice Dunbar Nelson, American poet and activist (died 1935)1876 Joseph Fielding Smith, American religious leader, 10th President of The Church of Jesus Christ of Latter-day Saints (died 1972)1877 Arthur Fielder, English cricketer (died 1949)1881 Friedrich Dessauer, German physicist and philosopher (died 1963)1883 Max Fleischer, Austrian-American animator and producer (died 1972)1884 Charles Edward, Duke of Saxe-Coburg and Gotha, British-born German nobleman and Nazi politician (died 1954)[23]1886 Michael Fekete, Hungarian-Israeli mathematician and academic (died 1957)1888 Enno Lolling, German physician (died 1945)1890 George II of Greece (died 1947)1892 Dick Irvin, Canadian ice hockey player and coach (died 1957)1893 Vladimir Mayakovsky, Russian actor, playwright, and poet (died 1930)1894 Aleksandr Khinchin, Russian mathematician and academic (died 1959)1894 Khawaja Nazimuddin, Bangladeshi-Pakistani politician, 2nd Prime Minister of Pakistan (died 1965)1894 Percy Spencer, American physicist and inventor of the microwave oven (died 1969)1895 Xu Beihong, Chinese painter and academic (died 1953)1896 Reginald Baker, English film producer (died 1985)1896 A. J. Cronin, Scottish physician and novelist (died 1981)1896 Bob Meusel, American baseball player and sailor (died 1977)1898 Herbert Marcuse, German-American sociologist and philosopher (died 1979)1899 Balai Chand Mukhopadhyay, Indian physician, author, poet, and playwright (died 1979)1902 Samudrala Sr., Indian singer, director, producer, and screenwriter (died 1968)1904 Robert Todd Lincoln Beckwith, American lawyer and farmer (died 1985)1907 Isabel Jewell, American actress (died 1972)1908 Daniel Fry, American contactee (died 1992)1908 Hans Trippel, German engineer, developed Amphicar (died 2001)[24]1909 Balamani Amma, Indian poet and author (died 2004)1912 Peter Leo Gerety, American prelate (died 2016)1913 Kay Linaker, American actress and screenwriter (died 2008)1914 Marius Russo, American baseball player (died 2005)1915 ke Hellman, Finnish painter (died 2017)1916 Phil Cavarretta, American baseball player and manager (died 2010)1917 William Scranton, American captain and politician, 13th United States Ambassador to the United Nations (died 2013)1919 Patricia Medina, English-American actress (died 2012)1919 Miltos Sachtouris, Greek poet and author (died 2005)1919 Ron Searle, English-Canadian soldier, publisher, and politician, 4th Mayor of Mississauga (died 2015)1920 Robert Mann, American violinist, composer, and conductor (died 2018)1920 Richard Oriani, Salvadoran-American metallurgist and engineer (died 2015)1921 Harold Camping, American evangelist, author, radio host (died 2013)1921 Andr Moynet, French soldier, race car driver, and politician (died 1993)1921 Elizabeth Spencer, American novelist, short story writer, and playwright (died 2019)1921 Rosalyn Sussman Yalow, American physicist and academic, Nobel Prize laureate (died 2011)1922 George McGovern, American lieutenant, historian, and politician (died 2012)1922 Rachel Robinson, American professor, registered nurse, and the widow of baseball player Jackie Robinson1923 Theo Barker, English historian (died 2001)1923 Alex Hannum, American basketball player and coach (died 2002)[25]1923 Joseph Hansen, American author and poet (died 2004)1923 William A. Rusher, American lawyer and journalist (died 2011)1923 Lon Simmons, American baseball player and sportscaster (died 2015)1924 Stanley K. Hathaway, American soldier, lawyer, and politician, 40th United States Secretary of the Interior (died 2005)1924 Pat Hingle, American actor and producer (died 2009)1924 Arthur Rankin Jr., American director, producer, and screenwriter (died 2014)1925 Sue Thompson, American singer (died 2021)1926 Helen Gallagher, American actress, singer, and dancer (died 2024)[26]1928 Samuel John Hazo, American author1928 Choi Yun-chil, South Korean long-distance runner[27] and a two-time national champion in the marathon[28] (died 2020)1929 Gaston Glock, Austrian engineer and businessman, co-founded Glock Ges.m.b.H. (died 2023)1929 Orville Turnquest, Bahamian politician1932 Buster Benton, American singer-songwriter and guitarist (died 1996)1932 Jan Lindblad, Swedish biologist and photographer (died 1987)1934 Francisco de S Carneiro, Portuguese lawyer and politician, 111th Prime Minister of Portugal (died 1980)1935 Nick Koback, American baseball player and golfer (died 2015)1936 David Colquhoun, English pharmacologist and academic1937 George Hamilton IV, American singer-songwriter and guitarist (died 2014)1937 Richard Jordan, American actor (died 1993)1938 Jayant Narlikar, Indian astrophysicist and astronomer (died 2025)1938 Tom Raworth, English poet and academic (died 2017)1941 Vikki Carr, American singer and actress1941 Neelie Kroes, Dutch politician and diplomat, European Commissioner for Digital Economy and Society1943 Han Sai Por, Singaporean sculptor and academic1943 Carla Mazzuca Poggiolini, Italian journalist and politician[29]1944 Tim McIntire, American actor and singer (died 1986)1944 Andres Vooremaa, Estonian chess player (died 2022)1945 Paule Baillargeon, Canadian actress, director, and screenwriter1946 Alan Gorrie, Scottish singer-songwriter and musician1946 Ilie Nstase, Romanian tennis player and politician1947 Andr Forcier, Canadian director and screenwriter1947 Hans-Jrgen Kreische, German footballer and manager1947 Bernie Leadon, American guitarist and songwriter1947

Brian May, English singer-songwriter, guitarist, producer, and astrophysicist1948 Keith Godchaux, American keyboard player and songwriter (died 1980)1949 Kgalema Motlanthe, South African politician, 3rd President of South Africa1950 Per-Kristian Foss, Norwegian politician, Norwegian Minister of Finance1950 Freddy Moore, American singer-songwriter and guitarist (died 2022)1950 Adrian Noble, English director and screenwriter1951 Abel Ferrara, American director, producer, and screenwriter1952 Allen Collins, American guitarist and songwriter (died 1990)1952 Jayne Anne Phillips American novelist and short story writer1953 Howard Schultz, American businessman and author[30]1954 Mark O'Donnell, American playwright (died 2012)1954 Steve O'Donnell, American screenwriter and producer1954 Sra Trifkovi, Serbian-American journalist and historian1955 Roger Binny, Indian cricketer and sportscaster1955 Dalton McGuinty, Canadian lawyer and politician, 24th Premier of Ontario1956 Mark Crispin, American computer scientist, designed the IMAP (died 2012)1958 Brad Drewett, Australian tennis player and sportscaster (died 2013)1958 Robert Gibson, American wrestler1958 David Robertson, American conductor1959 Juan J. Campanella, Argentinian director, producer, and screenwriter1960 Atom Egoyan, Egyptian-Canadian director, producer, and screenwriter1960 Kevin Haskins, English drummer and songwriter1961 Harsha Bhogle, Indian journalist and author1961 Maria Filatova, Russian gymnast1961 Lisa Lampanelli, American comedian, actress, and author1961 Benot Mariage, Belgian director and screenwriter1961 Hideo Nakata, Japanese director, producer, and screenwriter1961 Campbell Scott, American actor, director, and producer1962 Anthony Edwards, American actor and director1963 Thomas Gabriel Fischer, Swiss musician1963 Garth Nix, Australian author1964 Teresa Edwards, American basketball player[31]1964 Masahiko Kond, Japanese singer-songwriter and race car driver1965 Evelyn Glennie, Scottish musician1965 Claus-Dieter Wollitz, German footballer and manager1967 Yael Abecassis, Israeli model and actress1967 Jean-Franois Mercier, Canadian comedian, screenwriter, and television host1968 Robb Flynn, American singer-songwriter, guitarist, and producer1968 Pavel Kuka, Czech footballer and manager1968 Jim Norton, American comedian, actor, and author1969 Matthew Libatique, American cinematographer1970 Bill Chen, American poker player and software designer1970 Christopher Luxon, New Zealand politician, 42nd Prime Minister of New Zealand[32]1970 Nicola Sturgeon, Scottish lawyer and politician, First Minister of Scotland[33]1971 Rene Busch, Estonian tennis player and coach1971 Vitali Klitschko, Ukrainian boxer and politician, Mayor of Kyiv1971 Michael Modest, American wrestler1971 Catriona Rowntree, Australian television host1971 Lesroy Weekes, Montserratian cricketer1972 Ebbe Sand, Danish footballer and manager1973 Martin Powell, English keyboard player and songwriter1973 Scott Walker, Canadian ice hockey player and coach1974 Rey Bucanero, Mexican wrestler1974 Francisco Copado, German footballer and manager1974 Jose Pich, Canadian ice dancer1974 Vince Spadea, American tennis player1974 Preston Wilson, American baseball player and sportscaster1975 Luca Castellazzi, Italian footballer1976 Benedict Cumberbatch, English actor[34]1976 Gonzalo de los Santos, Uruguayan footballer and manager1977 Jean-Sbastien Aubin, Canadian ice hockey player1977 Tony Mamaluke, American wrestler and manager1977 Ed Smith, English cricketer and journalist1979 Rick Ankiel, American baseball player1979 Josu Anunciado de Oliveira, Brazilian footballer1979 Dilhara Fernando, Sri Lankan cricketer1979 Luke Young, English footballer1980 Xavier Malisse, Belgian tennis player1980 Giorgio Mondini, Italian race car driver1980 Chris Sullivan, American actor[35]1981 Nen, Brazilian footballer1981 David Bernard, Jamaican cricketer1981 Mark Gasnier, Australian rugby player and sportscaster1981 Jimmy Gobble, American baseball player1981 Grgory Vignal, French footballer1982 Christopher Bear, American drummer1982 Phil Coke, American baseball player1982 Jared Padalecki, American actor1982 Jess Vanstrattan, Australian footballer1983 Helen Skelton, English television host and actress1983 Fedor Tyutin, Russian ice hockey player1984 Andrea Libman, Canadian voice actress1984 Adam Morrison, American basketball player1984 Ryan O'Byrne, Canadian ice hockey player1984 Lewis Price, Welsh footballer1985 LaMarcus Aldridge, American basketball player1985 Zhou Haibin, Chinese footballer1985 Marina Kuzina, Russian basketball player1985 Hadi Norouzi, Iranian footballer (died 2015)1986 Leandro Greco, Italian footballer1986 Jinder Mahal, Canadian wrestler[36]1987 Yan Gomes, Brazilian-American baseball player[37]1987 Jon Jones, American mixed martial artist1987 Marc Murphy, Australian footballer1988 Shane Dawson, American comedian and actor1988 Kevin Grokreutz, German footballer1988 Jakub Kov, Czech ice hockey player1988 Trent Williams, American football player[38]1989 Patrick Corbin, American baseball player[39]1989 Sam McKendry, Australian-New Zealand rugby league player1991 Eray can, Turkish footballer1992 Jake Nicholson, English footballer1994 Christian Welch, Australian rugby league player1996 Paul Momirovski, Australian rugby league player[40]1998 Erin Cuthbert, footballer[41]1998 Karl Jacobs, American YouTuber and streamer[42]1998 Ronaldo Vieira, Bissau-Guinean footballer1999 Kim So-hye, South Korean actress and singer[43]2003 Tyler Downs, American Olympic diver[44]514 Symmachus, pope of the Catholic Church806 Li Shigu, Chinese general (born 778)973 Kyunyeo, Korean monk and poet (born 917)998 Damian Dalassenos, Byzantine general (born 940)1030 Adalberon, French bishop1234 Floris IV, Dutch nobleman (born 1210)1249 Jacopo Tiepolo, doge of Venice1333 John Campbell, Scottish nobleman1333 Alexander Bruce, Scottish nobleman1333 Sir Archibald Douglas, Scottish nobleman1333 Maol Choluim II, Scottish nobleman1333 Kenneth de Moravia, 4th Earl of Sutherland1374 Petrarch, Italian poet and scholar (born 1304)1415 Philippa of Lancaster, Portuguese queen (born 1360)1543 Mary Boleyn, English daughter of Elizabeth Boleyn, Countess of Wiltshire (born 1499)1631 Cesare Cremonini, Italian philosopher and academic (born 1550)1742 William Somervile, English poet and author (born 1675)1810 Louise of Mecklenburg-Strelitz, Prussian queen (born 1776)1814 Matthew Flinders, English navigator and cartographer (born 1774)1824 Agustn de Iturbide, Mexican general and emperor (born 1783)1838 Pierre Louis Dulong, French physicist and chemist (born 1785)1850 Margaret Fuller, American journalist and critic (born 1810)1855 Konstantin Batyushkov, Russian poet and translator (born 1787)1857 Stefano Franscini, Swiss statistician and politician (born 1796)1878 Yegor Ivanovich Zolotarev, Russian mathematician and academic (born 1847)1882 John William Bean, English criminal and failed regicide (born 1824)[45]1896 Abraham H. Cannon, American publisher and religious leader (born 1859)1913 Clmaco Caldern, Colombian lawyer and politician, 15th President of Colombia (born 1852)1925 John Indermaur, British lawyer (born 1851)1930 Robert Stout, Scottish-New Zealand politician, 13th Prime Minister of New Zealand (born 1844)1933 Kaarle Krohn, Finnish historian and academic (born 1863)1939 Rose Hartwick Thorpe, American poet and author (born 1850)1941 piro Bocari, Serbian painter, victim of Genocide of Serbs[46]1943 Yekaterina Budanova, Russian captain and pilot (born 1916)1943 Carlo Zangarini, Italian poet and opera librettist (born 1873)[47]1947 U Razak, Burmese educator and politician (born 1898)1947 Aung San, Burmese general and politician (born 1915)1947 Lyuh Woon-hyung, South Korean politician (born 1886)1963 William Andrew, English priest (born 1884)1965 Syngman Rhee, South Korean journalist and politician, 1st President of South Korea (born 1875)1967 John T. McNaughton, United States Assistant Secretary of Defense for International Security Affairs and an advisor to Robert McNamara (born 1921)[7]1967 Odell Shepard, American poet and politician, 66th Lieutenant Governor of Connecticut (born 1884)1969 Stratis Myrivilis, Greek soldier and author (born 1890)1974 Ern Schwarz, Hungarian-American soccer player and coach (born 1904)1975 Lefty Frizzell, American singer-songwriter and guitarist (born 1928)1975 John Alan Coey, American mercenary and medic in the Rhodesian Bush War[48]1977 Karl Ristikivi, Estonian geographer, author, and poet (born 1912)1980 Margaret Craven, American journalist and author (born 1901)1980 Nihat Erim, Turkish jurist and politician, 13th Prime Minister of Turkey (born 1912)1980 Hans Morgenthau, German-American political scientist, philosopher, and academic (born 1904)1981 Roger Doucet, Canadian tenor (born 1919)1982 Hugh Everett III, American physicist and mathematician (born 1930)1984 Faina Ranevskaya, Russian actress (born 1896)1984 Aziz Sami, Iraqi writer and translator (born 1895)[49]1985 Janusz Zajdel, Polish author (born 1938)1989 Kazimierz Sabbat, Polish businessman and politician, President of the Republic of Poland (born 1913)1990 Eddie Quillan, American actor (born 1907)1992 Paolo Borsellino, Italian lawyer and judge (born 1940)1994 Victor Barbeau, Canadian author and academic (born 1896)1998 Elmer Valo, Polish-American baseball player, coach, and manager (born 1921)2002 Dave Carter, American singer-songwriter and guitarist (born 1952)2002 Alan Lomax, American historian, scholar, and activist (born 1915)2003 Bill Bright, American evangelist and author, founded the Campus Crusade for Christ (born 1921)2003 Pierre Graber, Swiss politician, President of the Swiss National Council (born 1908)2004 Sylvia Daoust, Canadian sculptor (born 1902)2004 J. Gordon Edwards, American entomologist, mountaineer, and DDT advocate (born 1919)2004 Francis A. Marzen, American priest and journalist (born 1924)2004 Zenk Suzuki, Japanese politician, 70th Prime Minister of Japan (born 1911)2005 Edward Bunker, American author and screenwriter (born 1933)2006 Jack Warden, American actor (born 1920)2007 A. K. Faezul Huq, Bangladeshi journalist, lawyer, and politician (born 1945)2007 Roberto Fontanarrosa, Argentinian cartoonist (born 1944)2008 Dercy Gonalves, Brazilian comedian and actress (born 1907)2009 Frank McCourt, American author and educator (born 1930)2009 Henry Surtees, English race car driver (born 1991)2010 Ccile Aubry, French actress, author, television screenwriter and director (born 1928)2010 Jon Cleary, Australian author and playwright (born 1917)2012 Humayun Ahmed, Bangladeshi director and playwright (born 1948)2012 Tom Davis, American comedian, actor, and screenwriter (born 1952)2012 Mohammad Hassan Ganji, Iranian meteorologist and academic (born 1912)2012 Omar Suleiman, Egyptian general and politician, 16th Vice President of Egypt (born 1935)2012 Sylvia Woods, American businesswoman, co-founded Sylvia's Restaurant of Harlem (born 1926)2012 Valiulla Yakupov, Islamic cleric (born 1963)2013 Mikhail Gorsheniov, Russian singer-songwriter (born 1973)2013 Geeto Mongol, Canadian-American wrestler and trainer (born 1931)2013 Mel Smith, English actor, director, and screenwriter (born 1952)2013 Bert Trautmann, German footballer and manager (born 1923)2013 Phil Woosnam, Welsh-American soccer player and manager (born 1932)2013 Peter Ziegler, Swiss geologist and academic (born 1928)2013 Leyla Erbil, Turkish author (born 1931)2014 Rubem Alves, Brazilian theologian (born 1933)2014 Skye McCole Bartusiak, American child actress and child model (born 1992)[50]2014 David Easton, Canadian-American political scientist and academic (born 1917)2014 Paul M. Fleiss, American pediatrician and author (born 1933)2014 James Garner, American actor (born 1928)2014 Jerzy Jurka, Polish biologist (born 1950)2014 Ray King, English footballer and manager (born 1924)2014 Ingemar Odlander, Swedish journalist (born 1936)2014 Harry Pougher, English cricketer (born 1941)2014 Leen Vleggeert, Dutch politician (born 1931)2014 John Winkin, American baseball player, coach, and journalist (born 1919)2015 Van Alexander, American composer and conductor (born 1915)2015 Galina Prozumenshchikova, Ukrainian-Russian swimmer and journalist (born 1948)2015 Carmino Ravosa, American singer-songwriter, pianist, and producer (born 1930)2015 Gennadiy Seleznyov, Russian journalist and politician, 2nd Speaker of the Duma (born 1947)2016 Garry Marshall, American actor, director, and producer (born 1934)2018 Jon Schnepp, American producer, director, voice actor, editor, writer, cartoonist, animator, and cinematographer (born 1967)[51][52]2018 Denis Ten, Kazakhstani figure skater (born 1993)[53]2019 Rutger Hauer, Dutch actor, director, and producer (born 1944)[54]2024 Toumani Diabat, Malian musician (born 1965)[55]2024 Iryna Farion, Ukrainian linguist and politician (born 1964)[56]2024 Kevan Gosper, Australian athlete and administrator (born 1933)[57]2024 Sheila Jackson Lee, American lawyer and politician (born 1950)[58]2024 Nguyn Ph Trng, Vietnamese politician, General Secretary of the Communist Party of Vietnam (born 1944)[59]2024 Ray Reardon, Welsh snooker player and police officer (born 1932)[60]2024 James C. Scott, American political scientist and anthropologist (born 1936)[61]2024 Esta TerBlanche, South African actress (born 1973)[62]Palace Day[63][64]Christian feast day:Bernold, Bishop of UtrechtJusta and RufinaKirdjun (or Abakerazum)Macrina the Younger, Sister of St. Basil the GreatSymmachusJuly 19 (Eastern Orthodox liturgics)Martyrs' Day (Myanmar)Sandinista Day or Liberation Day (Nicaragua)^ "Great Fire of Rome". This Day in Geographic History. National Geographic Society. 2014-06-18. Retrieved 2018-07-16.^ Augendre, Jacques (2016). Guide historique [Historical guide] (PDF) (in French). Paris: Amaury Sport Organisation. p.5. Archived (PDF) from the original on 17 August 2016. Retrieved 27 October 2016.^ Geoghegan, John J. (October 2008). "The USS Macon". Military Heritage.^ Antony Beevor. The Battle for Spain: The Spanish Civil War 1936-1939. New York: Penguin Books, 2006. p. 67^ "1952 Helsinki Summer Olympic Opening Ceremony". Olympic Ceremony Database. 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OnThisDay.com.Retrieved from " Competitive swimming is often described as one of the most complex sports to master. There are so many things that go into it- technique development, nutrition, mental training, dry-land, and of course, strength training as well. And thats why today we will be taking a look at the best strength exercises for swimmers. There are many reasons why you should be doing strength exercises to improve your performance in the water, things like increased power, added strength (obviously), explosiveness, and so on. It is, however, important to remember that the amount of time you spend in the water, combined with technique focus, is far more important than any other aspect of becoming a better swimmer. Yes, strength training can help enhance your physical performance in the water, but if you do decide to incorporate it into your training schedule, you need to make sure that it wont be interfering with your actual swim practices. To ensure that your strength training and swimming practices stay in line, consider reading my article on the 8 weightlifting guidelines every swimmer should follow. There are many examples of absolutely excellent swimmers that use strength training to their advantage, take Adam Peaty, probably one the greatest breaststroke swimmers to ever live, for example. We have seen how he uses strength training and his power-based training program to his advantage in becoming a faster, stronger, and better swimmer. Heres a quick video- Here are the best strength exercises for swimmers- Pull-ups Barbell Squat Bench Press Overhead Press Deadlifts Barbell Rows Walking Lunges Box Jumps Plank Kettlebell swings First up we have pull-ups. I truly believe that all swimmers should do pull-ups for overall upper body strength as it targets a lot of the important upper body muscle groups used in swimming, like the lats, and traps for example. These muscle groups play a very big and important role in swimming- they help you to push water effectively, allowing for faster and more powerful strokes, which is a big driver of propulsion in the water. The pull up is probably one of the best dryland exercises to train your lats and simulate the overhead motion commonly found when swimming, therefore you should definitely incorporate it into your dry-land or strength training routine. Another reason the pull up is so great is due to the fact that the technique is very basic and easy to learn. Continuous progress with this exercise isnt a problem either as there are many different variations that place emphasis on different muscles and you can also add weight to the exercise once you are strong enough. Wall Mounted Pull Up Bar Buy Now On Amazon Quick Tip: When performing pull-ups, make sure not to use a lot of momentum, a little bit is okay for beginners, but you should be aiming to use as little as possible momentum when doing pull-ups. For more information as well as some scientific studies about this exercise, consider reading my article, why every swimmer should do pull-ups. Another way to enhance performance in the pool- tech suits! Consider checking out my article on the best tech suits for swimmers or read my article on do tech suits make a difference? For an in-depth look and some cool scientific studies. The barbell squat is not only one of the best lower body exercises but a great full-body exercise as well. The barbell squat is excellent for strengthening your legs and building explosive power that can translate into faster kicking as well as better starts and turns. It also engages your core, back, arms, and stabilizer muscles. As swimmers, we all know how important a strong kick is- I mean the fastest swimmers are usually the ones with the strongest kick and good starts and turns are just as valuable for winning races. Therefore the barbell squat is a great exercise for swimmers. There are many different variations of the squat, but the 2 main variations I would recommend is the barbell back squat and the barbell front squat. Bodyweight jumping squats, dumbbell split squats, and goblet squats are also great options to try out. With this exercise, it is extremely important to first master the technique before you start adding a lot of weight to the bar. If you do not master the technique, it may result in injury. It might be minor or it could be a major injury. I wouldnt take the risk, better to first master the technique, and maximize your results from the exercise in doing so. With all that said, the squat is a great strength exercise for swimmers. It will help develop strength and muscle in your legs, as well as improving explosive power for better starts and turns in the pool. The bench press can be a very beneficial exercise to a swimmers overall strength if it is done correctly. The bench press is one of the best upper body compound exercises, meaning it works a large number of muscles at the same time. These muscles mainly include the chest, triceps, and shoulders- all of which are important in swimming. These muscles play an important role in the pulling motion of your stroke and strengthening them can be very beneficial. It will allow for a more powerful stroke which will help with better propulsion and faster swimming. However, like the front squat, a movement largely dependant on adding weight to the bar to become stronger. You will need to be careful not to injure yourself, especially if you are a beginner. Focus on learning proper technique and form, before you add any significant amount of weight to the bar. Overall, the bench press is definitely one of my favorite strength exercises and I believe that it can be a very beneficial strength exercise for becoming a better swimmer when performed safely with proper technique and form. The overhead press is another great strength exercise to incorporate into your swimming strength training routine. This exercise targets and strengthens your shoulders, triceps, and traps- muscles which are once again all important for developing a strong pull. The overhead press is also good for developing core stability as well as explosive power that can come in useful on the start and during sprinting events like 50s and 100s. Another benefit is the fact that it trains the overhead position which is commonly found when swimming. There are many variations of this exercise all of which are good options. A few include- seated overhead dumbbell press, standing overhead dumbbell press, standing barbell press, military press, seated barbell press, smith machine press, push press, and so on. Id recommend the standing overhead barbell press and the push press. Both are good for building strength. The push press engages slightly more muscles and develops explosive power and the standing overhead press is more strict and will place a bigger emphasis on strength. Overall, a great strength exercise for swimmers. Remember to learn proper technique before adding weight. Another way to enhance performance in the pool- tech suits! Consider checking out my article on the best tech suits for swimmers or read my article on do tech suits make a difference? For an in-depth look and some cool scientific studies. The deadlift is known as being one of the best exercises for full-body strength and power. The deadlift engages pretty much every muscle in your body and is a great way to develop explosive power, making it an excellent strength exercise for swimmers as we frequently have every muscle in our body firing as we swim. The deadlift will help to develop core stability, full-body strength, and power which will translate into faster kicking, pulling, and more stability in the water, which is important for technique and reducing drag when swimming. This exercise will also help swimmers to increase their strength endurance allowing for faster swimming for longer periods of time. Like a lot of the other exercises the deadlift also has a couple of variations to choose from. For swimmers, I recommend the hex bar deadlift and the conventional barbell deadlift as these are both great for developing athleticism, strength, and power. In terms of exercise technique, the deadlift is a bit more complicated than a lot of other exercises. Make sure to take the time to learn proper technique first. Watch videos, and record yourself to see if you are performing the exercise correctly. I also recommend keeping the volume on this exercise a bit on the lower side as performing it excessively may cause fatigue that will interfere with your swimming practices. Do 2-3 sets of 5-8 reps once or twice a week for this exercise. Swimmers are known for having strong back muscles, the reason being? The back muscles play an important role in swimming fast and efficiently. That said, the barbell row is easily one of my favorite exercises for developing complete back strength and power. This exercise engages all of the upper- and lower back muscles and also works your biceps and triceps. There are a couple of variations of this exercise that you can try out. I recommend the standard bent-over barbell row, the dumbbell row, or if you want some more stability try out the supported barbell row, which is also a great variation. Overall, a great upper body exercise for swimmers to develop a stronger back and increase your swimming speed. Lunges is another great strength exercise for developing power and strength in your legs which will help you to develop a stronger kick as well as better starts, turns, and underwaters, all contributing to the common goal of swimming as fast as possible in whatever event you specialize in. Like the barbell squat, lunges engage all of the muscles in your legs including the quadriceps, hamstrings, glutes, and calves. There are many different variations of the lunge that you can try out, some examples include dumbbell walking lunges, barbell lunges, and reverse lunges. If you are looking for explosive power, you can also try doing jumping lunges. That said, I recommend the walking dumbbell lunges as I found it to be one of the most engaging variations making it great for developing strength in your legs. Another great thing about this strength exercise is that the technique is quite basic to learn. Box jumps are one of the best exercises for developing explosive power allowing for better starts, turns, and underwaters. This exercise isnt necessarily the best for raw strength, but it is a great athletic exercise that can help you to become a better and faster swimmer. The box jump works many different muscle groups, including the core, glutes, quadriceps, hamstrings, and calves. These muscles are all frequently used when swimming, making the box jump a great exercise for you as a swimmer. To quickly dive a little deeper, the main reason for the gain in explosive power from doing box jumps is because it improves the reaction of fast-twitch muscle fibers, which is required for quick and explosive motions like starts, turns, underwaters, and fast strokes. Core strength is extremely important in competitive swimming. It plays an important role in many aspects including- trunks rotation and flexion, balance and stability, body position, power, and underwaters. The plank is one of my go-to exercises for core strength since it develops the entire core and develops some great stability in the abdominal muscles. Another cool thing to note is that the plank actually helps a little bit with flexibility, the plank stretches your shoulders, hamstrings, and certain areas of your feet. Overall I really like the plank and highly recommend all swimmers to incorporate it into their strength training routine. The plank is a great way to train the entire core in just a few sets. As you get stronger with the plank you can also try some more advanced variations like weighted planks, plank with your arms extended further in front of you, and ab wheel roll outs, which is a more dynamic and challenging variation of the plank. For some more core exercises, consider checking out my article on the 10 best core exercises for swimmers at home. The kettlebell swing is a great dynamic exercise for strengthening a large number of muscles in your body, including your hips, glutes, hamstrings, lats, abs, shoulders, and pecs. Its also great for developing explosive power that will help with fast kicks, pulls, underwaters, turns, and starts. The kettlebell swing will also quickly get your heart rate up training the aerobic systems in your body and burning a lot of calories. Another benefit is the fact that the technique on this exercise is also simple and easy to learn. Kettlebells Buy Now On Amazon Overall, the kettlebell swing is a good athletic exercise to incorporate into your strength training to become a better and faster swimmer. Below are 2 example strength training routines that you can try out. You can also use them as a guideline to create your own one if youd like. The key is to stay consistent with it over a period of at least 3 to 6 months and to gradually increase the weight/ intensity on exercises as you become stronger. Example 1- Workout 1- Monday Pull Ups, 3 sets of 8-12 reps. Barbell Back Squat, 3 sets of 6-8 reps. Bench Press, 3 sets of 6-8 reps. Plank, 3 sets of 1,5 minutes Box Jumps, 3 sets of 8-10 reps.Workout 2- Wednesday Pull Ups, 3 sets of 8-12 reps. Dumbell walking lunges, 3 sets of 12 reps per leg. Overhead Press, 3 sets of 6-8 reps. Deadlifts, 2 sets of 5 reps. Kettlebell swings, 3 sets of 15-20 reps.Workout 3- Friday Pull-ups, 3 sets of 8-12 reps. Barbell Front Squats, 3 sets of 6-8 reps. Bench press 3 sets of 6-8 reps. Barbell rows, 3 sets of 6-8 reps. Plank, 3 sets of 1.5 minutes. Example 2- Workout 1- Monday Barbell back squat, 3 sets 6-8 reps. Bench Press, 3 sets 6-8 reps. Overhead Press, 3 sets 6-8 reps. Pull-ups, 3 sets, 8-10 reps.Workout 2- Wednesday Barbell back squat, 3 sets 6-8 reps. Bench press, 3 sets 6-8 reps. Deadlift, 3 sets 6-8 reps. Box jumps, 3 sets 10 reps.Workout 3- Friday Barbell back squat, 3 sets 6-8 reps. Bench press, 3 sets 6-8 reps. Overhead press, 3 sets 6-8 reps. Weighted pull-ups, 3 sets 5 reps. At the end of the day, strength training can be very beneficial to swimming performance. Strength training allows you to develop muscle strength and explosive power that is required for developing faster, more explosive, and more efficient strokes, kicks, and other aspects of becoming a better and faster swimmer. Do you want to incorporate weight lifting into your training routine to become a better, faster, and more athletic swimmer? To that, I say bravo! However, I recognize that you might feel overwhelmed and dont know where to start. (It is a big topic, after all!) Dont worry! In this article, Ill cover everything you want to know. Ranging from the benefits of weight training for swimmers, training periodization, weight lifting exercises, how to create your own weight training program, common questions, and much more! So whether you are a competitive, open-water, recreational, or masters swimmer looking to up your game, you can think of this article as your one-stop-shop for everything you need to know regarding weight lifting for swimmers. There is a lot of evidence and research in favor of weight lifting for enhanced swimming performance. (Well look at some of the scientific literature later). Advances in swim training methods, nutrition, recovery strategies, and the implementation of weight training in modern swimmers schedules are why new world records are being broken every year. If that isnt enough, it might comfort you to know that almost every elite swimmer in the modern age of competitive swimming is in the weight room at least 2 to 3 times a week minimum. Take Adam Peaty, for example. He is, without a doubt, the best breaststroke swimmer the sport of swimming has ever seen. Peaty blasted his way to victory in the 100m breaststroke at the Rio Olympics and has been dominating both the 50m and 100m breaststroke events since. And setting new world records along the way. Adam trains hard in the pool and also in the weight room. He is a great example of a swimmer who effectively uses weight lifting to increase strength, power, and endurance, allowing for faster swimming performances. Now that weve established weight lifting is beneficial for swimmers lets take a more in-depth look at some of these benefits. To some, it might sound contradictory, but weight lifting can actually help you to decrease your chances of getting injured when training whether in the pool or gym. When you lift weights, you increase the structural strength of your muscles, allowing your body to endure more resistance and higher training capacities. This is great for preventing injuries since stronger muscles are less prone to injury. Weight training can also be used to correct muscle imbalances, such as swimmers posture, inherently caused by swimming, which can put swimmers at a much greater risk of injury if not corrected. Furthermore, resistance training has been shown to trigger osteoblasts (bone-forming cells)to create new bone, resulting in stronger bones. This further reduces an athletes risk of injury. Weight training, if handled responsibly, is also safe and wont cause injuries. Responsible lifting involves learning the proper exercise technique, warming up properly, and never lifting more weight than your body can handle. (We will talk about this again later). Its well established that weightlifting is one of the best ways to build strength. It might surprise you that this strength isnt only derived from stronger or bigger muscles (which indeed play a role) but is also very much related to neurological adaptations. A study published in the Journal of Medical Science in Sports and Exercisenotes that strength training creates changes in the nervous system, related to better activation and coordination of prime movers and relevant muscles, producing greater net force. In laymans terms: youve become stronger. Weight training can also increase the structural strength of your musclesby creating micro-tearsin the muscle fiber (which is why you sometimes feel sore after a workout). Once the tissue recovers, your muscles become a little stronger, and your body is better equipped to handle the same resistance again. A structured weight training program is essential for effectively developing a strength base. This is important because strength is the prerequisite for other aspects of your physical performance, such as explosive power and muscular endurance, helping you swim faster and achieve new best times. Not even to mention the confidence swimmers gain from knowing their bodies are strong and capable. Once you have established a good foundation of strength, your weight training can be further adjusted to develop explosive power and increase your rate of force development. There are many good weight lifting exercises directly targeting power and force exertion; some examples include- power cleans, sled pushes, and deadlifts. Explosive power allows you to gain a competitive advantage by having faster and moreexplosive starts,turns, and underwaters. Its also good to note that all the swimming strokes involve explosive power, whether through

designed to improve your swimming performance. While weve already briefly discussed exercise selection, there are hundreds of weight lifting exercises out there, and its easy to get distracted. In this section, I break down some of my top picks for weight lifting exercises. You should focus on compound exercises targeting the main muscle groups involved in swimming. Compound exercisesare exercises that activate more than one muscle group simultaneously. I recommend staying away from isolation exercises like bicep curls and so on. They can certainly come in handy where appropriate, but for the most part, you dont need them. Apart from being one of my favorite exercises, if there is one exercise I recommend to swimmers, it is the pull-up. The pull-up is a great upper body exercise, primarily targeting your traps and lats but also activating your core, bicep, and shoulder muscles. In case you are unaware, the lats are super important for swimming. And so are the traps, too- especially for butterfly swimmers. These muscles will help you have a powerful pull in all your strokes. Weighted pull-ups are a very challenging variation of this exercise. If you arent great at pull-ups yet, I recommend you start with the standard bodyweight or band-assisted variation until you can do 10-15 solid reps before adding any weight. For additional progressions, consider reading my article onwhy every swimmer should do pull ups. Wall Mounted Pull Up Bar Buy Now On Amazon How to perform the pull-up: Grab onto the pull-up bar with hands shoulder-width apart or slightly wider than shoulder-width apart. Retract your scapula, set your shoulders, and brace your core. Then use your back, lats, and arms to pull yourself up until your head is over the bar. After that, slowly lower back down into the starting position and repeat. Avoid using momentum or swinging your legs- keep the movement controlled. The lat pulldown is another awesome compound exercise targeting your lats and back muscles. As you know by now, these muscles are responsible for a strong and efficient pull. Thats why strengthening them is in your best interest. The lat pulldown is a popular exercise among swimmers and is frequently structured into swimming strength and conditioning programs. Its also easier than the pull-up, so it can be a good place to start if you cant yet do pull-ups. I recommend alternating between lat pulldowns and pull-ups but dont do both in a single training session. How to perform the lat pulldown: Start by sitting down at the lat pulldown machine and adjusting the pad so it sits securely on your thighs to minimize movement. Grab onto the bar with a wide and comfortable grip width while looking forward with your torso in an upright position. Then retract your shoulder blades, set your shoulders, brace your core, and pull the bar down in front of you until it touches your upper chest. Slowly allow it to move back into the starting position and repeat. The deadlift is the ultimate full-body weight training exercise. A large number of big muscle groups are involved during this movement, especially involving the posterior chain, with the primary muscles being the quadriceps, hamstrings, glutes, traps, lats, and shoulders. The deadlift is also great for developing stabilizing and functional core strength. It improves power output and is a great overall exercise for increasing athleticism. There are a few variations of the deadlift. Namely the standard conventional deadlift, the sumo deadlift, the Romanian deadlift, and of course, the trap bar deadlift. From personal experience and some research, I recommend the conventional-, Romanian-, and trapbar deadlift. These are the most effective variations for increasing general strength and athleticism. How to perform the deadlift: Start by standing with feet about shoulder-width apart with your toes slightly pointed out. Grab the bar on the floor in front of you and pull it forward until it touches your shins. Brace your core, retract your scapula, set your shoulders, and ensure your back is straight. After that, you can pull the bar up while keeping it directly against or close to your legs as you move upward. Once you reach the lockout position, you can lower the bar back down in a controlled manner. Make sure to keep your back in a straight line and your core braced throughout the entire movement. Barbell rows are a good compound exercise for developing your lats, traps, shoulders, biceps, and lower back. These muscles play an important role in developing a powerful pulling motion while swimming. Like all of the other exercises, the barbell row is also great for developing core stability, allowing optimal power transfer while swimming. If you find this exercise too hard or complex, start with simpler variations, like dumbbell, cable, or machine rows. How to perform the barbell row: Start by placing the bar on the floor in front of you. Then go into the deadlift position and pull the bar up. Once the bar is in the air, you need to retract your scapula and brace your shoulders and core. Then lower the bar down by slightly bending your torso forward. Make sure to keep your back straight. Once you are in this position, you can row the bar up until it touches your stomach, lower it, and row again until you have performed 6-8 repetitions. Related:Upper body exercises for swimmers The bench press is an excellent weight training exercise for developing your chest, triceps, and shoulders. These muscle groups all play a critical role in swimming fast and efficiently. The triceps are largely involved in freestyle and backstroke swimming, while the chest is largely engaged in breaststroke and butterfly swimming. And, of course, the shoulders play an important role in all strokes. The bench press exercise is also great for building explosive upper body power. This will allow you to generate strong and fast pulls while swimming. How to perform the bench press: Start by lying down on the bench with the bar secured above you. Then grab onto the barbell with hands in a comfortable position slightly wider than shoulder-width apart. Retract your scapula and ensure that your shoulders are in a stable position. Straighten your arms and brace your core to unrack the bar. Move the bar until its above your chest. Now from this position, lower the bar until it gently and briefly touches your chest, and then push back up into the starting position. The back squat is, without a doubt, one of the best weight training exercises for developing a strong lower body. It is a highly functional movement targeting the quadriceps, glutes, hamstrings, and calves. Its also great for developing power, allowing for better starts and turns and more explosive kicking while swimming. Additionally, the back squat is great for developing core stability and control. Suppose you are going to perform this exercise under a high load. In that case, you will need to know how to brace and control your abdominal muscles effectively to support the load on your back. I recommend starting with box back squats or smith machine squats. This will ensure that you nail the technique before progressing to the standard variation of this exercise. Also, ensure you have adequate strength for these variations. If not, start with other easier squatting variations. How to perform the back squat: Go into a comfortable stance with the bar placed on your traps. Make sure your feet are shoulder-width apart and your toes are pointed out slightly. Brace your core and lower into the squat position until your knees are at a 90-degree angle. Then push back up into the starting position in a controlled manner. Related:Leg exercises for swimmers The overhead press is an excellent exercise for building chest, trap, shoulder, and arm strength. Its also great for developing stabilizing core strength which is highly important in all swimming strokes. Another huge plus from the overhead press is its tendency to mimic the overhead arm position that swimmers are frequently involved in. This will teach you how to generate some good power in this position, ultimately contributing to faster swimming times. There are a few variations of the exercise that you can try out. The most typical is the standing overhead press with a barbell, but you can also try out seated- and dumbbell variations of the exercise for added variety. How to perform the overhead press: Grab onto the bar with hands shoulder-width apart or just outside of shoulder-width apart. Briefly brace your core as you uncrack the bar. Make sure to keep the bar just above your chest with your arms in a stable position. Brace your core and push the bar up until your shoulders lock out at the top. Your arms should be behind your head when you lock out, and you should aim to keep the bar as close as possible to your face as you push up. (P.S Try not to bump your nose) Then once youve locked out, you can slowly lower the bar back down and repeat. Related:Arm exercises for swimmers Weightlifting injuries are more common than they should be, which can paint weight training in a bad light. Swimmers usually get injured from weight training mainly due to a lack of knowledge about how to lift properly, sustainably, and responsibly. There are 4 main factors when it comes to avoiding weight training injuries. If you follow the guidelines below, your chances of getting injured in the weight room will be very low. When you are in the weight room, its always important to be open-minded and know your ultimate goal. If you are a swimmer, that goal should be to become stronger and more functional so that you can swim faster. Keeping your goal in mind will help you to focus on whats important. If you are going to lift to try and impress others, you are only training your ego, and youre not going to become a better swimmer. Chances are youre going to become a slower swimmer and maybe even an injured one. Youll likely focus on loading the bar as heavy as you can, ultimately compromising lifting technique and proper programming and progress. I dont encourage 1 rep max testing, either. It simply isnt worth the injury risk. If youd like to calculate this number (for training purposes), you can do a 3 or 5 rep max test anduse that information to calculate your 1 rep max. Only add weight to the bar once you know exactly how to perform each exercise with perfect technique. I recommend using only the empty bar or a PVC pipe to practice the exercise technique. Video yourself to see how your technique looks and what changes when you move a certain muscle or change a specific angle of your body. Watching videos online can also be a valuable tool for improving your technique. You can even get someone experienced, like a personal trainer, to help you learn the right exercise technique. Once you are comfortable performing the exercise with good technique, you can slowly add some weight to the bar. Be sure to keep the principle of progression we discussed earlier in mind. Warming up properlyis super important. Get a set warm-up routine that you do before every training session. This wont only prevent injury but will also get you into the right mindset before training. It doesnt have to be anything complicated or long. About 10-15 minutes of warm-up is more than enough. I like to do some foam rolling on each large muscle group. Ill then do resistance band exercises like band pull-aparts and external rotations. If needed, I may go for a light 5-minute jog or hop on the rowing machine to get my heart rate up and increase blood flow. Stretching is one of the most valuable things a swimmer can incorporate into their daily routine. It is an important tool for avoiding injuries in the weight room and the pool. Still, more importantly- it helps to increase your range of motion and physical function, which can help improve your swimming technique. I recommend doing at least 15-20 minutes of static stretching daily, preferably after your last workout, for optimal results. Compile a list of your favorite stretches and combine them into a stretching routine you can follow. It is important not to do static stretching as a way of warming up since it can decrease physical performance, as noted bythis study from the International Journal of Sports Physical Therapy. Static stretching is aimed at increasing flexibility and not at warming up. In this section, I answer some frequently asked questions about swimming and weight training. Standalone weight training sessions with a few hours of recovery between lifting and swimming are ideal. In this case, it also doesnt matter much if you lift or swim first. For back-to-back sessions, lifting weights before is recommended. It should be noted that youll have to reduce the intensity of your swim workout after. The trick is to balance everything perfectly (or as well as you can). If possible, ensure you have a few hours to rest and recover between sessions. Eat enough healthy foods, nap, and ensure you stay hydrated. This will help you to sustain this training schedule quite effectively. For back-to-back workouts, I recommend lifting first. This reduces injury risk since you are still fresh in the weight room. It will also help you to warm up for swim practice. Unfortunately, there will be a tradeoff here. Your swim workout wont be able to be as intense since your muscles will be more fatigued. If your weight training session were low-moderate intensity, you would be able to increase the intensity of swimming after. Generally, lifting weights after swimming isnt advised since your muscles will be tired and can put you at risk of injury. To ensure your body is recovering at its best, I recommend getting enough sleep, eating the right foods and enough of it, stretching and foam rolling, and you can even try other recovery methods like ice baths. For a more in-depth answer, read my article:should swimmers lift weights before or after swimming? As a general rule, swimmers should lift weight 3 times per week for optimal results. 2 Times per week is ideal for times when you are busy and want to maintain your progress, and 4 times per week can be used in the off-season when you are swimming less. Its important not to stop lifting weights during taper. Doing so could detract from your swimming performance during the meet. Instead, you should ensure you are going into the meet on a training phase emphasizing power. That should be combined with a gradual decrease in your total training volume. You should only be doing 25% of your total training volume during the final week of taper. Thats a 75% decrease in volume. You can reduce volume by 25% the day before for general meets. There is no need to adjust your current training phase. For important, non taper meets, you can reduce volume by 50-75% for a workout or two before the meet. Once again, no need to adjust your training phase. Therep rangeyou choose is greatly dependent on your goals. Lower reps (6 or less) with higher weight and more rest are great for building strength. They will also result in less fatigue and better recovery since you are primarily staying within the phosphagen and glycolytic energy systems. You also wont build as much muscle with this rep scheme. Higher reps (8-12) with lower weight and less rest are ideal for building muscle. Similarly, an ever higher rep scheme (15+) can help to train muscular endurance. While you should choose rep schemes that align with your goals, I recommend primarily staying in the 6 or less rep range, especially for compound exercises like bench presses, back squats, and deadlifts. This will ensure that you build adequate strength while minimizing fatigue that can affect your performance in swim training. There are cases where higher rep schemes come in handy. An example would be when you want to increase the structural strength of muscle fibers (aka build muscle). This should, however, be approached strategically to ensure you arent too exhausted in swim practice. Generally, use a lower rep scheme for compound exercises; depending on your goals, you may use a higher rep scheme for smaller supplementary exercises. Weight training wont make you bulky. Building muscle is a challenging and tedious process that takes time. Not only that, but you have to eat correctly and ensure that your training program is optimized for hypertrophy through factors like training intensity, volume, reps, and rest schemes. Generally, however, you will build some muscle. For most swimmers, this is, however, going to be a positive thing and will enable better athletic performance. But you dont have to fear becoming overly bulky, which of course, will be detrimental to your swimming performance. Ensure your program is optimized for strength and athleticism by focusing on larger compound exercises at lower reps. Also, make sure to include function and mobility exercises. Weight training can enable better body movement in the long run, benefiting your swimming technique. However, your technique might be slightly affected in the short term, especially when you are tight from a workout session. As mentioned a few times in this article, I recommend combining your weight training with functional and mobility exercises as well as regular stretching. This combination promotes better movement, mobility, and flexibility, which will greatly benefit your swimming technique. Suppose you incorporate no mobility and function into your training program. In that case, there is a chance that you become tighter and lose mobility, which can be detrimental to your swimming technique. If you have access to a gym, you should already have access to most of the equipment listed below. However, its still good to have a look since there may be items you dont have access to at your particular gym. Having some equipment at home for days when you cant make it to the gym is also good. You can also consider setting up a home gym if you have the budget. Some good equipment to start with include: EquipmentNeed RequirementBudget LevelIncluded with GymBuy on AmazonPull up barMust haveLow to IntermediateYes> View PriceDumbbellsMust haveIntermediate to highYes> View PriceKettlebellMust haveLow to highYes> View PriceSuperbandOptionalLowDepends> View PriceMini bandOptionalLowDepends> View PriceResistance tubing bandsOptionalLowNo> View PriceAb rollerMust have; intermediate/advanced athletesLowDepends> View PriceMedicine BallMust haveLowYes> View PriceSuspension System (TRX)OptionalLow to IntermediateDepends> View PriceStability ballOptionalLowYes> View PriceSandbagsOptionalIntermediateYes> View PriceWeighted Vest/ Weight BeltMust have; intermediate/advanced athletesLow to intermediateUnlikely> View PriceOlympic barbell and Weight PlatesMust haveIntermediateto HighYes> View PriceBenchMust haveLow to IntermediateYes> View PricePower rackGood-to-haveIntermediate to highYes> View PriceRowing machineNice-to-haveIntermediate to highYes> View Price Weight lifting can benefit all swimmers, whether you are a sprinter or distance swimmer. It can help you to become faster and more athletic in the water. Always stay responsible in the weight room, use good exercise technique, warm up properly, and stretch regularly to avoid injuries. Consistency and planning are also crucial. Plan your training and stick to it week by week, month by month, and you will, inevitably, reap the rewards. Train hard! If youre a swimmer looking to improve your performance in the pool, its time to add weightlifting to your training routine. In this article, well explore the benefits of weight workouts for swimmers, as well as the best strength exercises for swimmers. Well also discuss common mistakes swimmers make when weightlifting and how to avoid them. So, whether youre a seasoned pro or just starting out, this article is a must-read if you want to take your performance to the next levelStrength training should be a vital component of any swimmers training regimen as it helps to build muscle and improve athletic performance in the water. While swimming alone is a great full-body workout, a specific weightlifting program for swimmers allows you to target particular muscles and movements that are crucial when in the water.Though swimming is a full-body workout, the key muscles recruited when swimming are as follows:The latissimus dorsi, commonly known as the lats, is the largest muscle in the back. It is responsible for a wide range of movements, including pulling, reaching, and lifting. In swimming, the lats are used to generate power during the pull phase of the stroke. The lats help to pull the arms back and down in a circular motion, creating the propulsion needed to move forward through the water.The pectoralis major, or pecs, is the large muscle in the chest. It is responsible for movements such as pushing, lifting, and rotating the arms. In swimming, the pecs are used during the recovery phase of the stroke. This is when the arms are brought forward and out of the water to prepare for the next pull phase. The pecs help to lift the arms out of the water and into position for the next stroke.The deltoids, or delts, are the muscles in the shoulder. They are responsible for lifting and rotating the arms. In swimming, the delts are used during both the pull and recovery phases of the stroke. They help to generate power during the pull phase by lifting the arms up and out of the water. During the recovery phase, they help to control the movement of the arms and position them correctly for the next stroke.The triceps are the muscles on the back of the upper arm. They are responsible for extending the arm and straightening the elbow. In swimming, the triceps are used during the recovery phase of the stroke. They help to push the arms forward and out of the water, preparing them for the next pull phase.The abdominals, or abs, are the muscles in the stomach. They are responsible for stabilizing the core and supporting the spine. In swimming, the abs are used to maintain a stable body position in the water. They help to keep the body streamlined and reduce drag, allowing for a more efficient swim.The glutes, or buttocks, are the muscles in the hips. They are responsible for extending the hips and rotating the legs. In swimming, the glutes are used to generate power during the kick phase of the stroke. They help to propel the body forward through the water and maintain a streamlined body position.The quadriceps, or quads, are the muscles on the front of the thigh. They are responsible for extending the leg and straightening the knee. In swimming, the quads are used during the kick phase of the stroke. They help to generate power and lift the legs up and down in a rapid kicking motion.Swimming is a fantastic form of cardiovascular exercise that works nearly every muscle in your body. However, theres more to improving your swimming performance than just spending time in the water. A specific weight training program for swimmers is a crucial component of any successful training regimen, and it offers a multitude of benefits that can help swimmers of all levels reach their goals.Below, well explore the numerous benefits of swimmer strength training, and how incorporating this type of exercise can improve your performance both in and out of the water.One of the most significant benefits of strength training for swimmers is increased power and speed in the water. By targeting specific muscle groups and movements that are crucial for swimming, strength training can help you generate more force with each stroke, leading to faster race times and improved overall performance.Another key benefit of strength training for swimmers is improved technique. By focusing on exercises that target the muscles used in swimming, strength training can help swimmers achieve better body positioning, stronger pulls, and more efficient strokes. This, in turn, can help reduce drag and increase the amount of time you spend moving forward in the water.Swimming is a low-impact sport, which makes it an excellent option for individuals with joint pain or mobility issues. However, repetitive swimming motions can still lead to overuse injuries if not addressed properly. Strength training can help improve muscular imbalances, correct faulty movement patterns, and increase joint stability, ultimately reducing the risk of injury both in and out of the pool.Swimming is a sport that requires a high level of muscular endurance, as swimmers must maintain proper form and technique throughout the duration of a race. Strength training can help improve muscular endurance by increasing the amount of time your muscles can work before reaching fatigue, ultimately allowing you to swim faster and for longer periods of time.While swimming is an excellent form of cardiovascular exercise, it primarily targets the muscles in your upper body. Strength training, on the other hand, can help you build strength and endurance in all major muscle groups, leading to overall improvements in fitness and athleticism.Here are some of thebestweight training exercises for swimmers.Pull-ups are an effective exercise for strengthening the latissimus dorsi, which is a key muscle used in swimming. Pull-ups also work the biceps, forearms, and shoulders. Swimmers can benefit from doing pull-ups with a wide grip to mimic the wider arm position used during the pull phase of the stroke.Hang from a pull-up bar with your hands slightly wider than shoulder-width apart. Engage your back muscles and pull your body up towards the bar until your chin is above the bar. Lower yourself back down to the starting position and repeat for several repetitions.Lat pulldowns are a variation of pull-ups that can be done using a cable machine or resistance band. This exercise targets the latissimus dorsi, as well as the biceps and shoulders.Sit at alat pulldownmachine and grasp the bar with a wide grip. Keep your back straight and engage your core muscles. Pull the bar down towards your chest, squeezing your shoulder blades together. Slowly release the bar back up to the starting position and repeat for several repetitions.Dumbbell rows are an effective exercise for targeting the lats and upper back muscles. This exercise can be done with a dumbbell or kettlebell.Place one knee and hand on a bench or chair, keeping your back straight. Hold a dumbbell in your free hand and keep your arm extended down towards the floor. Pull the dumbbell up towards your chest, squeezing your shoulder blades together. Lower the dumbbell back down to the starting position and repeat for several repetitions.Bench press is a classic exercise for strengthening the chest, shoulders, and triceps. This exercise can help swimmers develop more power during the push phase of the stroke.Lie on a flatbenchand grasp the bar with a wide grip. Lower the bar down towards your chest, keeping your elbows tucked in towards your sides. Push the bar back up towards the starting position and repeat for several repetitions.Push-ups are a bodyweight exercise that targets the chest, shoulders, and triceps. This exercise can be done anywhere, making it a convenient option for swimmers who may not have access to a gym.Start in a plank position with your hands shoulder-width apart. Lower your body down towards the floor, keeping your elbows tucked in towards your sides. Push your body back up to the starting position and repeat for several repetitions.Squats are an effective exercise for targeting the glutes, quads, and hamstrings. This exercise can help swimmers develop more power during the kick phase of the stroke.Stand with your feet shoulder-width apart and your toes pointing forward. Keep your chest up and your core engaged. Lower your body down towards the floor, keeping your knees in line with your toes. Push your body back up to the starting position and repeat for several repetitions.Lunges are another exercise that targets the glutes, quads, and hamstrings. This exercise can help swimmers develop more power during the kick phase of the stroke.Stand with your feet hip-width apart and take a large step forward with one foot. Lower your body down towards the floor, keeping your front knee in line with your toes. Push your body back up to the starting position and repeat with the other leg.Deadlifts are a full-body exercise that targets the glutes, hamstrings, lower back, and core muscles. This exercise can help swimmers develop overall strength and power.Stand with your feet shoulder-width apart and grasp a barbell with an overhand grip. Keep your chest up and your core engaged. Lift the barbell up towards your hips, squeezing your glutes and hamstrings. Lower the barbell back down to the starting position and repeat for several repetitions.Planks are a core exercise that can help swimmers develop better body position and reduce drag in the water.Start in a push-up position and lower your forearms to the floor. Keep your body in a straight line from your head to your heels. Hold the position for several seconds, focusing on engaging your core muscles. Release and repeat for several repetitions.Russian twists are a core exercise that targets the obliques, or side muscles of the abs. This exercise can help swimmers develop better rotation during the stroke.Sit on the floor with your knees bent and your feet flat on the ground. Lean back slightly and lift your feet off the ground. Hold a weight or medicine ball in front of your chest. Twist your torso to the left, bringing the weight or ball towards the ground. Twist back to the center and then twist to the right. Repeat for several repetitions.Now weve covered the key lifts for swimmers, in this section we will outline the key factors to help swimmers create an effective lifting program that complements their swim training and helps them achieve their goals in the pool. From specificity to recovery, we will explore the factors that swimmers should keep in mind when lifting weights.The first factor to consider when creating a strength training routine for swimmers is specificity. Its important to target the specific muscle groups used in swimming, as well as the movement patterns involved in the sport. For example, exercises such as pull-ups, lat pulldowns, and dumbbell rows can be effective for targeting the lats and upper back muscles used during the pull phase of the stroke. Squats and lunges can be effective for targeting the glutes, quads, and hamstrings used during the kick phase of the stroke.The second factor to consider when creating a strength training routine for swimmers is progression. As swimmers become stronger, its important to gradually increase the intensity and volume of their workouts to continue seeing progress. This can be achieved through increasing the weight, reps, or sets of exercises over time. Additionally, incorporating more advanced exercises or variations of exercises can help swimmers continue to challenge themselves and see progress.The third factor to consider when creating a strength training routine for swimmers is balance. Swimmers should aim to target all major muscle groups used in the sport, including the chest, back, shoulders, arms, core, and lower body. Neglecting certain muscle groups can lead to imbalances and potential injury. Additionally, its important to incorporate exercises that work both the front and back of the body, as well as exercises that target both the upper and lower body.The fourth factor to consider when creating a strength training routine for swimmers is recovery. Strength training can place stress on the muscles and joints, and its important to allow for adequate recovery time between workouts. This can be achieved through proper nutrition, hydration, and sleep, as well as incorporating rest days and active recovery activities such as stretching or foam rolling.The fifth factor to consider when creating a strength training routine for swimmers is integration with swim training. Swimmers should aim to schedule their strength training workouts on days that complement their swim training schedule. For example, it may be beneficial to schedule strength training workouts on days that focus on specific strokes or distances, or on days that have lighter swim workouts. Additionally, incorporating exercises that mimic the movement patterns of swimming, such as resistance band swimming drills or cable machine swim strokes, can help swimmers improve their technique and power in the water.The sixth factor to consider when creating a strength training routine for swimmers is consistency. Consistency is key when it comes to seeing progress and achieving fitness goals. Swimmers should aim to incorporate strength training into their regular training routine on a consistent basis, whether its one to three times per week, depending on their individual needs and goals. Consistency can also help swimmers establish good habits and maintain motivation over timeThe seventh factor to consider when creating a strength training routine for swimmers is safety. Its important to use proper form and technique when performing exercises to prevent injury. Swimmers should also start with lighter weights and gradually increase the intensity over time. Additionally, its important to listen to the body and adjust the workout as needed, especially if there is any pain or discomfort.Heres a basic strength training program for swimmers that incorporates some of the key exercises mentioned in previous sections:1. Lat Pulldowns: 4 sets x 8-10 repsFocus on a slow, controlled movement for a full range of motion2. Dumbbell Rows: 3 sets x 10 reps per armEmphasize squeezing the shoulder blades together3. Bench Press: 4 sets x 8 repsMaintain a strong posture and steady tempo4. Push-Ups: 3 sets x max repsFocus on core engagement and proper form1. Back Squats: 4 sets x 10 repsEmphasize depth and explosive upward movement2. Lunges: 3 sets x 10 reps per legPerform with a controlled motion and a slight pause at the bottom3. Deadlifts: 4 sets x 6 repsFocus on driving through the hips and maintaining a straight back4. Bulgarian Squats: 3 sets x 8 reps per legKeep a strong core and controlled balance1. Planks: 3 sets x 30 secondsMaintain a strong core and neutral spine2. Russian Twists: 3 sets x 15 reps per sideKeep the core tight and maintain steady breathing3. Bar Rollout: 3 sets x 10 repsFocus on a slow and controlled motion for core activation4. Anti-Rotational Lat Pull: 3 sets x 8 reps per sideEmphasize stability and avoid rotationWarm-Up: Start each session with dynamic mobility exercises.Rest Intervals: Allow 2 minutes between compound lifts, 1-1.5 minutes for accessory work.Load: Begin at 50-60% of your maximum capacity and progressively increase as needed.Accessory Exercises: Use moderate weights with a focus on form and stability.Recovery Ensure adequate rest and hydration between sessions. Consider incorporating stretching or light swimming on off days for active recovery.Perform each exercise with proper form and technique, and gradually increase the weight and intensity over time. Rest for 1-2 minutes between sets and exercises. Its important to also incorporate rest days and allow for adequate recovery time between workouts. Additionally, this program can be adjusted and customized based on the individual swimmers needs and goals.Pull-up bar Lat pulldown machine or resistance band Dumbbells orkettlebells Barbell and weight plates Bench or stability ball Resistance band or cable machine for swimming drills Yoga mat or exercise mat for planks and Russian twistsSome of these items, such as a pull-up bar or resistance band, may be able to be used at home, while others, such as a barbell and bench, may require access to a gym or fitness center. Its important to use equipment that is appropriate for the individuals fitness level and to follow proper safety guidelines when using equipment.Upper body stretches are important because they help to improve flexibility, increase range of motion, reduce the risk of injury, improve posture, and alleviate tension and pain in the upper body. They also promote relaxation and reduce stress levels, leading to better mental and physical health. Incorporating upper body stretches into your daily routine can improve your quality of life, reduce pain and discomfort, and enhance your overall physical function.Yes, weightlifting can be a valuable addition to a swimmers training regimen. By targeting specific muscle groups used in swimming, weightlifting can help swimmers develop more power, endurance, and overall performance in the water. It can also help prevent injury and improve overall fitness.The frequency of weightlifting for swimmers can vary depending on individual needs and goals. Generally, swimmers should aim to lift weights one to three times per week, with adequate rest and recovery time between workouts. Its important to also integrate weightlifting with swim training and prioritize balance and safety.Weightlifting can be a valuable component of a swimmers training regimen. By targeting specific muscle groups used in swimming, gradually increasing intensity and volume, and prioritizing balance, recovery, and safety, swimmers can improve their overall strength and endurance in the water. With a well-rounded approach to training, swimmers can achieve their goals and improve their performance in the pool.We want to hear from you! If youre a swimmer, share your thoughts on weightlifting and how it has impacted your swimming performance. Do you have any tips or advice for others looking to incorporate weightlifting into their training? What challenges have you faced and how have you overcome them? Lets keep the conversation going in the comments below!Also read:References:Photos by Torokhtiy Medi Team; Jacob Lund, Canva.com; decade3d, Canva.com; sciencephoto, Canva.com. Competitive swimming is often described as one of the most complex sports to master. There are so many things that go into it- technique development, nutrition, mental training, dry-land, and of course, strength training as well. And thats why today we will be taking a look at the best strength exercises for swimmers. There are many reasons why you should be doing strength exercises to improve your performance in the water, things like increased power, added strength (obviously), explosiveness, and so on. It is, however, important to remember that the amount of time you spend in the water, combined with technique focus, is far more important than any other aspect of becoming a better swimmer. Yes, strength training can help enhance your physical performance in the water, but if you do decide to incorporate it into your training schedule, you need to make sure that it wont be interfering with your actual swim practices. To ensure that your strength training and swimming practices stay in line, consider reading my article on the 8 weightlifting guidelines every swimmer should follow. There are many examples of absolutely excellent swimmers that use strength training to their advantage, take Adam Peaty, probably one the greatest breaststroke swimmers to ever live, for example. We have seen how he uses strength training and his power-based training program to his advantage in becoming a faster, stronger, and better swimmer. Heres a quick video- Here are the best strength exercises for swimmers- Pull-ups Barbell Squat Bench Press Overhead Press Deadlifts Barbell Rows Walking Lunges Box Jumps Plank Kettlebell swings First up we have pull-ups. I truly believe that all swimmers should do pull-ups for overall upper body strength as it targets a lot of the important upper body muscle groups used in swimming, like the lats, and traps for example. These muscle groups play a very big and important role in swimming- they help you to push water effectively, allowing for faster and more powerful strokes, which is a big driver of propulsion in the water. The pull up is probably one of the best dryland exercises to train your lats and simulate the overhead motion commonly found when swimming, therefore you should definitely incorporate it into your dry-land or strength training routine. Another reason the pull up is so great is due to the fact that the technique is very basic and easy to learn. Continuous progress with this exercise isnt a problem either as there are many different variations that place emphasis on different muscles and you can also add weight to the exercise once you are strong enough. Wall Mounted Pull Up Bar Buy Now On Amazon Quick Tip: When performing pull-ups, make sure not to use a lot of momentum, a little bit is okay for beginners, but you should be aiming to use as little as possible momentum when doing pull-ups. For more information as well as some scientific studies about this exercise, consider reading my article, why every swimmer should do pull-ups. Another way to enhance performance in the pool- tech suits! Consider checking out my article on the best tech suits for swimmers or read my article on do tech suits make a difference? For an in-depth look and some cool scientific studies. The barbell squat is not only one of the best lower body exercises but a great full-body exercise as well. The barbell squat is excellent for strengthening your legs and building explosive power that can translate into faster kicking as well as better starts and turns. It also engages your core, back, arms, and stabilizer muscles. As swimmers, we all know how important a strong kick is- I mean the fastest swimmers are usually the ones with the strongest kick and good starts and turns are just as valuable for winning races. Therefore the barbell squat is a great exercise for swimmers. There are many different variations of the squat, but the 2 main variations I would recommend is the barbell back squat and the barbell front squat. Bodyweight jumping squats, dumbbell split squats, and goblet squats are also great options to try out. With this exercise, it is extremely important to first master the technique before you start adding a lot of weight to the bar. If you do not master the technique, it may result in injury. It might be minor or it could be a major injury. I wouldnt take the risk, better to first master the technique, and maximize your results from the exercise in doing so. With all that said, the squat is a great strength exercise for swimmers. It will help develop strength and muscle in your legs, as well as improving explosive power for better starts and turns in the pool. The bench press can be a very beneficial exercise to a swimmers overall strength if it is done correctly. The bench press is one of the best upper body compound exercises, meaning it works a large number of muscles at the same time. These muscles mainly include the chest, triceps, and shoulders- all of which are important in swimming. These muscles play an important role in the pulling motion of your stroke and strengthening them can be very beneficial. It will allow for a more powerful stroke which will help with better propulsion and faster swimming. However, like the front squat, a movement largely dependant on adding weight to the bar to become stronger. You will need to be careful not to injure yourself, especially if you are a beginner. Focus on learning proper technique and form, before you add any significant amount of weight to the bar. Overall, the bench press is definitely one of my favorite strength exercises and I believe that it can be a very beneficial strength exercise for becoming a better swimmer when performed safely with proper technique and form. The overhead press is another great strength exercise to incorporate into your swimming strength training routine. This exercise targets and strengthens your shoulders, triceps, and traps- muscles which are once again all important for developing a strong pull. The overhead press is also good for developing core stability as well as explosive power that can come in useful on the start and during sprinting events like 50s and 100s. Another benefit is the fact that it trains the overhead position which is commonly found when swimming. There are many variations of this exercise all of which are good options. A few include- seated overhead dumbbell press, standing overhead dumbbell press, standing barbell press, military press, seated barbell press, smith machine press, push press, and so on. Id recommend the standing overhead barbell press and the push press. Both are good for building strength. The push press engages slightly more muscles and develops explosive power and the standing overhead press is more strict and will place a bigger emphasis on strength. Overall, a great strength exercise for swimmers. Remember to learn proper technique before adding weight. Another way to enhance performance in the pool- tech suits! Consider checking out my article on the best tech suits for swimmers or read my article on do tech suits make a difference? For an in-depth look and some cool scientific studies. The deadlift is known as being one of the best exercises for full-body strength and power. The deadlift engages pretty much every muscle in your body and is a great way to develop explosive power, making it an excellent strength exercise for swimmers as we frequently have every muscle in our body firing as we swim. The deadlift will help to develop core stability, full-body strength, and power which will translate into faster kicking, pulling, and more stability in the water, which is important for technique and reducing drag when swimming. This exercise will also help swimmers to increase their strength endurance allowing for faster swimming for longer periods of time. Like a lot of the other exercises the deadlift also has a couple of variations to choose from. For swimmers, I recommend the hex bar deadlift and the conventional barbell deadlift as these are both great for developing athleticism, strength, and power. In terms of exercise technique, the deadlift is a bit more complicated than a lot of other exercises. Make sure to take the time to learn proper technique first. Watch videos, and record yourself to see if you are performing the exercise correctly. I also recommend keeping the volume on this exercise a bit on the lower side as performing it excessively may cause fatigue that will interfere with your swimming practices. Do 2-3 sets of 5-8 reps once or twice a week for this exercise. Swimmers are known for having strong back muscles, the reason being? The back muscles play an important role in swimming fast and efficiently. That said, the barbell row is easily one of my favorite exercises for developing complete back strength and power. This exercise engages all of the upper- and lower back muscles and also works your biceps and triceps. There are a couple of variations of this exercise that you can try out. I recommend the standard bent-over barbell row, the dumbbell row, or if you want some more stability try out the supported barbell row, which is also a great variation. Overall, a great upper body exercise for swimmers to develop a stronger back and increase your swimming speed. Lunges is another great strength exercise for developing power and strength in your legs which will help you to develop a stronger kick as well as better starts, turns, and underwaters, all contributing to the common goal of swimming as fast as possible in whatever event you specialize in. Like the barbell squat, lunges engage all of the muscles in your legs including the quadriceps, hamstrings, glutes, and calves. There are many different variations of the lunge that you can try out, some examples include dumbbell walking lunges, barbell lunges, and reverse lunges. If you are looking for explosive power, you can also try doing jumping lunges. That said, I recommend the walking dumbbell lunges as I found it to be one of the most engaging variations making it great for developing strength in your legs. Another great thing about this strength exercise is that the technique is quite basic to learn. Box jumps are one of the best exercises for developing explosive power allowing for better starts, turns, and underwaters. This exercise isnt necessarily the best for raw strength, but it is a great athletic exercise that can help you to become a better and faster swimmer. The box jump works many different muscle groups, including the core, glutes, quadriceps, hamstrings, and calves. These muscles are all frequently used when swimming, making the box jump a great exercise for you as a swimmer. To quickly dive a little deeper, the main reason for the gain in explosive power from doing box jumps is because it improves the reaction of fast-twitch muscle fibers, which is required for quick and explosive motions like starts, turns, underwaters, and fast strokes. Core strength is extremely important in competitive swimming. It plays an important role in many aspects including- trunks rotation and flexion, balance and stability, body position, power, and underwaters. The plank is one of my go-to exercises for core strength since it develops the entire core and develops some great stability in the abdominal muscles. Another cool thing to note is that the plank actually helps a little bit with flexibility, the plank stretches your shoulders, hamstrings, and certain areas of your feet. Overall I really like the plank and highly recommend all swimmers to incorporate it into their strength training routine. The plank is a great way to train the entire core in just a few sets. As you get stronger with the plank you can also try some more advanced variations like weighted planks, plank with your arms extended further in front of you, and ab wheel roll outs, which is a more dynamic and challenging variation of the plank. For some more core exercises, consider checking out my article on the 10 best core exercises for swimmers at home. The kettlebell swing is a great dynamic exercise for strengthening a large number of muscles in your body, including your hips, glutes, hamstrings, lats, abs, shoulders, and pecs. Its also great for developing explosive power that will help with fast kicks, pulls, underwaters, turns, and starts. The kettlebell swing will also quickly get your heart rate up training the aerobic systems in your body and burning a lot of calories. Another benefit is the fact that the technique on this exercise is also simple and easy to learn. Kettlebells Buy Now On Amazon Overall, the kettlebell swing is a good athletic exercise to incorporate into your strength training to become a better and faster swimmer. Below are 2 example strength training routines that you can try out. You can also use them as a guideline to create your own one if youd like. The key is to stay consistent with it over a period of at least 3 to 6 months and to gradually increase the weight/ intensity on exercises as you become stronger. Example 1- Workout 1- Monday Pull Ups, 3 sets of 8-12 reps. Barbell Back Squat, 3 sets of 6-8 reps. Bench Press, 3 sets of 6-8 reps. Plank, 3 sets of 1,5 minutes Box Jumps, 3 sets of 8-10 reps.Workout 2- Wednesday Pull Ups, 3 sets of 8-12 reps. Dumbell walking lunges, 3 sets of 12 reps per leg. Overhead Press, 3 sets of 6-8 reps. Deadlifts, 2 sets of 5 reps. Kettlebell swings, 3 sets of 15-20 reps.Workout 3- Friday Pull-ups, 3 sets of 8-12 reps. Barbell Front Squats, 3 sets of 6-8 reps. Bench press 3 sets of 6-8 reps. Barbell rows, 3 sets of 6-8 reps. Plank, 3 sets of 1.5 minutes. Example 2- Workout 1- Monday Barbell back squat, 3 sets 6-8 reps. Bench Press, 3 sets 6-8 reps. Overhead Press, 3 sets 6-8 reps. Pull-ups, 3 sets, 8-10 reps.Workout 2- Wednesday Barbell back squat, 3 sets 6-8 reps. Bench press, 3 sets 6-8 reps. Deadlift, 3 sets 6-8 reps. Box jumps, 3 sets 10 reps.Workout 3- Friday Barbell back squat, 3 sets 6-8 reps. Bench press, 3 sets 6-8 reps. Overhead press, 3 sets 6-8 reps. Weighted pull-ups, 3 sets 5 reps. At the end of the day, strength training can be very beneficial to swimming performance. Strength training allows you to develop muscle strength and explosive power that is required for developing faster, more explosive, and more efficient strokes, kicks, and other aspects of becoming a better and faster swimmer. Enjoy sharper detail, more accurate color, lifelike lighting, believable backgrounds, and more with our new model update. Your generated images will be more polished thanever.See What's NewExplore how consumers want to see climate stories told today, and what that means for yourvisuals.Download Our Latest VisualGPS ReportData-backed trends. Generative AI demos. Answers to your usage rights questions. 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Our original video podcast covers it allnow ondemand.Watch Now 5 Strength Training Exercises to Improve Swimming PerformanceBy Kayla RiemenspergerWeight training is often a highly debated topic in the world of swimming. While there is no clear-cut right or wrong answer to whether or not weights are beneficial for developing swimmers, many year-round programs dont even use weight training. Therefore, swimmers typically are not exposed to the weight room until college. For college swimmers, weight training typically becomes an integral partof the training regimen.Strength Training In CollegePhoto Courtesy: Kayla RiemenspergerMany college swimming programs rely on weight training to help build strength and power to increase their athletes performance. Chris Ritter, the founder ofRITTER Sports Performance online training programs and author of the e-book SURGE STRENGTH, defends weight training in an article on U.S. Masters Swimming, writing that it helps swimmers prevent injury and increases their speed by getting stronger. Many college swimmers enjoy the results from the weight room both in physique and performance improvements. Former DePauw swimmer Allison Tallen noticed a huge change in her performance throughout her freshman year as she was introduced to weights: I found myself feeling stronger and faster in the water something I hadnt ever felt during club season. She noticed the changes in her body and experienced significant drops in her times. By the end of the season, I was swimming times I had never swum before. I think our strength training program was very beneficial for our performance.ExercisesHere are five key exercises along with their benefits that coaches can incorporate into weight room programs for great results.1. Pull-ups Photo Courtesy: US Air ForceHow is it beneficial: A proper stroke when swimming generates a full extension all the way through the lats, back, shoulders, and even the wrist. Therefore, a pull-up done properly mimics such movement. This allows the swimmer to strengthen their pull as they glide through the water.2. Lateral LungePhoto Courtesy: G. John MullenHow is it beneficial: This movement opens up the muscles of the groin and hips, thus helping to improve a swimmers hip rotation, which according to many coaches is vital in swimming. Many distance swimmers end up relying on their hip rotation to allow for them to take long and strong strokes and pull more water. Especially when swimming those longer races.3. Alternating Dumbbell PressPhoto Courtesy: By Master Sgt. Claude Lawson, 27th Special Operations Force Support SquadronHow is it beneficial: This exercise helps to promote shoulder stability without placing excessive pressure directly onto the joint. Shoulder stability is important to many swimmers with the excessive amount of stress swimmers put on their shoulders swimming lap after lap. If a swimmer builds strong shoulder stability they can lower their chances of developing shoulder issues later on in their swimming career such as tendonitis.4. Mini Band External RotationHow is it beneficial: This exercise is best in helping strengthen your hips and glutes, which provide much of your power in swimming. Think of how powerful a swimmers kicks are, they generate from a swimmers hips so if a swimmer has strong hips then that will lead to strong kicks. This is especially important to swimmers who swim sprint races, since they draw a lot of their power from their kicks to move through the water.5. Squat JumpHow is it beneficial: This exercise focuses on working the hips, knees, and ankles. Which is important in helping to create power off the blocks and off the wall. Swimmers rely on their starts and turns during races so by working your muscles that are involved in getting off the blocks as well as quick turns swimmers can develop and increase their speed as well as reaction time.All commentaries are the opinion of the author and do not necessarily reflect the views of Swimming World Magazine nor its staff.

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