

Swimming freestyle is good for the core muscles?

Yes—freestyle swimming is quietly one of the best core workouts you can do, especially for someone like you balancing tennis, lifting, and recovery.

Here's what's really going on under the surface:

What “core” means in freestyle

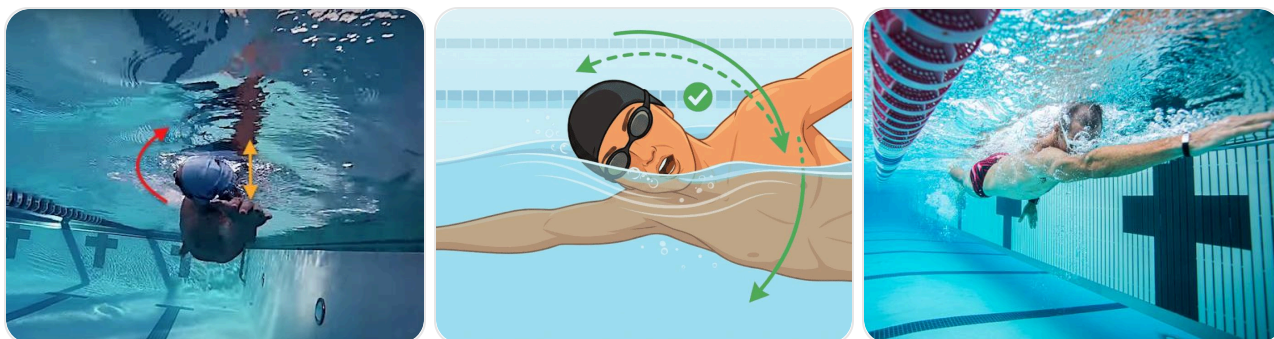
Your core isn't just abs—it's your entire **trunk stability system**:

- Rectus abdominis (front abs)
- Obliques (rotation control)
- Transverse abdominis (deep stabilizer)
- Lower back (erector spinae)
- Hip stabilizers (glutes + deep rotators)

Freestyle hits *all of these*—but in a **functional, endurance-based way**, not brute-force like lifting.

How freestyle actually trains your core

1. Rotation control (huge for tennis)



- Every stroke involves controlled **rotation from the hips and torso**
- Your **obliques fire constantly** to:
 - Rotate

- Then stop the rotation (this is key)

👉 This is *directly transferable* to:

- Groundstrokes
- Serves
- Change of direction

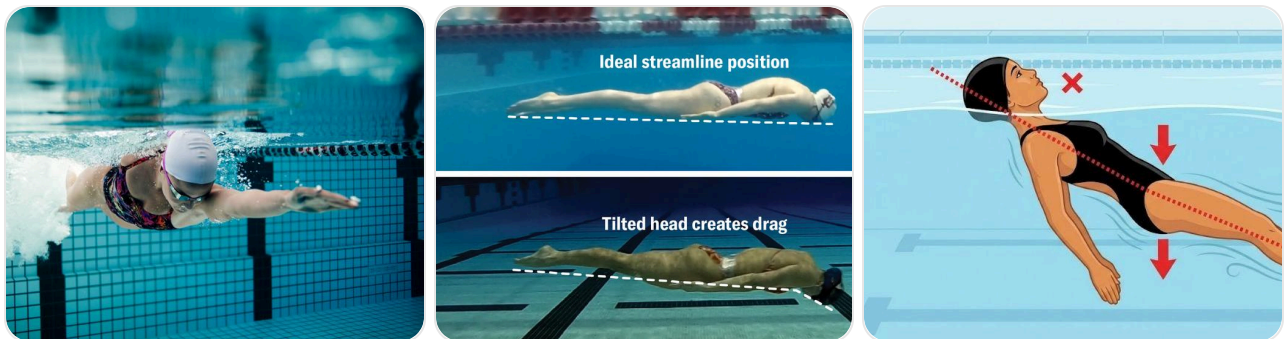
2. Anti-rotation stability (the hidden benefit)

- While one arm pulls, your body wants to twist out of control
- Your core's job is to **keep you aligned and streamlined**

👉 That's similar to:

- Staying stable on wide balls
- Hitting under pressure without collapsing posture

3. Spinal alignment + posture



- Good freestyle = long, straight line from head → hips → feet
- Core engagement keeps hips from sinking

👉 This builds:

- Postural endurance
- Lower back protection (important at 59 and lifting)

4. Kicking = lower core + hips

- Flutter kick is driven from the **hips**, not knees
- Requires:
 - Lower abs

- Hip flexors
 - Glute stabilization
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What freestyle core training is (and isn't)

What it IS:

- Endurance-based core strength
- Rotational control
- Low-impact (joint-friendly)
- Great for recovery days

What it is NOT:

- Max strength (like heavy Pallof presses or cable work)
 - Hypertrophy-focused
 - Explosive power
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For your specific goals (tennis + longevity)

Freestyle is almost ideal because it:

- Trains **rotation without joint stress**
 - Reinforces **movement quality, not just muscle**
 - Helps with **recovery between hard tennis sessions**
 - Supports your goal of avoiding injury while staying competitive
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How to make it even better for core

If you want to *turn it into a serious core session*:

- Swim with a **slightly slower, controlled stroke**
 - Focus on:
 - "Long spine"
 - "Rotate from hips, not shoulders"
 - Add:
 - **Pull buoy sets** (forces core to stabilize)
 - **Side-kick drills** (pure core + balance)
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Bottom line

Freestyle won't replace your cable work or glute training—but it's one of the best **real-world core integrators** you can do.

For you, it's not just "good"—it's a **perfect complement** to everything else you're already doing.

If you want, I can design a **25–30 minute swim workout specifically for tennis players 45+** that targets core, recovery, and shoulder health.



This is good for tennis players?

Yes—it's **not just good for tennis players... it's one of the smartest things you can add**, especially at your level and age.


Let's be direct about why:

Why freestyle fits tennis so well

1. Rotational engine (this is the big one)



- Freestyle = controlled rotation + stopping rotation
- Tennis = same thing (load → explode → decelerate)

 You're training:

- Obliques (rotation + braking)
- Core sequencing

That's direct carryover to forehands, backhands, serves

2. Shoulder health (this matters more than you think)

- Swimming builds endurance in the rotator cuff and scapular muscles
- Tennis beats those same structures up

👉 Done right, freestyle:

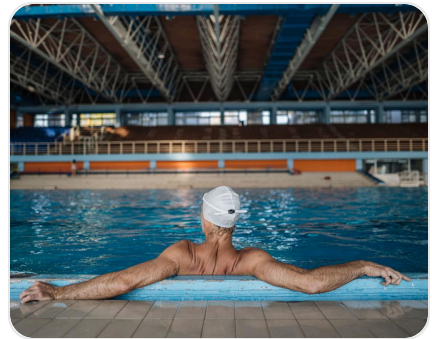
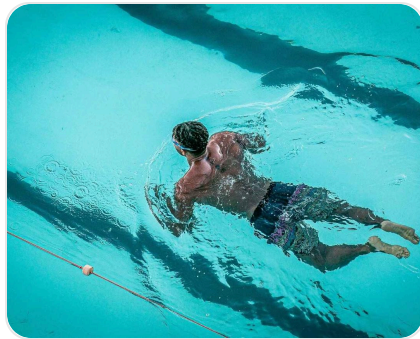
- Improves shoulder durability
- Reduces risk of overuse injuries

👉 Done wrong (overhead + sloppy form):

- Can irritate shoulders

So technique matters.

3. Low-impact conditioning



- You get serious cardio **without pounding joints**
- No knee stress (important given what you've said about squats)

👉 This is huge for:

- Recovery days
 - Back-to-back match play
 - Longevity
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4. Core endurance (not max strength—but you need this)

- Tennis matches = 1.5–2+ hours
- You don't lose because your abs are weak
- You lose because your **core fatigues and your mechanics break down**

Freestyle builds:

- Postural endurance
- Stability under fatigue

👉 That's what keeps strokes clean late in matches

5. Breathing control under stress

- Freestyle forces **rhythm + breath control**
- Tennis players often hold their breath under pressure

👉 This helps:

- Stay relaxed in long rallies
 - Recover between points
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⚠️ Where swimming does NOT replace your training

Be clear about this:

Freestyle will NOT give you:

- Explosive power
- Max strength
- High-level deceleration strength (needed for cutting)

👉 You still need:

- Cable work (you're already doing this 👍)
 - Glute strength work
 - Some controlled resistance training
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🎯 For YOU specifically

Given:

- Competitive tennis
- Heavy lifting (but not all-out max)

- Injury avoidance as priority
- Knee sensitivity

 ChatGPT 



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- Builds rotational endurance
 - Aids recovery between hard sessions
 - Supports your long-term goal: **stay on the court, not in PT**
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 **Bottom line (no fluff)**

Yes—freestyle is excellent for tennis players.
But not as a replacement.

Think of it as:

 "Maintenance + movement quality + recovery"

Not:

 "Primary strength builder"

If you want, I can map out a **weekly schedule** for you (tennis + lifting + swimming) so you're not accidentally overtraining or missing something important.

