

## INVESTIGATION ON THE IMPACT OF COMBINED LAND AND WATER TRAINING ON THE PERFORMANCE OF 50 MT FREESTYLE TIMING OF ADOLESCENT SWIMMERS

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### ABSTRACT

*Swimming is considered the oldest form of survival skill, which later evolved into a sporting discipline. However, it has the lowest participation rates compared to other disciplines worldwide, particularly in the Indian context. An unlikelihood of not understanding or acknowledging the fact of combined training or a quality training module of both land and water training, also by understanding the diversity of swimmers' individualities or swimming specific requirements as a conjoined part of improvement of swimmers, further leads to countless drop-outs from the sports, or early specialization, or below average performances. For this very reason, an investigation was carried out by the researcher on 45 swimmers of 11 to 12 years of age, to understand the effectiveness of the combined training model to develop the performances of swimmers in 50 MT freestyle. Further through the process of statistical inference, the result of the study was produced.*