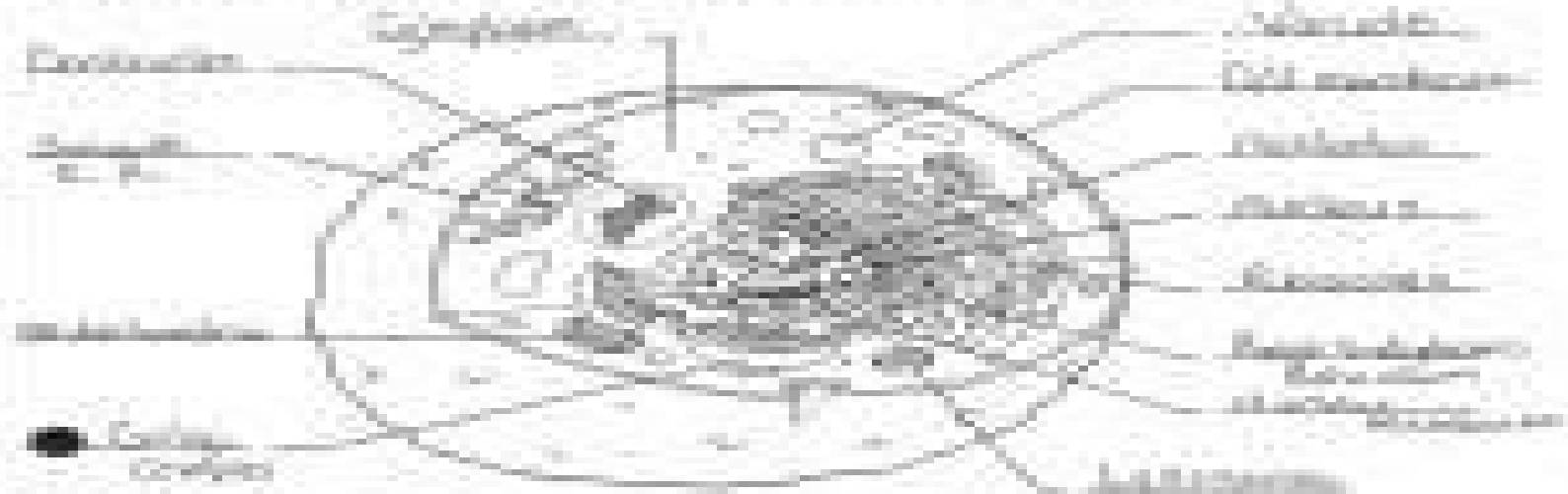


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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the performance of a 1000-m swimmer. The subjects were 10 male swimmers who were selected on the basis of their performance in a 1000-m swim. The subjects were divided into two groups: a control group and a training group. The training group underwent a 10-week training program that consisted of swimming 1000 m three times a week. The control group did not undergo any training. The subjects were tested at the beginning and at the end of the 10-week period. The results showed that the training group had a significant improvement in their performance compared to the control group. The training group's time decreased by 15.2%, while the control group's time remained the same. The results suggest that a 10-week training program can improve the performance of a 1000-m swimmer.



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