

SWIMMER Dryland Style Workouts – Option 1

Warm up:

1min jog in place

1min jumping jacks

2 sets of 10-12 repetitions

Circuit 1 (repeat)

1. Walking Lunges (alt L/R, check form knees not passing toes!)
2. Walk out Push-ups, start standing, walk out, pushup, walk up.
3. Plank on hands/toes (Opposite hand to ankle taps)
4. Squat, Squat Jump (alternate)
5. Shoulder raises – Bands/weights (alt front/lateral)

CORE:

1. Punch and Crunch, punch across opposite knee.
2. Side Plank (hip dips)
3. Flutter Kicks on back, on back legs up and flutter with pointed toes!
4. Pushup to Plank, push up position, down to plank, back to push up position.
5. Parachute (up 2, down 2), on stomach lift arms and legs up together for 2 sec, then down for 2, repeat.

****REACTION JUMPS – 10 on “GO” (In start position, head down, explode up into streamline)**

Circuit 2 (repeat)

1. Seated Twists – add weight if able, seated position with knees bent and heels on floor, lean back and twist tapping elbows side to side.
2. Wall Sits, put back on the wall and slide down where legs are at 90 degrees and hold. – 30 sec
3. Mount Climbers, push up position driving left leg then right leg in and out.
4. Single Leg Bridges (alt halfway) on back, with heels close to butt, lift butt up off floor and back down.
5. Back Rows – Bands/Weights, with weight or band keep elbows close to side and using a “start a lawnmower” movement row back and down. Can do single arms or both at once.