

DRYLAND TRAINING GUIDE FOR SWIMMING

How many times a week should a competitive swimmer be training outside of the pool? That all depends on how many days a week they are planning to train in the pool. Competitive swimmers should primarily focus more on utilizing swim practice as their main source of training, and prioritize Dryland as a secondary source of training. Dryland training should be performed at least 3 days per week, and at most 5 days per week, so make sure to pick a plan that works with your swim schedule, not the other way around. Allow 1-2 recovery days from swim practice every week. It does not matter which days you choose, just as long as you are designating 1-2 days a week for recovering. This is very important. If Dry Land Training on a recovery day, focus on **ONLY** Core isolated exercises since the rest of the body is recovering from swimming, and previous dry land exercises. Consistency and patience is the key to success.

In the Dryland grid of exercises you'll notice that there are 2 days designated for Upper Body, 1 day designated for Core, and 2 days designated for Lower Body. These workouts do not need to be performed on each of their designated days. You can change the days of each workout to fit your Dryland needs. If choosing Dryland training 3 days per week then designate 1 day for Upper Body, 1 day for Core, and 1 day for Lower Body. For the next week perform the workouts for each of these three areas of the body that you have not done yet (other than Core because there's only 1 workout option for this area). If training 4 days a week then you can choose to either do both Upper, or Lower Body options, or double up on Core, but the next week you will have to change up the days that you double up on. If training 5 days per week you will be doing all five workout options for all three areas of the body, and most likely allowing only 1 day of recovery from swimming per week.

You'll Need at Least One of the Following:

- WATER or A Low Sugar Sports Drink with Electrolytes
- Light-Medium Free Weights
(dumbbells, kettlebells, whatever you have around the house...)
- Light-Medium Resistance Bands
- Foam Roller
- Yoga Mat
- Positive Attitude

ATHLETE PSA!

There are many different types of strength training; each with its own purpose. Most of the strength training we see focuses more on lifting weights than cardio, to ensure maximum muscle growth. Each of the 5 workouts in the Dryland grid are designed for competitive swimmers. Swimming is a cardio and endurance based sport, focusing on engaging every single muscle in the body at once. The purpose of these Dryland workouts are to strengthen the body, and mind to ensure maximum swimming potential. This actually means less lifting is required, and more resistance training, including swimming, is required. Similar to most strength training, the exercises that make up each of the 5 workouts require more recovery time in between your sets. Patience is the key to success here. Every exercise for each workout focuses on strengthening, and controlling the body through high repetitions (reps) with low intensity training (less impact on the body) so that the athlete can concentrate on the form required for each exercise instead of how fast you can complete it. **ONLY** when an exercise becomes too easy to perform should the intensity be increased. When this happens contact Coach Brie so that she can adjust some of the exercises in the program so that the athlete can train according to their body's specific needs. Refer to YouTube or Coach Brie if confused with any exercise.

NOTE: Coach Brie will be reviewing the exercises & variations of them for all 5 workout routines in small groups for the athletes participating in this Dryland program. For further instruction on how to perform each exercise, both for warm ups and main sets, the following YouTube Channels have been recommended if unable to get a one-on-one with Coach Brie. Parents are also more than welcome to Join in this program:

- HowCast
- AthleneX (Ages 13+)
- SkillsNT Swimming

HABITS:

Everything is relevant to everything else. Meaning everything we do affects our life in one way or another, including our eating habits. If you are committing to this program then you are committing to focusing on your progress as an athlete. This means that in order to get the results you want, you will also need to focus on your internal health. As a swimmer, you burn calories instantly due to the extensive amount of cardio involved in this sport. This makes your body crave food almost immediately after getting out of the pool; specifically carbs. Carbs are not bad for you, but there are carbs that will have a negative effect on your body when training, and carbs that your body will benefit from when training.

What are your goals as an athlete? If you want to train and compete at your best then you want to make sure you're putting foods, and drinks in your body that will allow you to achieve your goals. Try to incorporate more positive eating habits into your daily routine by eating foods that are low in fat, high in protein, and have moderate carbs that will re-energize your body instead of making you feel bloated, and unmotivated. Your sources of hydration should have little to no sugar, and be high in electrolytes, and amino acids. This will help with muscle recovery, and fuel your body for more training so you can perform efficiently. The food and drinks you eat that have a negative effect on your body when training, or competing will only be cancelled out by the amount of time and effort you put into your goals as an athlete. These are bad eating habits that defeat the purpose of training. Although you may think this is fine, because you are still training hard, this will lead to minimum results, if any at all, and will likely increase the occurrence of muscle cramps, as well as muscle fatigue in your body. Do not lose sight of your goals. Train smarter, not harder, and swim fast!