



**DRYLAND WORKOUT CHOICES/ OPTIONAL**

5-10 min Dynamic Stretch Routine

## **Voluntary Workouts**

The following are voluntary additional work outs that can be ideally added over breaks. These are not in place of swim practice and are designed to help add conditioning and strength without sacrificing performance since we do have swim meets over break. Please plan ahead so that homework can be finished even with this additional work.

**Note: try to do a different one of these each time (do not repeat the same option over and over).**

**Choice 1)**

- **5 minute walk to warm up**
- **30 minute continuous run**
  - speed isn't as important as running for the entire 30 minute period
  - so start off somewhat slow (after 20 minutes if you feel you have a lot of energy left over then speed up for the last 10 minutes).

**Choice 2)**

- **Interval Bike ride (can be on a stationary bike or bike trainer)**
  - Five minute easy "spin" for warm-up
  - 30 second all out, as fast as you can spin
  - 60 seconds of rest

**§ Repeat at least 12 times and try to get to 16 or 18**
- **Form is very important, keep good form and "pull up" on the pedals as much as you press down**

**Choice 3)**

- **Five minute aerobic warm up**
  - Jump rope
  - Jogging in place
  - Elliptical machine



## CENTER HS SWIM TEAM

- other
- **Weight work out for 30 to 40 minutes**
- **Try to work as many muscle groups as possible with no more than 30 seconds rest in between sets**

### Choice 4)

- **Interval Run**
  - Five minute easy warm-up
  - Run 30 seconds as fast as you can while keeping good running form
  - Walk for 60 seconds
  - Repeat at least 12 times and try for 16 to 18 if you can maintain good form for the entire 30 seconds
- **Note a): it helps if someone has a stopwatch or a watch with a continuous timer setting**
- **Note b): this one would be good to do as a group on Saturday or Sunday on the track at a Park.**

### Choice 5)

- **Ultimate Frisbee for 45 continuous minutes**

### Choice 6)

- **Athletic basketball game for 45 minutes (meaning not just standing and shooting – actually running)**

### Choice 7)

- **Swim:**
  - 400 yard warm up
  - 10 x 100 yards
    - Alternate kick 100 and pull 100 (therefore 5 100 yard kicks and 5 100 yard pulls)
  - One of two choices:
    - Two 300 yard free style
    - Or
    - Four 100 yard IM's

### Choice 8) Cycle through [Thanksgiving Dryland Workouts](#)