

## **Abstract**

**Topic:** The general development of strength in swimming

**Goals:** The aim of this work is to realize a simplified overview of general development of muscle strength in swimming.

**Methods:** We will use literature research to implement the work.

**Results:** The results that have emerged show that the general development of muscle strength is most effective to implement on the dry land. Choosing the most appropriate techniques and methods for resistance training depends on the level of the athlete, the training cycle and the goals the swimmer wants to achieve.

**Keywords:** muscle strength, specific exercise, non-specific exercise