**DRYLAND TRAINING DURING COVID-19 TIME OFF**

Since the cancellations of practices and Governor Whitmer’s Shelter in Place order, it is important to keep your mind and body active as much as possible. Coach Darin and Coach Jeremiah have provided dryland workouts to help you stay active and engaged during this difficult time away from training.

  Important reminders:

* Aerobic fitness is just that. Regardless if you are in the water or on land, 30 minutes of your heart rate being 140-170 bps is an aerobic set. Focus on "time on task" and heart rate when thinking about your overall aerobic capacity. Ideas on what to do are running, jumping rope, riding a bike or simply doing jumping jacks. Try to mix up these exercises to help you stay on task and achieve the 30-minute workout without a break.
* This is a great opportunity to become more flexible! The more flexible you become your body will be able to recover quicker and your speed will improve. So let us try to improve in this area during this time! Spend 15-20 minutes a day working on different parts of the body. BE CAREFUL! Do things slowly and deliberately.
* Get stronger!! For our Lightning and Senior level swimmers who have dumbbells or weights at home. A weight routine is provided.
* For all swimmers, body weight exercises are the best way to get stronger without injury. (Pull-ups, sit-ups, push-ups etc) Doing multiple sets of reps is the best way in which to do these exercises. (ie. 3-4 rounds of 8-10 reps of each exercise then move to the next)

**Ideas for weekly exercises during this time away from the pool**

1.) 20 minute run/jog then our senior group speed circuit (see below) (total time 45-50 minutes)

2.) 20 minutes aerobic (alternate jump rope & jumping jacks in 5-minute intervals). Then do one of the option workouts.

3.) Lightning/Senior kids have a strength and conditioning workout as well to choose from our

4.) 30 minute bike ride. A mix of core work and stretching for 30 minutes.

**Option 1 (performed as a circuit, 3-4x’s through, :30-:45 between rounds)**

1. Bleacher jumps (Box jumps)
2. Planks
3. Vertical jumps
4. Mountain Climbers
5. Wall Sits
6. Burpees
7. Lunges
8. Russian Twist sit up w/medicine ball or hold your hands and touch the floor.

**Option 2 (perform as a circuit, 3-4x’s through, :30-:45 between rounds) All ages**

1. Squat x10
2. Reverse Lunge x10 ea.
3. McGill Sit-up x10 ea.
4. Push-up x10
5. Side Hip Pop-up x10 ea.
6. Lateral Lunge x10 ea.
7. Squat x10

**Option 3 (timed sets, :30 on/off, 3-4x’s each movement) All ages**

1. Squat
2. Front Plank
3. Push-up
4. Toe Touches
5. Glute Bridge
6. Plank w/Shoulder Tap
7. Forward Lunge
8. Seated Twist

**Option 4 (straight sets/reps, rest as needed) All ages**

A1: Squat 3x10-20  
A2: Ab Choice x50

B1: Push-up x30 total  
B2: Lateral Squat 3x10 ea. leg

C1: Squat Jump 3x10  
C2: Ab Choice x50 total

D1: Jumping Jacks 3x20  
D2: Split Squat 3x10 ea. leg

**Weights for Lightning and Senior Group 1:00 rest between sets (if you have weights at home)**

1. Military press (1x10)

2. Bicep curls (1x10)

3. Upright rows (1x 10)

4. Tri-cep extensions (1x 10)

5. Bench press (pull-ups) (as many as possible)

6. Squats (Lat Pull downs) (1x 10)

7. Dumbell Lunges (1 x 10)

8. Box Jumps (1 x 10)

9. Calf raises (1x 20)

**Aerobic/Running suggestions for all ages.**

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| **Runs** |  |
| Long Run | 2-3 mile |
| Sprints | 10-15 x 100 yd |
|  | Rest:30' |

**YOU CAN YOUTUBE ANY OF THE EXCERSISES LISTED ABOVE TO BECOME FAMILIAR ON HOW TO PERFORM A SPECIFIC EXERCISE PROPERLY.**

**Stay Safe, Stay Strong, Stay Healthy,**

**Coach Darin and Coach Jeremiah**