

MAKE A SPLASH

THE BENEFITS OF POOL TRAINING

When you play a fast, ferocious sport like netball, sometimes you need to give your muscles a break. Training in water is a fantastic low-impact alternative to help you work on your skills and strengthen your muscles – without putting pressure on your joints.

Reduces muscle tension and relieves pain

The weightlessness you feel under water relieves tension in the limbs, supporting aching muscles and easing movement. Plus, hydrotherapy stimulates the release of endorphins, acting as a natural pain reliever, which will further reduce muscle soreness.

Rehabilitates injured muscles

Being immersed in warm or hot water raises the body temperature, increasing blood flow around the circulatory system and therefore alleviating pain. The improved circulation will in turn help to heal injured tissues and rehabilitate damaged muscles or joints.

Low-impact fitness

Land-based exercise puts high-impact stress on muscles and joints, resulting in muscle soreness, stress fractures and sometimes injury, which may put a stop to training. Exercising in water is low-impact, allowing you to get your heart

pumping and increase endurance, without putting any strain on your joints.

Buoyancy

The upward thrust exerted by water on a body acts in the opposite direction of gravity. Someone who weighs 63kg on land, will only weigh about 6kg in water – as gravity is virtually eliminated. The water will act as a cushion for weight-bearing joints, which reduces the stress on your muscles.

Resistance

The drag forces of the water provide a proportional resistance – i.e. the more force you put into it, the more it will push back. Resistance in water ranges between 4 and 42 times greater than in air – depending on the speed of your movement. This makes water a natural weight-training machine. Another benefit is that water provides resistance in all directions, which allows more muscle groups to be involved in the strengthening process.



#SoloSessions

with Sasha Corbin

This month Sasha Corbin hit the hydropool at Bath University to have a go at some low-impact training. Watch this video for some fantastic netball-specific training tips that you can try at your local swimming pool, or when you go on holiday.



click to watch

