



Team Pittsburgh Elite Aquatics

Dryland Training Program 2021

PEAQ has employed a dryland/strength and conditioning coach, Steve Palombine, since September of 2012 (When our club was known as the Upper St. Clair Swim Club). So dryland has always been an important part of our program. Steve has worked primarily with our Senior/National Groups (high school aged swimmers), as well as with our Junior Group (middle school aged swimmers).

The focus of our dryland program is the development of general athletic fitness/ability. The younger swimmers generally do exclusively body weight exercises and as the swimmers mature and gain experience they are introduced to more complicated exercises as well as progressively more challenging equipment-based exercises.

Here is a sample of the types of exercises our swimmers have traditionally done:

Burpees • Jump Lunges • Planks • Donkey Kicks • Leg Lifts • Pushups • Pull-ups • Squats • Jump Rope • Medicine Ball • Flutter Kicks • Sit-ups • Plank progression • Sit to stand jumps

In the Fall of 2021 PEAQ made the commitment to align with the GAIN Swimming dryland system and the club sent 6 coaches, including Dave Schraven (Head Coach) and Steve Palombine (Dryland Coach) to Indianapolis to attend the GAIN Swimming dryland clinic.

PEAQ has begun to implement the GAIN Swimming method across all training groups starting with the “Warm Up to Swim” (WUTS). Utilizing the methodology and exercises we learned at the GAIN Swimming clinic, we start each practice with a 10-15 minute warm-up routine that is designed to get our swimmers prepared for their in-water workout.

Currently our plan is to utilize WUTS as our dryland program for lower-level age groupers (Age Group 1, Age Group 2, Age Group 3). Over time we will add additional dryland programming for Age Group 4 and Junior. Our Senior group has continued to have dryland-specific workouts 3 times per week for an hour. They are doing the same exercises they have traditionally done, and as we gain experience with the GAIN system, the program will transition over to being consistent with the dryland programs that other teams have used so successfully in recent years.