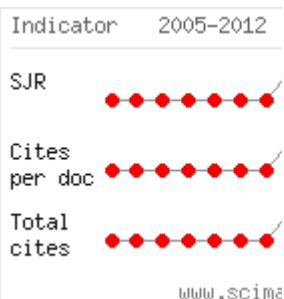


## JHSE

- [Current Issue](#)
- [Back Issues](#)
- [Most read articles](#)
- [Indexing](#)
- [Advanced search](#)
- [Contact](#)
- [Site Map](#)
- [About](#)
- [Links](#)

## GOOGLE TRANSLATE



[Home](#) > [Vol 7, No 2 \(2012\)](#) > [Morouço](#)

## Effects of dry-land strength training on swimming performance: a brief review

*Pedro G Morouço, Daniel Almeida Marinho, Nuno Miguel Amaro, José Antonio Pérez-Turpin, Mário Cardoso Marques*

### Abstract

This article provides a brief review over the state of art concerning dry-land training for swimmers. It is important to understand the role of muscular strength for swimming performance and how it might be improved. Firstly, this article analyzes the relationships between strength or power assessment in dry-land and swimming performance. Secondly, the results of studies aiming to evaluate the influence of dry-land

### ARTICLE TOOLS

 [Print this article](#)

 [Indexing](#)


[metadata](#)

 [How to cite item](#)


 [Finding](#)

[References](#)

 [Review policy](#)

 [Email this article](#)

(Login required)

 [Email the author](#)

(Login required)

### FONT SIZE

### Browse

- [By Issue](#)
- [By Author](#)
- [By Title](#)

### Search

All 

[Search](#)



strength training to swimming performance improvement are presented. These results allow coaches to realize the benefits that may be obtained by an appropriate strength training program, according to gender and level.

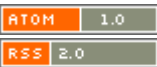
Key words: STRENGTH; POWER; FORCE; TESTING

doi: 10.4100/jhse.2012.72.18


Full Text: [PDF \(224 KB\)](#) [STATISTICS](#)



**CURRENT ISSUE**



[OPEN JOURNAL SYSTEMS](#)

**USER** 

Username

Password

Remember me

[Log In](#)

---

[Announcements](#)



This work is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License](#).

J. Hum. Sport Exerc. ISSN 1988-5202. doi:10.4100/jhse. Faculty of Education. University of Alicante. C/ San Vicente del Raspeig s/n - 03690 San Vicente del Raspeig - Alicante - Spain [jhse@ua.es](mailto:jhse@ua.es)