



WOODLANDS MASTERS SWIM TEAM

Congratulations to the National Swimmers who had best times using the periodized weight training program.

Here's the plan for the rest of the summer with focus on the Long Course National Meet in August.

Week of May 21 - Pre Season Program 3 sets 12 reps.

Week of May 28 - Pre Season Program 4 sets 8 reps.

No weights week of 6/4 if competing in 6/10 meet.

Weeks June 11-July 23 - In Season Program 2 days per week.

Questions - call Nancy Schuber 281-419-2380 or email nschuber@sbcglobal.net



WOODLANDS MASTERS SWIM TEAM

Pre-Season

Weeks 1-3 2 Sets 15 Reps
 Weeks 4-6 3 Sets 12 Reps
 Weeks 7-8 4 Sets 8 Reps

<u>Day1</u>		<u>Day2</u>	
<u>Muscle Group</u>	<u>Exercise</u>	<u>Muscle Group</u>	<u>Exercise</u>
back	seated row	chest	incline flyes
back	military grip pull-ups	shoulders	dumbbell military press
hip	hip abduct	shoulders	rotator with stretch cord
hip	hip adduct	legs	squats
arms	bicep curls	legs	leg extension (some single leg)
abs	ball, mat, or roller	arms	tricep pull-down
		abs	ball, mat, or roller

<u>Day3</u>		<u>Day4</u>	
<u>Muscle Group</u>	<u>Exercise</u>	<u>Muscle Group</u>	<u>Exercise</u>
arms	bicep incline curls	chest	push-ups
back	bent over dumbbell rows	shoulder	upright rows
shoulder	rotator with stretch cord	shoulder	lateral raises
hip	hip abduct	legs	leg press
hip	hip adduct	legs	leg curls
abs	ball, mat, or roller	arm	tricep dips
		abs	ball, mat, or roller

In-Season

Competitive Swimmer/Triathlete In-Season Maintenance Training
 Two Days Per Week

Odd Weeks

Muscle Group	Exercise	Sets	Reps
back	lat pull-down	3	10
shoulders	upright rows	3	10
back	military grip pull-ups	3	10
arms	bench dips	2	failure
legs	lunges	3	10
shoulder	rotator with stretch cord	2	10 each arm
abs	ball, mat, or roller		

Even Weeks

Muscle Group	Exercise	Sets	Reps
legs	leg extension	2	10
legs	leg curls	2	10
back	seated row	2	10
hips	hip adduct	3	10
hips	hip abduct	3	10
arms	bicep curls	3	10
shoulder	rotator with stretch cord	2	10 each arm
abs	ball, mat, or roller		