

Breaststroke Training Exercises

Most important -requires stable (strong) core and strong adductor (groin) muscles

CORE

There are numerous different core exercises you can perform so pick a few that you like best and will challenge yourself. Remember, with all core exercises FORM IS EVERYTHING. Make sure you perform them slow and pay attention to body alignment. Here are a few examples:

1. **Adduction and Hip Internal Rotation** -Form a side pillar or bridge by supporting your body in a side-lying position with one arm touching the ground while squeezing a bench with your knees. Place the hand of the upper arm on the hip. Keep your body in a straight line and contract your glutes. Next, rotate your hips inward, bringing your feet wide. Repeat. Hold for approximately 30 seconds.

<https://www.swimmingworldmagazine.com/news/4-novel-breaststroke-core-training-exercises/>



2. **Medicine Ball Leg Lift** –This exercise will increase strength in the core and hip flexors.
 - a) Lie on your back, hold a medicine ball between your feet
 - b) Place hands by head or at your side
 - c) Lift the ball about a foot off the ground
 - d) Lift the ball 6 to 12 inches from the original starting point.
 - e) Repeat for 15-20 reps

<https://breaststrokeinformation.weebly.com/stroke-specific-exercises.html>



3. **Planks** -there are many different variations that are all very effective, here are a couple examples:

<http://travelstrong.net/best-core-exercises/>

a) Three-point plank:

- i. Raise one foot off the ground and hold it there.
- ii. Make sure to hold your body still and keep your spine in a “neutral” position (no arching or rounding your back).
- iii. Avoid tilting sideways.
- iv. Switch legs every 5-10 seconds.

b) Side plank:

- i. The side plank targets many smaller core muscles that are often neglected. It's tougher than a regular plank so you won't be able to hold it for as long. Start out with short holds of 10 seconds on each side, and work your way up.

c) RKC (Russian Kettlebell Challenge) Plank:

- i. Body in standard plank position
- ii. Head and body in neutral alignment (head looking down)
- iii. Elbows under the shoulders, hands closed into fists and slight squeeze back of shoulders
- iv. Squeeze legs together, squeeze glutes together
- v. Try to “pull” elbows and toes together while keeping glutes tight. Hold position for 10 seconds



4. **Hanging Leg-Raises** -These need to be done under control, do not just let your legs fall and no swinging your body. If you're struggling, start by bending your legs and raising your knees to your chest instead.



Adductor

As with core exercises, there are many different variations to strengthen the groin muscle. Some of these can have an impact on the knees if not done properly. Always try to keep your weight back on your heels to take pressure off the knee and use more of your quad and groin. Here are a few examples:

1. **Sumo Squat** -The sumo squat will strengthen the inner thigh and gluteal muscles. This will translate into a powerful finish of the breaststroke kick
 - a) Place both feet farther than shoulder width apart and point the feet laterally outward.
 - b) Grasp the middle of the weight bar (or dumbbell or kettle ball) with your hands inside of your knees.

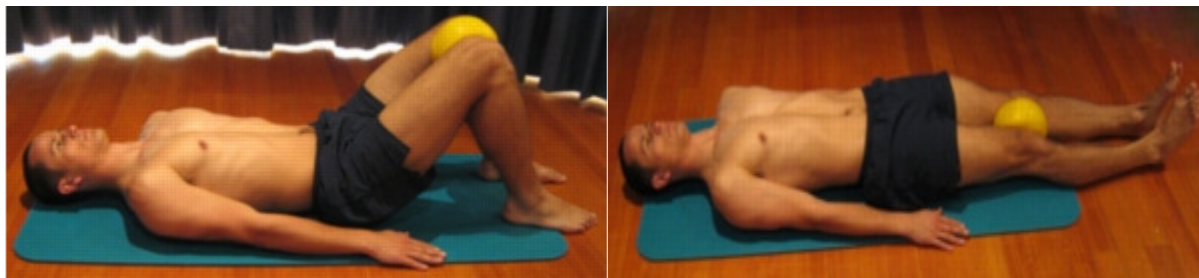
- c) Squat into a position where your legs are 90 degrees apart. To take pressure off your knees, you should be back on your heels more (as if sitting in a chair that is a few inches away).
- d) Stand up and squat back down with the weight bar.
- e) Make sure to keep a straight back throughout this exercise.
- f) Repeat 15-20 times

<https://breaststrokeinformation.weebly.com/stroke-specific-exercises.html>



2. **Adductor Squeeze** -performed on your back with your knees up and feet on the floor, or in the supine (flat on your back) positions. You can use a ball or rolled towel between your knees. Slowly squeeze the ball or towel tightening your inner thigh muscles. Hold for 5 secs and repeat 10 times.

<https://www.physioadvisor.com.au/exercises/strengthening-muscles/groin-adductors/>



3. **Thigh Adductor** -performed in the gym on an Inner thigh machine:

<https://www.bodybuilding.com/exercises/thigh-adductor>



4. **Groiners** –

- a) Begin in a pushup position on the floor. This will be your starting position.
- b) Using both legs, jump forward landing with your feet next to your hands. Keep your head up as you do so.
- c) Return to the starting position and immediately repeat the movement, continuing for 10-20 repetitions.

<https://www.bodybuilding.com/exercises/groiners->



5. **Band Hip Adductors** -will require use of a band or low cable pulley equipment at a gym

<https://www.bodybuilding.com/exercises/band-hip-adductions>

- a) Anchor a band around a solid post or other object.
- b) Stand with your left side to the post, and put your right foot through the band, getting it around the ankle.
- c) Stand up straight and hold onto the post if needed. This will be your starting position.
- d) Keeping the knee straight, raise your right legs out to the side as far as you can.
- e) Return to the starting position and repeat for the desired rep count.
- f) Switch sides.

