

Coronavirus Dryland Program

by Nicole Harmon

the FISH



Hello FISH Swimmers!

During this time out of the water and away from the rec centers, we encourage you to keep moving! This dryland program was designed to allow you to work out from home with minimal equipment or things you should have access to around the house.

The program is laid out over 4 days – three of which are focused on targeting a large muscle group (legs, core and arms), with the fourth day being used as a recovery and mobility day where you choose your primary cardio exercise! Each workout should take you approximately 40 minutes (6 – 8 minutes of warm up, 15 minutes of cardio base, and 20 minutes of strength/power).

Be sure to do each exercise with careful attention to proper form. We want you to use this dryland program as a way to remain strong and fit during this time away from the pool, and not return with any self-induced injuries from improper technique.

As always with any practice (dryland or in the water), you will get out what you put in. Try to push yourself with each exercise. If you need more of a challenge, add an extra round of each set or try adjusting your training interval to :50 on/:10 off.

On the last pages of this program you will find descriptions of each exercise (some of which contain modifications). If you are unable to do any of the movements due to an existing injury, trade it out for an exercise or modification that you *can* do. For example – can't bring your arms over your head? Adjust your jumping jacks to relax your arms by your side/across your chest, and swap out your pushups and dips for an additional core or leg movement.

To keep track of the time for each session, you can use the stopwatch function on your phone, or download an app like "Interval Timer" or another HIIT (High Intensity Interval Training) to do it for you. Since you will likely be doing these on your own, throw on some music to help motivate you!

If you have any questions, let me know!

Coach Nicole

P.S. Keep us in the loop on your progress! Take a short video of your workout and tag us on Instagram @theFISH1991 so we can share it with all of our teammates and followers on our story! Let's keep the team atmosphere while practicing safe social distancing.

Day 1: Legs

“Equipment” Needed: Chair or Bench, Towel or Yoga Mat (optional)

Warm Up

Jog -> Reverse Jog

High Knees -> Skip for Height

Butt Kicks -> Skip for Distance

Forward Lunge w/Streamline Tilt (R&L)

Rev. Lunge w/ Shoulder Rotation (R&L)

Side Shuffle w/ Arm Swing

10 Double Foot Hops or Skiers -> Short Sprint -> Walk Back

Cardio: 4 x :45 on/:15 off

Squat Jumps

Mountain Climbers

Skiers

** Water Break ** 1:00 rest

Strength/Power: 3 x :45 on/:15 off + :30 rest between rounds

Forward Lunges

Toe Touch Crunches

SL Pistol Squat to Chair/Bench

Flutter Kicks

Side Shuffle (3 shuffles R, 3 shuffles L)

Wall Sit

Day 2: Core

“Equipment” Needed: Towel, Yoga Mat, or Carpeted Area

Warm Up

Jog -> Reverse Jog

High Knees -> Skip for Height

Butt Kicks -> Skip for Distance

Forward Lunge w/Streamline Tilt (R&L)

Rev. Lunge w/ Shoulder Rotation (R&L)

Side Shuffle w/ Arm Swing

10 Double Foot Hops or Skiers -> Short Sprint -> Walk Back

Cardio: 4 x :45 on/:15 off

Burpees

Cross-Over Jacks

Lateral Squat Jumps

** Water Break ** 1:00 rest

Strength/Power: 3 x :45 on/:15 off + :30 rest between rounds

V-Ups or Alt. V-Ups

Elbow Plank

Russian Twists

Caterpillars/Inchworms

Supermans/Alt. Supermans

Streamline Sit Up

Day 3: Arms

“Equipment” Needed: Stable Bench/Chair, Towel or Yoga Mat (optional)

Warm Up

Jog -> Reverse Jog

High Knees -> Skip for Height

Butt Kicks -> Skip for Distance

Forward Lunge w/Streamline Tilt (R&L)

Rev. Lunge w/ Shoulder Rotation (R&L)

Side Shuffle w/ Arm Swing

10 Double Foot Hops or Skiers -> Short Sprint -> Walk Back

Cardio: 4 x :45 on/:15 off

Jumping Jacks

Downhill Skiers (side to side)

In and Outs

** Water Break ** 1:00 rest

Strength/Power: 3 x :45 on/:15 off + :30 rest between rounds

Pushups

Hand Walk Outs

Crunches

Plank Walks

Dips

Stair Step Ups

Day 4: Recovery/Mobility

“Equipment” Needed: Towel, Yoga Mat, or Carpeted Area

Warm Up

Jog -> Reverse Jog

High Knees -> Skip for Height

Butt Kicks -> Skip for Distance

Forward Lunge w/Streamline Tilt (R&L)

Rev. Lunge w/ Shoulder Rotation (R&L)

Side Shuffle w/ Arm Swing

10 Double Foot Hops or Skiers -> Short Sprint -> Walk Back

Cardio: 30+ minutes

Dealer’s Choice – you choose your cardio.

At least 30 minutes of brisk walking, jogging, biking, roller blading, at-home rowing machine, elliptical, etc. Get your heart rate up and enjoy some time outside if you can!

Mobility: 3 x 10 reps each

Shoulders:

Close the Shutters

Field Goal

“W” to Streamline

Hips:

Forward Knee Circle

Backward Knee Circle

Fire Hydrants

Exercise Descriptions

Warm Up:

For your warm up, find a decent sized open space. You can use your driveway or yard, an empty parking lot near your house or maybe even your basement. You want to have around 25 yards or more of open space to ensure you can get yourself really warmed up and ready to work out.

Jog – Keep yourself relaxed and light, allow your legs to loosen up

Reverse Jog – Take it slow as you are moving backwards, keep your weight leaning forward as you travel in reverse to prevent falling backwards.

High Knees – try to get in as many reps of knees above your hips as possible

Skip for Height – Drive your knee up towards the sky and get as much air as possible!

Butt Kicks – keep your knees down, and pull your heel towards your butt

Skip for Distance – Drive off your foot to travel as far forward with each jump as you can

Forward Lunge w/Streamline Tilt – Make sure to get a full, deep lunge going (allow your knee to touch the ground and hold it there during your tilt). Keep your streamline tall as you reach your fingertips from the sky to past your right shoulder, and then back past your left shoulder. You should feel a stretch down your side as you do this. One lunge per step.

Reverse Lunge w/ Rotation – Stepping back into a reverse lunge (again, allow your knee to touch the ground)

Side Shuffle with Arm Swing – Traveling laterally, focus on getting some height as your feet clap together in the middle of your movement. Allow your arms to relax and swing upwards through your leap.

10 Double Foot Hops/Skiers – Focus on having fast feet and then a short max out sprint. Recover by walking back. Double foot – both feet jump forward and backwards as 1 rep. Skiers – feet are split, jump and switch which foot is in front/back for 1 rep.

Day 1:

Squat Jumps – Arms start in front of body, full squat until finger tips touch the ground (head and chest up, hips down, sitting like a frog). In one motion, bring arms up into streamline and push feet through the ground. Jump as high as you can, and upon landing head straight into next squat (allow knees to absorb shock of landing).

Mountain Climbers – Starting from a pushup position, keep core tight and hips low as you bring your knee up to your chest. From that position, quickly switch feet (drive high leg back as fast as possible and bring back leg forward as far as possible). Keep shoulders over hands and body position straight without lifting butt/hips up.

Skiiers – Just like you did during warm up, switch the feet as quickly as possible while staying in the same place.

Forward Lunges – Take a big step forward, put weight on front foot as your back knee and front knee bend. Lower yourself until your back knee ALMOST touches the ground, without letting your front knee go beyond your toes.

Toe Touch Crunches – Lay on your back, with your legs straight up in the air. Reaching with your arms extended, crunch your upper body up until your finger tips touch your toes. (Think the “Sit-And-Reach” test, but on your back).

Single Leg Pistol Squat – Stand on one leg, with your other leg extended out in front of you with your foot off the ground. Sit your weight back until you are sitting on the edge of a chair or bench without letting your foot drop. Keeping that foot elevated, stand back up onto your single leg. You may use your arms to help you balance and gain momentum to stand up, but do not push yourself off the chair with your hands. Alternate legs in sets of 3 each round.

Flutter Kicks – Laying on your back, hands under your hips. Lift feet off ground 6” – 12” and flutter kick with long straight legs and pointed toes. Keep head/neck relaxed and abs tight.

Side Shuffle – Faster and higher than in warm up, use arms to pump and help gain height as you travel laterally. 3 reps towards one side before changing directions.

Wall Sit – In a sitting position with back against wall, low enough that knees and hips form 90° angles. Push weight through heels to keep from sliding, and resist the urge to put your hands on your knees. Instead put your hands on your hips, above your head, or cross arms across your chest.

Day 2:

Burpees – Pushups optional. Start by dropping yourself down to the ground, jump your feet back (you should now be in a push up position – here is where you would do a pushup if you choose to). Jump your feet back forward, and drive yourself up into a streamline jump as high as you can. There are two options to where your movement should stop. Option 1 is after you land the streamline jump. From this position you should start your burpee in a standing position. Option 2 your movement ends after your pushup. From this option you start on the ground, and end once again on the ground in that pushup position. No matter which position you start your burpee, make sure to transition from one position to the next without stopping, as quickly as possible.

Cross Over Jacks – Start with a regular jumping jack, but allow your feet to criss-cross each other with every jump. Alternate which foot goes in front of the other foot. Your arms should cross in front of your chest as well, crossing one over top of each other in an alternating motion.

Lateral Squat Jumps – Start from a semi-squat, elbows bent and arms back. Pump your arms and bring your hands together as you jump up and laterally, landing about 1' to 2' to the right or left from where you started.

V-Ups – Lay on your back, arms extended back above your head and legs fully straight. Raise your legs up and both arms to meet your legs, until almost your entire body is off the ground (balanced on your butt/hips). Alternative – Alternating V-Ups: bring your right arm up towards your left leg, and then relax back down, followed by bringing your left arm up towards your right leg. Your other leg should remain on the ground, and your other arm may be by your side.

Elbow Plank – Keep shoulders over your elbows, pull your belly button into your spine, and hold. Keep your eyes looking down at your hands (not back towards your feet) to keep your body in a nice tight line. Every muscle will contract to keep you in this hold (shoulders, back, abs, butt, and legs) and if you feel yourself twitching that is okay! Stay strong and keep holding for the full :45 seconds without dropping a knee.

Russian Twists – Balanced on your hips, knees bent and feet hovering above the ground so you are sitting in a “V” position. Start with both hands on one side of your body, fingertips touching the ground next to your hip. Without letting your feet drop, twist your upper body and touch your fingertips to the ground next to your opposite hip. For added difficulty – grab a weight (dumbbell or med ball if you have access – or a heavy bottle of laundry detergent or hand soap refill).

Caterpillars/Inchworms – Start with your feet together, legs straight, and bring your hands down to the ground like you are touching your toes. Walk your hands out in short movements until you are in a pushup position, and then walk your toes back in towards your hands (keeping your legs straight and your hips up, so that it looks like you are walking forward like a caterpillar or an inchworm).

Supermans – Laying on your stomach, using your back - lift your legs and upper body off the ground, balancing on your hips like you are flying through the air like superman. Hold for 2 seconds, and then slowly lower your limbs back on to the ground. Alternative – Alternating Superman: lift your right arm and left leg, leaving your left arm and right leg on the ground. On your next rep, lift your left arm and right leg up, leaving your right arm and left leg on the ground.

Streamline Sit Up – Laying on your back with your legs laid down straight on the ground. Sit all the way up with your arms in a streamline position until you resemble the letter “L”. Make sure to reach

sure to reach your finger tips towards the sky once you sit up, strengthening your back muscles and taking the movement to full extension.

Day 3:

Jumping Jacks – Make sure to bring your arms all the way up above your head, and jump your feet apart and together. Allow your shoulders and your hips to loosen up.

Downhill Skiers – Feet together, allow your feet to jump from side to side, with your arms bent at the waist, like you are skiing downhill.

In and Outs – Start by jumping your feet apart, and squat down until your fingers touch the ground (remember to look like a frog – hips down, head and chest up). Quickly jump back up and land with your feet together, followed by quickly jumping your feet apart and squatting down. Think “feet in – feet out”.

Pushups – Keep your body tight like you are doing a plank, while lowering yourself down to the ground as far as you can. Keep your shoulders over your hands, finger tips forward, and elbows angled 45° back behind you. Modification:

Knee Pushups – drop your knees to the ground, keeping your body long and straight from your knees to your shoulders. Nothing else should change about your form (keep your hips low!!).

Hand Walkouts – Similar to a caterpillar, although your feet stay in the same place the entire movement. Start with your legs straight and your hands on the ground (hips up). Walk your hands out until you are in a pushup position, and then walk your hands back in towards your feet. Think about sliding your shoulders forward on the way down/out, and pulling your hips up towards the sky on your way back in.

Crunches – Laying on your back, legs elevated (hips, knees and feet at 90° angles), crunch your upper body towards the ceiling, lifting until your shoulder blades are off the ground and lifting your face towards the sky. Hands may be placed across your chest or behind your ears, but do not tug on your head/neck.

Plank Walks – Starting from a pushup plank position, lower yourself onto your elbows one arm at a time, and then one at a time back up onto your hands. Keep your body straight, and try to minimize hip movement by bracing your core.

Dips – Start by sitting on a chair or bench, legs extended in front of you with your knees straight. Walk your feet forward until your hips are off the chair/bench, keeping your hands firmly planted and your fingers wrapped around the front of the chair/bench. Lower your hips until they almost touch the ground, allowing your elbows to bend back behind you. Push your weight through your palms, and using your triceps, lift yourself back up to the starting position.

Stair Step Ups – One leg at a time, step up onto a stair or sturdy chair/bench. Drive your opposite knee towards the sky, and step back down onto one leg.

Modification: Holding a weight – extend arms over head as you drive your knee up. Bring weight back to chest as you step down.

Day 4:

Close the Shutters – Standing with your arms in a “Field Goal Post” position (arm pits and elbows at 90°), slowly bring your arms together in front of your face without dropping your elbows. Squeeze your forearms together and hold for a count of 3. Slowly release and bring arms back to starting position, without letting them drop.

Field Goal – Starting again from “Field Goal” position, rotate shoulder joint lowering forearms (without dropping elbows) as far as possible. Keep your shoulder blades squeezed together to keep chest from dropping and shoulders from shrugging. Your goal should be to allow your fingertips point towards the ground. Modification: If you are having trouble with not moving your trapezius muscles and rolling your shoulders forward, try this motion laying on your back or with your back against a wall.

“W” to Streamline – Start with your arms in a “W” position (field goal with elbows lower than shoulders). Keeping shoulder blades pinned together, slide your arms towards the sky against an invisible pane of glass, until your arms meet in streamline above your head. Release your streamline and slide your arms back down to your deepest “W” without letting your hands and arms come in front of your body.

Forward Knee Circles – Starting on all fours, lift one leg out to the side with your knee bent. Draw a large invisible forward circle with your knee, keeping your leg off the ground and allowing your hip to loosen.

Backward Knee Circles - The same as above, except drawing a large reverse circle with your knee.

Fire Hydrants – Starting once more on all fours, bring your leg out to the side, with your knee bent at 90°. Lift your leg straight out to the side, like a dog at a fire hydrant. If done correctly, the muscles deep in your hip/butt should burn after a few reps.