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## The Role of Preparatory Exercises in Teaching Swimming Techniques

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**Abstract:** In this article swimming the methods of training for the sport, the role of preparatory exercises in teaching swimming techniques, and the methods of selection of preparatory exercises are discussed.

**Keywords:** Physical education, theory of physical education, theory of swimming, sports training, health, sports, education of a healthy generation, healthy lifestyle, physical education system, swimming facilities, swimming federation, preparatory exercises, aerobic fitness, elliptical machine, interval training, aerobic training

### Introduction

Preparatory exercises are an important component of teaching swimming technique. These exercises aim to improve the swimmer's fitness and skills before they start learning to swim. There are several theoretical considerations when choosing training exercises for swimming:

1. **Aerobic fitness:** Swimming requires a high level of cardiovascular endurance, so preparatory exercises should be aimed at developing aerobic fitness. Activities such as running, cycling, and using an elliptical machine can be effective ways to improve aerobic fitness[1,2].
2. **Strength and flexibility:** Swimming involves the use of many muscle groups, so it is important to develop strength and flexibility throughout the body. Exercises such as resistance band training, yoga, and Pilates can help develop strength and flexibility.[3]
3. **Coordination and balance:** Swimming requires coordination and balance, which can be developed through exercises such as balance drills, agility drills, and coordination drills.
4. **Technical drills:** Preparatory drills may also include drills that focus on specific aspects of swimming technique, such as body position, breathing, and stroke technique. These exercises help develop muscle memory and improve overall technique.[3,4]

When choosing preparatory exercises, it is important to consider the individual needs and abilities of each swimmer. Preparatory exercises should be adapted to the level of fitness, skill and experience of the swimmer. They should also start with basic exercises and progress to more advanced exercises as the swimmer's fitness and skill level improves.[15,16,17,18]

Swimming is a cardiovascular activity that requires a high level of aerobic fitness. Aerobic fitness is the ability of the heart, lungs, and circulatory system to deliver oxygen and nutrients to the muscles during exercise. Thus, developing aerobic fitness is an important part of swimming preparation.

There are various preparatory exercises that can help improve aerobic fitness and prepare the body for swimming. Here are some examples:

1. **Jogging:** Jogging is a great way to build cardiovascular endurance and build the muscular

endurance needed for swimming. Start with light jogging and gradually increase the intensity and duration over time.[4,5]

2. **Cycling:** Cycling is another effective way to build cardiovascular endurance and leg strength, which is important for kicking while swimming. Stationary bikes and outdoor bikes are good choices.

3. **Elliptical Machine:** The elliptical machine is a low-impact cardio machine that helps build cardiovascular endurance and leg strength without putting too much stress on the joints.

4. **Interval Training:** Interval training involves alternating periods of high-intensity exercise with periods of low-intensity exercise. This type of training can be effective for improving aerobic fitness and increasing endurance.[5,6]

5. **Swimming Exercises:** Swimming exercises aimed at maintaining a steady pace for a set distance or time will help improve swimming technique while improving aerobic fitness.

When creating a swim training program, it is important to start slowly and gradually increase the intensity and duration of the exercises over time. This helps prevent injury and ensures that the swimmer is able to build a solid foundation of aerobic fitness that supports their swimming goals.

Resistance band training can be especially beneficial for swimmers because it helps strengthen the muscles used in swimming movements, such as the freestyle stroke and breaststroke. On the other hand, yoga and Pilates help improve flexibility and balance, which leads to improved body control and technique in the water.

It is important to note that while strength and flexibility training can be beneficial for swimmers, it is important to ensure that any training program is well balanced and does not overemphasize one area of fitness over another. For example, a swimmer who focuses too much on strength training may neglect the cardiovascular endurance required for swimming. Similarly, swimmers who focus too much on flexibility training may neglect muscular endurance and strength, which can affect their swimming performance[19,20].

In general, incorporating strength and flexibility training into a swim training program can help swimmers develop a well-rounded fitness foundation that supports their swimming goals.

Swimming is a sport that requires a high level of coordination and balance. Coordinating the movements of arms, legs and breathing with fluid movements can be difficult, especially for beginners. Developing coordination and balance is essential for proper swimming technique and injury prevention.

There are several exercises that can help develop coordination and balance:

1. **Balance Exercises:** Balance exercises involve standing on one leg or using a balance board to improve balance and stability. These exercises help swimmers maintain proper body position in the water.

2. **Agility Exercises:** Agility exercises involve quick changes of direction and speed, which can improve coordination and reflexes. Agility exercises can be performed both in and out of water.[7,8]

3. **Coordination exercises:** Coordination exercises involve practicing swimming movements out of water to develop muscle memory and improve coordination. For example, practicing freestyle arm movements on land helps swimmers perfect their technique in water.[9,10,11]

4. **Core Stability Exercises:** Core stability exercises help swimmers maintain proper body position in the water and improve balance.

Incorporating these exercises into a conditioning exercise program will help swimmers develop the coordination and balance necessary for proper swimming technique. It should be noted that these exercises should be performed in conjunction with other activities, such as cardiovascular and strength training, to form a comprehensive foundation of fitness.[12,13,14]

In conclusion, it can be said that preparatory exercises are an important component of teaching swimming technique. They aim to develop a swimmer's fitness, strength, flexibility, coordination and technique before starting to learn to swim. By selecting appropriate training exercises, coaches help swimmers improve their overall swimming skills and achieve their goals in the water.

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