

DRYLAND WORKOUTS

Dryland Training 1 – coinciding with Week 1 Faster Swimming Weekly Workouts

Weekly points:

- Dryland workouts should follow swim practice or be separated by 4+ hours
 - Separate these workouts by at least one day
 - End all sets at indicated times – if you don't reach a number goal don't worry, just keep working towards these goals
 - Basic strength and energy-system work
 - If sore from dryland, include extra stretching at the end of any workout
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Workout #1

Warm-up 2:00 Jumping Jacks or Jump Rope

1:00 Squat/Thrust

Stability 2 x 1:00

5:00 Active and Passive Stretching

Work Sets 3 x 1:30 Mountain Climbers

5 Push-ups every :30 continuous 1:00 Rest between sets

3 x 1:30 Squat/Thrust 30 goal 1:00 Rest between sets

5 x 30 Squats continuous :45 Rest between sets

Vary stance (narrow, medium, wide)

C-down 4 x 1:30 Core Rotation

Pick 3 exercises, switch @ :30 intervals

5:00 Active and Passive Stretching

Reference:

<https://swimswam.com/how-to-create-the-best-dryland-workouts-for-high-school-swimmers/>

Workout #2

Warm-up 2:00 Jumping Jacks or Jump Rope

1:00 Mountain Climbers

Stability 2 x 1:00

5:00 Active and Passive Stretching

Work Sets 3 x 1:30 Squat/Thrust 30 goal 1:00 Rest between sets

4 x 1:00 Walkout Push-ups goal=effort :45 Rest

2 Push-ups per walkout

2:00 Push-ups goal=effort no Rest

C-down 4 x 1:30 Core Rotation

Pick 3 exercises, switch @ :30 intervals

5:00 Active and Passive Stretching

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