***Swimming Dryland Workouts***

**Day 1** (all together)

* First dryland of the season – very basic – all about setting effort and work out expectations
  + Run 1 mile – indoor under 10 minutes
    - On infield: leg drag 10 yards, 15 push ups, 20 squat jumps, 25 imaginary jump rope jumps, 30 bicycle crunches
  + Run 1 mile – under 9:30
    - Repeat core work
  + Run 1 mile – under 9:00
    - Repeat core work
  + Run 1 mile – under 8:30
    - Repeat core work
      * When finished stretch on own and cool down, then cheer on the other girls – we need to start supporting each other to become a team. You need to know that we are here for each other.

**Day 2** (all together)

* Short meeting first: cover dryland expectations (if doing it).
  + Hard work, branch out with teammates, push each other, no down time, **no drama**
  + Explain the routine for each session.
    - Start right away – go through abs, explain exercises, work hard, clean up, done at 6:50 each day. Weekend dryland times are not optional.
  + We will break into 2 groups during AM dryland. This is due to equipment and space issues. This will change each week: V/JV; senior+frosh/soph+jun; jun+frosh/soph+sen; sen+jun/frosh+soph
* Run pool bleacher stairs – 10 minutes – pushups on whistle
* Move to upper gyms – put girls in 8 even lines
  + 10 back bridges
  + Leap frog jumps across gym in lines
  + 40 leg lifts
  + Walking lunges in lines back to the original spot
    - Repeat this drop one bridge and 4 leg lifts each round – go until 1 left.
    - Use music once the girls understand.

**Day 3 and 4** (split groups) one group does the dryland circuit the other goes to the weight room.

**Weight Room:**

* Abs first – 25 TT crunches, 30 scissors, 25 reverse crunches, 40 bicycle crunches – 3 sets
* Explain exercises and show location – send girls to random stations.
* Exercises: Band swims, Bar squats, Inverted bar rows, Band shoulder abduction, Bench Press with bar (write these in order on the white board)  **FOUR OF EACH FOR SET UP**
  + Girls will work with a partner: one partner does 20 reps with other spotting, they will immediately switch and the other partner will do the same. When both partners have gone they will move to the next exercise on the list and do the same thing NO DOWN TIME!
  + Get through as much as possible with time available

**Dryland:** Run everyone together – use a white board or the stand with paper to display the workout

* Abs first – 25 TT crunches, 30 scissors, 25 reverse crunches, 40 bicycle crunches – 3 sets
* Explain the exercises and demonstrate – goal is to see how many times you can get through it in time allowed. – use last 4-5 minutes for clean up and cool down.
* Workout:
  + 30 mountain climbers
  + 50 imaginary jump ropes
  + 20 wide pushups
  + 1 minute ab plank
  + 20 split squat jumps
  + Run two laps
    - Repeat

**Day 5 and 6** (split groups) one group does the dryland circuit the other goes to the weight room.

**Weight Room:**

* Abs first – 25 TT crunches, 30 scissors, 25 reverse crunches, 40 bicycle crunches – 3 sets
* Explain exercises: - work with partner as spotter; move at own pace
  + Bench press – 3 sets: 10 reps with bar, add 10 lbs do 8 reps, add 10 more lbs do 6 reps
  + Upright row – 3 sets: 10 reps with bar, add 10 lbs do 8 reps, add 10 more lbs do 6 reps
  + Lunges with a Twist – Twist to the leg you are stepping forward with, alternate legs, do 3 sets of 24 reps
  + Romanian deadlifts – 3 sets: 10 reps with bar, add 10 lbs do 8 reps, add 10 more lbs do 6 reps
  + Burpe pull ups – 6 sets of 5 reps
    - There shouldn’t be any extra time, but if there is, girls can go into squats or tricep extensions as extra lifts

**Dryland:**

* 1 lap (on indoor track) under 45 seconds (use scoreboard clock or stopwatch)
* 20 wide push ups
* 1 lap (on indoor track) under 45 seconds (use scoreboard clock or stopwatch)
* 19 weighted twists with med ball
* 1 lap (on indoor track) under 45 seconds (use scoreboard clock or stopwatch)
* 18 weighted presses
* 1 lap (on indoor track) under 45 seconds (use scoreboard clock or stopwatch)
* 17 bridges
* 1 lap (on indoor track) under 45 seconds (use scoreboard clock or stopwatch)
* 16 tuck jumps

\*Repeat the lap and the exercise sequence but keep dropping 1 rep each round.

Abs last if time - 25 TT crunches, 30 scissors, 25 reverse crunches, 40 bicycle crunches – 3 sets

**Day 7** – large group dryland before Saturday practice.

* Abs first – 25 TT crunches, 30 scissors, 25 reverse crunches, 40 bicycle crunches – 3 sets
* We will need a computer, projector, and speaker.
* Everyone will do P90X – plyometrics

**Day 8 and 9** (split groups) one group does the dryland circuit the other goes to the weight room.

**Weight Room:**

* Abs first – 25 TT crunches, 30 scissors, 25 reverse crunches, 40 bicycle crunches – 3 sets
* Explain exercises – write up on the board – girls will work with a partner (one spots, other lifts) switch with no down time. Move when done with exercise.
  + Squats – 3 sets: 10 w/ bar – elbows to knees, add 10 lbs do 8 reps, add 10 lbs do 6 reps
  + Clean and Jerk with bar – 3 sets of 10 reps
  + Band flys – 3 sets of 20 reps – band tension=should be extremely difficult for last 3-4 reps
  + Dumbbell pullovers on back using the bench with straight arms
    - 3 sets of 10-12 reps – use 30 or 35 lbs dumbbell
  + Assisted Pull ups – 7 sets of 3 reps – if you can do more than 3 reps at a time then go ahead each girl must get in at least 21 total pull-ups
    - If extra time – which their shouldn’t be, perform rotator cuff stability exercise with 5 lb plate

**Dryland:**

* Perform abs 1st - 25 TT crunches, 30 scissors, 25 reverse crunches, 40 bicycle crunches – 3 sets
* Explain exercises and workout – write them on a white board or poster.
* Everything else is 15 reps on the 30 seconds – move AFAP to get rest in between exercises
* Put a running clock up on the scoreboard in the fieldhouse and perform the exercises with the girls so you can model them.
  + Tuck Jumps
  + Right leg squat
  + Left leg squat
  + Band shoulder Alternating press
  + Donkey kick right leg
  + Donkey kick left leg
  + Hip circle right leg
  + Hip circle left leg
  + Band shoulder raises
  + Band squat press
  + Diamond pushups – at this point you will be a 5:30 on the clock – rest for 30 seconds and repeat – do this 5x’s

**Day 10 and 11** (split groups) one group does the dryland circuit the other goes to the weight room.

**Weight Room:**

* NEW Abs first – 25 regular crunches, 20 leg lifts, 12 v – ups, 20 streamline crunches with legs up, 10 side ups – each side. – 3 sets
* Explain exercises – write up on the board – girls will work with a partner (one spots, other lifts) switch with no down time. Move when done with exercise.
  + Incline Bench w/ 65 lbs – 3 sets of 10 (if you can’t do 10 reps in a set, then do more sets, but the bare minimum is 30 total reps) applies for all exercises today.
  + Inverted bar rows – 3 sets of 10
  + Bench dips – 3 sets of 12
  + Squat Jumps with 10 lb weight – press overhead when you jump
  + Squat Walk 16 steps – 3 sets.
    - If time – do straight arm band pulldowns 3x10

**Dryland:**

* NEW Abs first – 25 regular crunches, 20 leg lifts, 12 v – ups, 20 streamline crunches with legs up, 10 side ups – each side. – 3 sets
* Explain the exercises and workout: 30 IS THE MAGIC NUMBER! Move as fast as possible – one partner goes and then the other.
  + Med ball slams
  + Band side chops – 15 each side
  + Band swims
  + Band tricep burnouts
  + Med ball straight arm – overhead to waist
  + Leap frog jumps
  + Squat jacks
    - Minimum is 4 times through – goal is to get to 5 times though – if they get to 5 they are done.

**Day 12 and 13** (split groups) one group does the dryland circuit the other goes to the weight room.

**Weight Room:**

* NEW Abs first – 25 regular crunches, 20 leg lifts, 12 v – ups, 20 streamline crunches with legs up, 10 side ups – each side. – 3 sets
* Explain exercises – write up on the board – girls will work with a partner (one spots, other lifts) switch with no down time. **Move to new exercise after EACH SET!!!**

Round 1 Round 2 Round 3

|  |  |  |
| --- | --- | --- |
| BW x 10 each leg | BW x 10 each leg | BW x 10 each leg |
| 55 x 10 | 65 x 8 | 75 x 6 |
| BW x 12 | BW x 12 | BW x 12 |
| BW x 12 | BW x 12 | BW x 12 |
| 20 or 25 lb DB | 20 or 25 lb DB | 20 or 25 lb DB |

* + Lateral step ups
  + Incline bench
  + Depth jumps
  + Diamond push ups

With assistance

* + Dumbell bicep curls

With overhead press

* If extra time – add in low back extensions, or supermans , or choice lift

**Dryland:**

* NEW Abs first – 25 regular crunches, 20 leg lifts, 12 v – ups, 20 streamline crunches with legs up, 10 side ups – each side. – 3 sets
  + 1 lap = single leg long hops on curves, jog the straights – must finish under 1 min (keep running clock on scoreboard)
  + 15 burpes with jump
  + 15 single leg squats (each leg)
  + Run 5 laps in under 4 minutes
  + 15 dive bomber pushups
  + 15 yards of leg drag
    - Repeat sequence (each round must be done under 9 minutes) – goal is to complete 5 rounds (4 is minimum)

**Day 14 and 15** (split groups) one group does the dryland circuit the other goes to the weight room.

**Weight Room:**

* NEW Abs first – 25 regular crunches, 20 leg lifts, 12 v – ups, 20 streamline crunches with legs up, 10 side ups – each side. – 3 sets
* Explain exercises – write up on the board – girls will work with a partner (one spots, other lifts) switch with no down time. **Move to new exercise after you have completed the total # of sets.**
  + **Y** shoulder flys with incline bench w/5 lb weights – 3x12
  + Burpe Pull ups – 5 x 6 reps
  + Squats – 1x12 with bar, 1x10 w/ 65lbs, 1x8 w/85 lbs
    - Superset with: Split squat jumps x 20
  + Underhand inverted bar rows – 3x12 w/BW
    - Superset with: pushups x 10

**Dryland:**

* NEW Abs first – 25 regular crunches, 20 leg lifts, 12 v – ups, 20 streamline crunches with legs up, 10 side ups – each side. – 3 sets
* do P90X Yoga

**Day 16 and 17** (split groups) one group does the dryland circuit the other goes to the weight room.

**Weight Room:**

* NEW Abs first – 25 regular crunches, 20 leg lifts, 12 v – ups, 20 streamline crunches with legs up, 10 side ups – each side. – 3 sets
* Explain exercises – write up on the board – girls will work with a partner (one spots, other lifts) switch with no down time. **Move to new exercise after you have completed the total # of sets.**
* Remember to designate specific areas for each exercise – still setting up 4 of each station
  + 3x20 Band Swims
  + 3x10 single leg squats with a 10lb plate in each hand (10 on each leg)
  + 3 x 12 DB shoulder press with 25 lb DB or plates
  + 3x10 RDL’s with single leg (10 on each leg) holding 25 lb plate
  + 2 x 10 Bar pushups then immediately into 10 bar rows
  + 2 x 10 heel raises with 45 lb plates in each hand

**Dryland:**

* NEW Abs first – 25 regular crunches, 20 leg lifts, 12 v – ups, 20 streamline crunches with legs up, 10 side ups – each side. – 3 sets
* Shotgun start; get in as many rounds as possible. Goal is 8 rounds
  + 6 power pushups
  + 10 squat jacks
  + 10 shoulder raises with bands
  + 10 tuck jumps
  + 10 med ball chops overhead
  + 10 squat jumps
  + 10 med ball diagonal chops (5 on each side)
  + 30 second side plank on each side
  + Run 2 laps and repeat

**Day 18 and 19** (split groups) one group does the dryland circuit the other goes to the weight room.

**Weight Room:**

* **New, New abs** – 25 TT crunches, 15 leg lifts, 25 Rev Crunches, 15 pulses (fingers to toes), 40 bicycles
* Explain exercises – write up on the board – girls will work with a partner (one spots, other lifts) switch with no down time. **Move to new exercise after you have completed the total # of sets.**
* Remember to designate specific areas for each exercise – still setting up 4 of each station
  + Pull ups with partner assistance – 5 x 5 reps
  + Depth Jumps – 3 x 12
  + Bench press 1 x 8 @ 85 lbs, 1 x 10 @ 75 lbs, 1 x 12 @ 65lbs
  + Walking lunges w/ 2 25 lbs plates – 20 steps x 3 sets
  + Clean and Jerk w/ bar (AFAP) 3 x 10
    - Choice lifts if time.

**Dryland:**

* **New, New abs** – 25 TT crunches, 15 leg lifts, 25 Rev Crunches, 15 pulses (fingers to toes), 40 bicycles
* 20 is the magic number for reps of each exercise. Alternate on/off with partner.
  + 4 rounds is the minimum – goal is 5 rounds if they get done with 5 rounds they are done!
* Exercises:
  + Band upright rows
  + Band squats
  + Band flys
  + Band RT torso twist w/ straight arms
  + Band LT torso twist w/ straight arms
  + Med ball slams
  + Med ball squat jump and press
  + Med ball RDL w/ jumps (both legs at same time)
  + Med ball overhead tricep presses
  + Med ball overhead with straight arm toe jumps

**Day 20 and 21 –** we will all stay as one big group on Tuesday and do Abs and then P90X Plyos.

**Day 22 and 23** (split groups) TAPER GROUP GOES TO WEIGHT ROOM ON 22. Other group goes to dryland on 22.

**Weight Room:**

* **New, New abs** – 25 TT crunches, 15 leg lifts, 25 Rev Crunches, 15 pulses (fingers to toes), 40 bicycles
* Explain exercises – write up on the board – girls will work with a partner (one spots, other lifts) switch with no down time. **Move to new exercise after you have completed the total # of sets.**
* Remember to designate specific areas for each exercise – still setting up 4 of each station

Taper: Non-Taper:

* Bar squats with Jumps – 3 x 8 12 reps
* Band Swims – 3 x 15 20 reps
* Burpe Pull ups 3 x 5 5 x 6 reps
* RDL w/ 45 lbs plate (both legs 3 x 10) 3 x 15 reps
* Bar inverted rows 3 x 8 12 reps

Power Pushups 3 x 12 AFAP

Additional lifts as needed

**Dryland: only non-taper will do this**

* **New, New abs** – 25 TT crunches, 15 leg lifts, 25 Rev Crunches, 15 pulses (fingers to toes), 40 bicycles
* 1 lap (on indoor track) under **50** seconds (use scoreboard clock or stopwatch)
* 12 Donkey kick (each leg)
* 1 lap (on indoor track) under **45** seconds (use scoreboard clock or stopwatch)
* 12 pushups with side planks
* 1 lap (on indoor track) under **40** seconds (use scoreboard clock or stopwatch)
* 12 V-ups
* 1 lap (on indoor track) under **35** seconds (use scoreboard clock or stopwatch)
* 12 Tuck Jumps
* 1 lap (on indoor track) under **30** seconds (use scoreboard clock or stopwatch)

**2:00 rest then repeat**

**Day 24, 25, 26** – Just state/sectional kids up to this point.

Day 24 – weights:

* **New, New abs** – 25 TT crunches, 15 leg lifts, 25 Rev Crunches, 15 pulses (fingers to toes), 40 bicycles
* **Split into 2 groups:**
  + **Depth Jumps x 12**
  + **Jump Pullups x 6**
  + **Band Swims x 20**
  + **Bench x 12 @ 75lbs**
  + **Lunges with twist x 20 alternate legs**
    - **Repeat entire workout 3 times.**
    - **At end do some active recovery – arm circles on wall, hip circles, downward dog, superman with arm+leg flutters**

Day 25 – Weights/Dryland:

* **New, New abs** – 25 TT crunches, 15 leg lifts, 25 Rev Crunches, 15 pulses (fingers to toes), 40 bicycles
* Power cleans with bar 2 x 12
* Power pushups 2 x 10
* Lat pulldowns 2 x 10 @ 90lbs
* Deadlifts with 65 lbs 2 x 10
* Straight arm rollouts 2 x 10
* Jump rope 4 minutes
  + Active recovery

Day 26 – dryland/swim combo:

1 x 500 @ 7:30 – every 4th length is something other than free

4 x 50 @ 1:00 – drill / swim (pick something that emphasizes a weakness in your stk

4 x 25 @ 30 – cycle 800

1 x 100 @ 2:00 – Kick

10 Lunges on deck – alt legs

1 x 75 @ 1:30 – Kick

10 squat jumps on deck

1 x 50 @ 1:00 – Kick

10 Tuck jumps on deck

1 x 25 @ 30 – kick

20 toe jumps in streamline position on deck 1450

**2 x’s through (short break in between)**

1 x 100 @ 1:30 – Pull

10 band swims

1 x 75 @ 1:10 – pull

10 push ups

1 x 50 @ 45 – pull

6 dips using bench

1 x 25 @ 25 – pull

10 tricep presses with band

**2x’s through (short break in between)** 2100

Get fins and paddles on.

12 bucket 25’s on 35

Easy 200-300 cool down