

## SOLON SWIMMING

### 14 Day Dryland Routine

#### Day 1:

- 5:00 run – steady/easy
- Medicine ball partner passes – 25 chest, 25 overhead
- Medicine ball figure eights – 50
- Medicine ball hikes – 10 each partner
- Medicine ball sit-ups – 20 fast
- Push-ups – 5x8/7/6/5/4/3
- Medicine ball wall shot – 10

#### Day 2:

- Planks (in different positions) – 4x:30 on/:15 off
- Push-ups with feet on medicine ball – 10
- Sit-ups with feet on plyo ball – 30
- Pull-ups – 5x4
- Band straight arm pushdowns – 4x30
- Dumbbell snatch – 10 each arm
- Medicine ball slams – 10
- Jump rope – 6x:45 on/:15 off

#### Day 3:

- 10:00 run – 5 steady, 5 sprints
- Medicine ball partner passes – 30 chest, 30 overhead
- Medicine ball figure eights – 50
- Medicine ball hikes – 15 each partner
- Medicine ball sit-ups – 2x20 fast
- Push-ups – 5x9/8/7/6/5/4
- Medicine ball wall shot – 15

#### Day 4:

- Planks (in different positions) – 4x:45 on/:15 off
- Push-ups with feet on medicine ball – 15
- Sit-ups with feet on plyo ball – 35
- Pull-ups – 5x5
- Band straight arm pushdowns – 4x35
- Dumbbell snatch – 15 each arm
- Medicine ball slams – 2x10
- Jump rope – 6x:45 on/:15 off

#### Day 5:

- 15:00 run – 5 steady, 10 sprints
- Medicine ball partner passes – 35 chest, 35 overhead
- Medicine ball figure eights – 50
- Medicine ball hikes – 20 each partner
- Medicine ball sit-ups – 3x20 fast
- Push-ups – 5x10/9/8/7/6
- Medicine ball wall shot – 20

#### Day 6:

- Do a fun activity

#### Day 7:

- Stretch and roll

#### Day 8:

- Planks (in different positions) – 4x:1:00 on/:15 off
- Push-ups with feet on medicine ball – 20
- Sit-ups with feet on plyo ball – 40
- Pull-ups – 5x6
- Band straight arm pushdowns – 4x40
- Dumbbell snatch – 20 each arm
- Medicine ball slams – 3x10
- Jump rope – 6x:45 on/:15 off

#### Day 9:

- 20:00 run – steady/easy
- Medicine ball partner passes 45 chest, 45 overhead
- Medicine ball figure eights – 50
- Medicine ball hikes – 25 each partner
- Medicine ball sit-ups – 4x20 fast
- Push-ups – 5x11/10/9/8/7
- Medicine ball wall shot – 25

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### Day 10:

- Planks (in different positions) – 4x1:15/:15 off
- Push-ups with feet on medicine ball – 25
- Sit-ups with feet on plyo ball – 45
- Pull-ups – 5x7
- Band straight arm pushdowns – 4x45
- Dumbbell snatch – 25 each arm
- Medicine ball slams – 4x10
- Jump rope – 6x:45 on/:15 off

### Day 11:

- 25:00 run – 5 steady, 15 sprint, 5 steady
- Medicine ball partner passes 50 chest passes, 50 overhead
- Medicine ball figure eights – 50
- Medicine ball hikes – 30 each partner
- Medicine ball sit-ups – 5x20 fast
- Push-ups – 5x12/11/10/9/8
- Medicine ball wall shot – 30

### Day 12:

- Planks (in different positions) – 4x1:30 on/:15 off
- Push-ups with feet on medicine ball – 30
- Sit-ups with feet on plyo ball – 50
- Pull-ups – 5x8
- Band straight arm pushdowns – 4x50
- Dumbbell snatch – 30 each arm
- Medicine ball slams – 5x10
- Jump rope – 6x:45 on/:15 off

### Day 13:

- Do a fun activity

### Day 14:

- Yoga