



Dryland Activities

Remember there are no required workouts and all activities are optional. We send these suggestions for motivational purposes, hoping to make it easier for you to stay active and in shape. Because our coaches cannot directly supervise any activities, you must assume the responsibility for it so be careful.

Though some of the following pages show complete workout options, you can also choose just bits and pieces to keep moving while we cannot be at practice together.

Stay safe and have fun!

Stretching

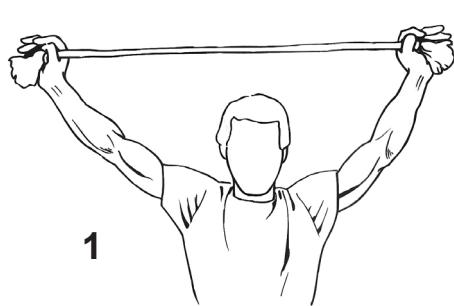
Stretching is good for all athletes and really for anyone and everyone. Any dryland activities you do should start with at least a 10-minute stretch. Even if you only stretch and do nothing else, your body will benefit as it maintains flexibility over this time when you are not swimming.

Stretching can be done with or without a stretching rope or cord. Something like a pillow-case or t-shirt can even be used, held between the hands. Stretches should be slow and deliberate.

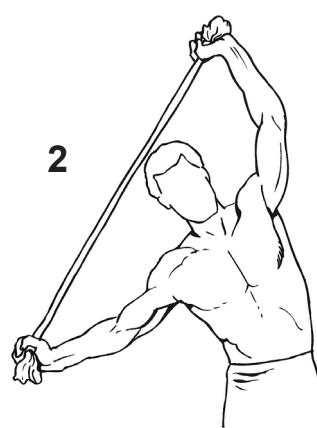
Yoga is also very good for flexibility. Check out <https://swimswam.com/free-online-yoga-classes-for-swimmers-for-the-next-two-months> for some swimmer-specific classes available while we are out of the water.

Static Stretches

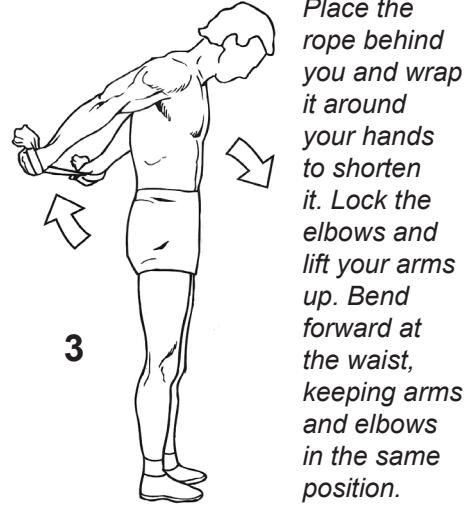
These stretches are done standing, sitting, or lying down. Use a mat or other padding under you when on the ground. Stretches are numbered but do not need to be done in any order. Make sure you do the leg stretches on both sides of the body.



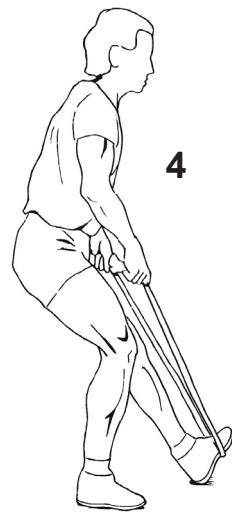
Allow your arms to stretch back and away from you.



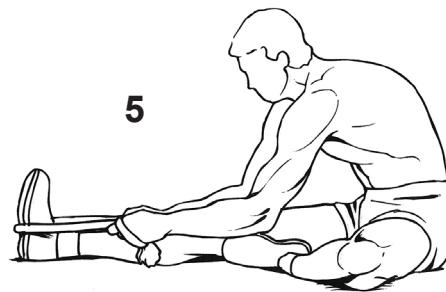
Standing, bend sideways at the waist. Stretch both sides.



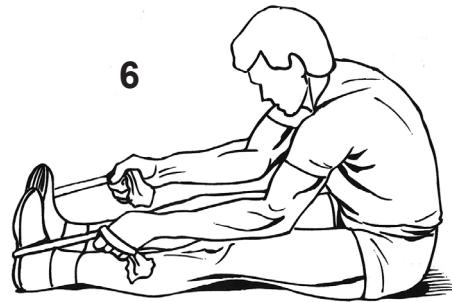
Place the rope behind you and wrap it around your hands to shorten it. Lock the elbows and lift your arms up. Bend forward at the waist, keeping arms and elbows in the same position.



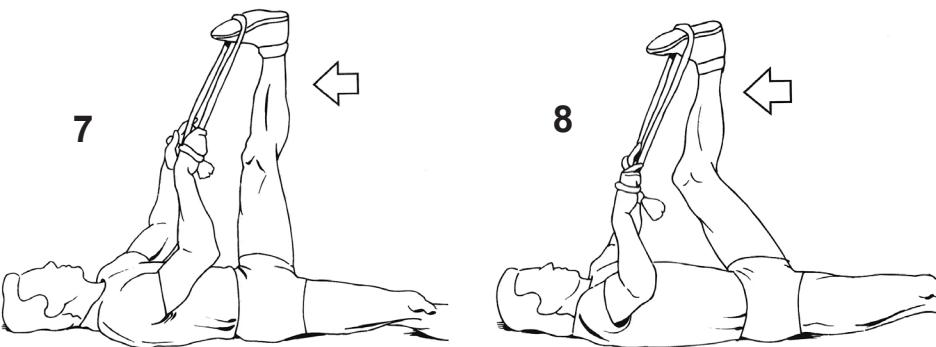
Standing, loop the rope over the ball of your foot. Keeping that leg straight and bending the other, pull up on the rope.



Extend one leg, place the rope around the foot, wrap the rope around your hands to shorten it. Use the rope to stretch forward; stretch with a slight bend in the straight knee.



Extend both legs, place the rope around the feet, wrap the rope around your hands to shorten it. Use the rope to stretch forward; stretch with a slight bend in the knees.

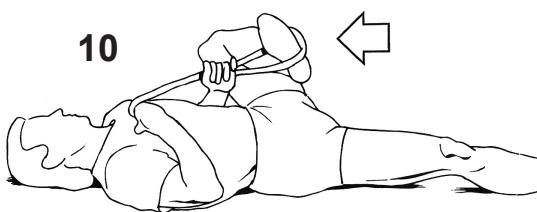


While sitting, place the rope around one foot. Slowly lean back while lifting the leg in a stiff-leg position. Pull the leg toward you with the rope. Allow your head and shoulders to be flat on the ground.

Allow a slight bend in the knee from stretch 7. Continue pulling the leg toward you with the rope, shortening the rope as necessary.



Hold both ends of the rope in the opposite hand from the leg you are stretching in stretch 8. Allow your stretching leg to cross your straight leg in stages.



From stretch 8, use the rope to bring your foot toward your chest.

Dynamic Stretches

These range-of-motion stretches should not be done fast: think slow, easy, lazy movements.

Big arm circles: forward and backward, one arm at a time.

Orangutans: alternating arms, swing from side to over the head.

Cross-country ski: feet planted about shoulder-width apart, lean slightly forward. Alternating arms, swing from back to front.

Leg swings: Always from the hip, working full range of motion without leaning, forward/backward and side to side, one leg at a time. Hold onto a chair or kitchen counter for balance while doing this.

Ankle rotations: clockwise and counter-clockwise, keeping foot relaxed (imagine drawing circles with the big toe).



Many swimmers can touch their toes to the floor like this. How flexible are your ankles?

Short Sets

The following are some short sets that can be worked into each day. Do the same one Monday/Wednesday/Friday and another one Tuesday/Thursday or mix it up and choose to do a different one each day. Be deliberate and careful with each set. They are not meant to be done quickly!

Before beginning a set, read all the way through it so you don't have to stop in between steps to read the instructions. Remember to stretch for at least 10 minutes first. Also, think about how each exercise connects to your swimming—they all do, which is why your coaches chose them!

5-10-15s

5	pushups	Use perfect form, belly button pulled in toward spine, back flat; hands directly below shoulders. Can be done with hands on a stable, slightly elevated surface, such as a step.
10	reverse situps	Have someone hold your feet OR tuck toes under furniture, such as a sofa; knees are bent, arms are crossed with hands on opposite shoulders. Begin in "up" position, belly button pulled in for tight core, press back as far as you can without touching the floor with the back. Return to up position and repeat.
15	jumping jacks	Or inverted jacks if you can do them safely!
Repeat three times, resting for at least one minute between sets.		

5	streamline squat jumps	Tight streamline, looking straight ahead, as though sitting in a chair behind you, squat down until thighs are as close to parallel to ground as you can. Jump into air, feet getting off the floor, while holding tight streamline.
10	streamline supermans	Lie on the floor on your stomach, arms and legs in streamline, eyes looking down at floor, legs straight, squeezing together with toes pointed and big toes touching. At the same time, lift both streamlined arms and legs off the ground, hold for 1 or 2 seconds, then return to start position. Maintain tight streamline position throughout all 10 reps.
15	seconds of flutter kick on back	Lie on the floor on your back (with hands at the small of the back for support if needed), pull belly button in toward spine. Flutter kick with toes pointed, legs straight, about 6 inches off the floor, without touching feet to the floor. Alternate method: lie on back on bed, with hips at the edge, so legs are in air, unsupported. Pull belly button in toward spine, legs straight, toes pointed and flutter kick in a 12-inch range (highest part of the kick is about 6 inches above bed surface, lowest part of kick is about 6 inches lower than bed surface). Focus on a "down and up" kicking motion.
Repeat three times, resting for at least one minute between sets.		

5	frog jumps	Start in frog sitting position, knees bent, hands on floor between feet. Jump as high as you can, land on both feet and resume start position. No rest between hops!
10	dead bugs	Lie on the floor on your back, legs extended, arms overhead. Keep belly button pulled in toward spine. Keep arms and legs straight while bringing left hand and right foot up in the air to meet each other above the body, then return to start position, repeat with right hand and left foot. Repeat sequence 10 times.
15	monkey walks	Same start position as frog jumps (knees bent, hands on floor between feet). “Walk” right hand to right, outside the knees, then do the same with left hand; “hop” body sideways to return to the start position.
Repeat three times, resting for at least one minute between sets.		

The Gator Eight

1	5-second plank, in push-up position (hands under shoulders, back flat, legs straight)
2	Push-ups
3	Giant arm circles on each arm
4	Orangutan stretches for each arm. Relaxed arms swing from side to over head and back, alternating arms
5	Dead bugs
6	Frog jumps
7	Streamline jumps. in a tight streamline position, jump as high as you can. Maintain the streamline!
8	Start jumps. Get into “start position,” making sure back foot is only about 12–14 inches behind front foot. On “GO,” arms go to streamline as fast as possible while jumping straight up. Land standing in streamline. See how fast you can react to your starter’s “Go”!

	Q: What swimming stroke can you use on toast?	A: The butter-fly.
	Q: Where do ghosts like to go swimming?	A: Lake Eerie.
	Q: Why did the vegetarians stop swimming?	A: They didn't like meets.
	Q: Why couldn't the two elephants go swimming together?	A: They only had one pair of trunks.

Strength and Conditioning Sets

Before you begin...

- Think about how much space you have available as that might impact which sets you can do safely at home.
- Questions about how to properly perform any of the exercises? Check out the video links.
- Remember to stretch for at least 10 minutes before starting a set.
- Be deliberate and careful with each movement.
- Stop when you can no longer maintain good technique as this is important to have! Reduce the number of reps or shorten exercise time as needed.
- Hydrate before, during, and after your sets.

Strength (2 or 3 days/week)

Pick one of the warm-up circuits followed by one the strength circuits. These circuits should not be done on consecutive days but should instead be separated by one of the conditioning workouts. Feel free to mix and match warm-ups and circuits—in other words you do not have to do Warm-up #1 with Strength Circuit #1!

Warm-up #1	Warm-up #2	Warm-up #3	Warm-up #4
30 sec run in place	20 sec forward arm circles (left and right!)	10 walking lunge twists	10 world's greatest stretch
30 sec plank	20 sec backward arm circles (left and right!)	10 inch worms	8 touch toes squat lift hands over head
30 sec rest	20 sec rest	10 walking side lunges	6 plank knee to elbow
30 sec run in place	30 sec frog jumps	10 mountain climbers	4 streamline squat jumps
30 sec plank shoulder taps	30 sec jumping jacks	30 sec rest	2 tuck jumps
30 sec rest	30 sec rest	*repeat 3x thru	30 sec rest
30 sec run in place	40 sec plank walkouts		*repeat 3x thru
30 sec hands to forearm plank	40 sec plank		
30 sec rest	40 sec rest		
*repeat 2x thru	*repeat 2x thru		

For the strength circuits, perform 6–15 reps of any given exercise (make sure to note some exercises are one side at a time so make sure to do same number of reps on both sides). The harder the exercise is, the fewer reps you should perform; the easier the exercise is, the more reps you should perform. Do 3–5 rounds of the chosen strength circuit and take 2 minutes of rest in-between each round of 8 exercises. The goal is to get better each time you do it keeping in mind good form.

Strength Circuit #1	Strength Circuit #2	Strength Circuit #3	Strength Circuit #4
Pushups with rotation	Scapular push-ups	Wall angels	Dips
Lunges	Squats	Lateral lunges	Backward lunges
Bicycle crunch	Russian twists	Dead bugs	Straight leg raises
Plank shoulder taps	Plank walkouts	Plank knee to elbow	Lateral plank walks
Supermans	Snow angels	Swimmers	Bird dogs
Serratus wall slides	Dips	Pushups	IYT's
Glute bridge march	Fire hydrants	Donkey kicks	Glute bridge
Row boats	V-ups	Penguins	Side plank hip lift

Videos for the warm up exercises if needed:

Run in place: <https://www.youtube.com/watch?v=QPfOZ0e30xg>

Plank: <https://www.youtube.com/watch?v=pvljsG5Svck>

Plank shoulder taps: https://www.youtube.com/watch?v=QOCn3_iOArO

Hands to forearm plank: <https://www.youtube.com/watch?v=rTu9sxwVQtY>

Forward/backward arm circles: <https://www.youtube.com/watch?v=140RTNMciH8>

Frog jumps: <https://www.youtube.com/watch?v=C54LoE13DUo>

Jumping jacks: <https://www.youtube.com/watch?v=c4DAnQ6DtF8>

Plank walkouts: <https://www.youtube.com/watch?v=-FW8DNKsAh8>

Walking lunge twists: <https://www.youtube.com/watch?v=BjV6EUV7Nd8>

Inch worms: <https://www.youtube.com/watch?v=VSp0z7Mp5IU>

Walking side lunges: <https://www.youtube.com/watch?v=ZaFR6W3KMfc>

Mountain climbers: <https://www.youtube.com/watch?v=lvaQcFaxL00>

World's greatest stretch: <https://www.youtube.com/watch?v=-CiWQ2IvY34>

Touch toes squat stretch: <https://www.youtube.com/watch?v=2Dhdf6Wjl30>

Plank knee to elbow: https://www.youtube.com/watch?v=_IzjaBLTFhU

Streamline squat jumps: <https://www.youtube.com/watch?v=dmJGI0Cd9io>

Tuck jumps: <https://www.youtube.com/watch?v=mgBCOVR1hqw>

Videos of the strength circuit exercises if needed:

Pushups with rotation: <https://www.youtube.com/watch?v=YU0gWh72a3k>

Lunges: <https://www.youtube.com/watch?v=QOVaHwm-Q6U>

Bicycle crunch: <https://www.youtube.com/watch?v=eBZ4rdDjLFM>

Plank shoulder taps: https://www.youtube.com/watch?v=QOCn3_iOArO

Supermans: <https://www.youtube.com/watch?v=z6PJMT2y8GQ>

Serratus wall slides: <https://www.youtube.com/watch?v=XwQEKFHYBHw>

Glute bridge march: <https://www.youtube.com/watch?v=DGeXCDWRqjU>

Row boats: <https://www.youtube.com/watch?v=DNP3ARhrhBs>

Scapular push-ups: <https://www.youtube.com/watch?v=5YHZnEsE9hA>

Squats: <https://www.youtube.com/watch?v=aclHkVaku9U>

Russian twists: <https://www.youtube.com/watch?v=jyUqwkVpsi8>

Plank walkouts: <https://www.youtube.com/watch?v=-FW8DNKsAh8>

Snow angels: <https://www.youtube.com/watch?v=ZKBefMTmi1A>

Dips: <https://www.youtube.com/watch?v=KJk2oeaMNA4>

Fire hydrants: <https://www.youtube.com/watch?v=La3xYT8MGks>

V-ups: <https://www.youtube.com/watch?v=iP2fjvG0g3w>

Wall angels: https://www.youtube.com/watch?v=M_oohKYs7c

Lateral lunges: <https://www.youtube.com/watch?v=gwWv7aPcD88>

Dead bugs: <https://www.youtube.com/watch?v=rbemeInkHag>

Plank knee to elbow: https://www.youtube.com/watch?v=_IzjaBLTFhU

Swimmers: <https://www.youtube.com/watch?v=C2I18H6PX1g>

Push-ups: <https://www.youtube.com/watch?v=Pkj8LLRsoDw>

Donkey kicks: <https://www.youtube.com/watch?v=SJ1Xuz9D-ZQ>

Penguins: https://www.youtube.com/watch?v=gG704_Gy7ls

Dips: <https://www.youtube.com/watch?v=KJk2oeaMNA4>

Reverse lunges: <https://www.youtube.com/watch?v=xrPteyQLGAo>

Straight leg raises: <https://www.youtube.com/watch?v=JB2oyawG9KI>

Lateral plank walks: https://www.youtube.com/watch?v=3TKAfwjac_0

Bird dogs: <https://www.youtube.com/watch?v=ZTFwR6PU1ek>

IYT's: <https://www.youtube.com/watch?v=Npo6E6rAn8U>

Glute bridge: <https://www.youtube.com/watch?v=K9Ge8Jn0T08>

Side plank hip lift: <https://www.youtube.com/watch?v=LgaYt4Hi6-g>

Conditioning (2 or 3 days per week)

Pick one of the conditioning circuits. Focus on intensity and getting better each time.

Conditioning Circuit #1	Conditioning Circuit #2	Conditioning Circuit #3	Conditioning Circuit #4
20 sec of carioca 20 sec of side shuffling 20 sec of rest repeat 4x 2–3 min of rest 20 sec of jump rope or jumping jacks followed by 5 burpees, all on 1 min interval repeat 5x 2–3 min of rest 15–20 min of running, biking, or walking up and down stairs* 2–3 min of rest Choice of 3 stretches, 3 rounds of 30 sec for each	20 sec of forward skipping with arm circles 20 sec of backward skipping with arm circles 20 sec of rest repeat 4x 2–3 min rest 20 sec of mountain climbers followed by 5 squat jumps, all on 1 min interval repeat 5x 2–3 min of rest 15–20 min of running, biking, or walking up and down stairs* 2–3 min of rest Choice of 3 stretches, 3 rounds of 30 sec for each	20 sec of high knees in place 20 sec of butt kicks in place 20 sec of rest repeat 4x 2–3 min rest 20 sec of side jumps followed by 5 streamline squat jumps all on 1 min interval repeat 5x 2–3 min of rest 15–20 min of running, biking, or walking up and down stairs* 2–3 min of rest Choice of 3 stretches, 3 rounds of 30 sec for each	20 sec of bear crawls 20 sec of crab walks 20 sec of rest repeat 4x 2–3 min rest 20 sec of lunge jumps followed by 5 squat jumps for height all on 1 min interval repeat 5x 2–3 min of rest 15–20 min of running, biking, or walking up and down stairs* 2–3 min of rest Choice of 3 stretches, 3 rounds of 30 sec for each

*15–20 min of running can be broken up into sprints if you want as follows:

Shorter Sprints:

40–60 meters x 6–8 rounds
Rest: 2–3 min in-between rounds

Longer Sprints:

200–400 meters x 3–5 rounds
Rest: 3–4 min in-between rounds

If the distance isn't exact that is okay, focus more on the intensity!

Jump rope tips

- Jump only high enough to clear the rope.
- Keep relaxed and breathe normally.
- Wear athletic shoes with a thick base.
- Ideally, the jump rope will never hit the floor. If you can adjust your rope, the best way to find the correct length is to stand on the rope holding the handles, making a V-shape. Adjust the length until the handles come to the middle of the chest.

Bicycling tips

- Whether on a stationary bike or road bike, use good posture! Make sure your seat height is correct.
- If riding outside, be sure to wear a helmet!

Videos for conditioning exercises not done in strength section:

Carioca: <https://www.youtube.com/watch?v=ViOHS1b6jGc>

Side shuffling: <https://www.youtube.com/watch?v=bcZkk8vMzA4>

Burpees: <https://www.youtube.com/watch?v=dZgVxmf6jkA>

Forward skipping with arm circles: <https://www.youtube.com/watch?v=7rhiA5HPZCo>

Backward skipping with arm circles: <https://www.youtube.com/watch?v=QJWX-o0Q8Y>

High knees in place: <https://www.youtube.com/watch?v=tx5rgpDAJRI>

Butt kicks in place: <https://www.youtube.com/watch?v=-dtvAxibgYQ>

Side jumps: <https://www.youtube.com/watch?v=1MNy6YuN07s>

Bear crawls: <https://www.youtube.com/watch?v=t8XLor7unqU>

Crab walks: <https://www.youtube.com/watch?v=l-3r4cl4ahA>

Lunge jumps: <https://www.youtube.com/watch?v=v4-w6r5bASs>

Squat jumps: <https://www.youtube.com/watch?v=Azl5tkCzDcc>

Excerpt from “Mental Training Toolbox: Taking Advantage of Adversity and Disappointment,”
<https://www.usaswimming.org/news-landing-page/2020/03/26/mental-training-toolbox-taking-advantage-of-adversity-and-disappointment>

Swimming – like life – is always loaded with the “uncontrollable.” You want to DO everything in your power to manage how you respond to this stressor in as positive a way as possible and stay focused on what you CAN control, NOT on all of the things that are totally out of your control.

Here are some guidelines:

1. First, try to keep a long-term perspective.
2. Whatever hardship you’re dealing with right now, don’t go it alone.
3. Sharing your fears, frustration and feelings with others is critically important to you maintaining your health.
4. Let yourself “lean into” this forced rest. Most swimmers forget that rest is an important part of training. It will help recharge you both physically and emotionally
5. Stay mobilized and continue to take action! When we face any kind of “trauma” or adversity in our lives, it’s critically important to do whatever YOU can to help yourself and those around you.
6. Keep your long-term swimming goals in mind. Even if you can’t swim, you can still work towards your goals.
7. Work on strengthening your weaknesses. This is a perfect time to add some effective tools to your mental toughness toolbox.
8. Finally, please limit the amount of time you watch and read about this pandemic. Being informed is certainly important, but overloading your nervous system with anxiety-laden information that you have no direct control over can be depressing and immobilizing.

Active Fun and Games

If you don't want to do any actual workouts, there are still plenty of ways to stay active with some fun and games. Here are a few possibilities:

- Streamline hopscotch (when you hop, keep your arms in a tight streamline position!)
- Hula hoop (think about your core and the body dolphin while you hula hoop)
- Balloon "volleyball" (keep a balloon off the ground, stretching your arms upward)
- Dance parties (twist, stretch, keep moving!)
- Wii Fit (active games like tennis, disc golf)
- Animal races (crab walk, squat and waddle like a duck, hop like a frog)
- Full-body workout card game (one of Coach Casey's personal favorites and something the whole family can do together!)

What you'll need: A deck of cards

How it works: Every suit in the deck of cards represents a different exercise and the card value equals the number of reps you are to perform for that exercise.

- Spades: Squats
- Hearts: Push-ups
- Clubs: Lunges
- Diamonds: Sit-ups

Shuffle the deck of cards and place face down somewhere convenient. Then you want to pick 5 cards and perform those exercises with the corresponding number of reps. For example if you draw a 7 of spades then you would do 7 squats. After you do the 5 exercises then you can run 400 meters (approx.) or do 2 minutes of jumping jacks. Jacks are 11 reps, Queens are 12 reps, and Kings are 13 reps. Aces can either be 1 rep or 20 reps, your choice. Jokers are 15 burpees. See how much of the deck you can get through before needing to stop or see how long it takes to go through the entire deck and see if you can get faster each time you do it.

Remember to keep good form for all the exercises and most importantly have fun!





Activity Journal

Name: _____ **GSC Group:** _____



Activity Journal

Name: _____ **GSC Group:** _____