

6 WAYS TO TEST PROGRESS AT HOME

Equipment needed: A timer (stopwatch or clock) A pull up bar or other sturdy overhead space you can grab onto (or heavy bags of groceries for the dead hang), yoga mat or soft surface.

- **Test 1: Dead Hang to test Support Grip Strength**

Support grip strength is a grip that involves maintaining a hold on something for a long period of time. Your fingers, forearms, back, and arm muscles must be strengthened to increase support grip.

How To Do It

Grab the pull-up bar (or other sturdy overhead structure) with your fingers pointed AWAY from you. Arms should be hanging straight down with your shoulders rolled back. Try to hang on for 1 minute (Sing Happy Birthday 3 times!). Increase increments by 15 seconds as ability progresses.

- **Test 2: 1.5 Mile Run to test Aerobic Capacity**

The one-and-a-half mile run is best performed outdoors since it will best estimate how your body consumes oxygen (your aerobic capacity). Please be careful....afterall, you are a swimmer 😊

How To Do It

Run at a steady pace that you can maintain over the entire distance. To track your progress, increase speed and measure your “I’d rather be swimming” statements. If you say it twice on the first run, you should aim for that feeling 4 times on the second run. Increase your speed and “I’d rather be swimming” statements each attempt. (This should take 15-20 minutes depending on ability)

- **Test 3: Maximum Burpees in 5 Minutes to test Aerobic Capacity & Functional Strength**

The burpee is a full body exercise that is generally broken into four positions: chest to ground position, standing, a jump into the air, and hands over ears. The move is a good indicator of leg/upper body strength and cardiorespiratory fitness.

How To Do It

Stand in a square position, hands at your side. Do a squat, making sure to keep your hips and shoulders aligned. Suck in your gut! Place both hands on the ground underneath you and jump both legs back so that you’re in a push-up position. Do a push-up and then return to the low squat position. Now, jump up with your feet off the ground and raise your hands above your ears. This is a 5 minute challenge. Try to do 30 burpees.

- **Test 4: 300 yards to test Anaerobic Capacity**

Anaerobic capacity is the most amount of energy you can produce by glycolytic energy system.

How to Do It

Set up a space where you can run back and forth about 25 yards apart. (Yes, like the pool!) Wall to wall works as well, just be sure to use a 2 hand touch when you make contact. Begin behind one of the lines. Start the timer and sprint to the line that’s 25 yards away, making foot contact with it; then, sprint back to the first line. Do this six round trips (12 total trips). What’s your “300 time” faster than in the pool?

- **Test 5: The start to test Muscular Power**

This test is an indicator of anaerobic power—the ability of muscles to produce a lot of force quickly. The jump literally takes about one second (.71 is our goal measurement from the block to touching the water, right?) so it’s important to learn how to properly load up the energy in your muscles and release it for takeoff.

How To Do It

Tape off or chalk off a square (about 2 feet wide and 3 feet deep). Stand in the square and place one set of toes at the edge. Start in a “track start” just like on the blocks. Remember, feet should be as wide as

your shoulders and back foot should have a comfortable bend. Feet and knees should be pointing in the direction you want to go. "Take your mark" bringing your head down and looking between your legs and bringing your hips up towards to sky (you've all heard me say it!). For safety reasons, do NOT dive into the grass/concrete or sofa. Instead, at the "GO", jump straight up and bring your hands into a streamline. Measurement is difficult but you will feel a difference in how smooth the process becomes and how easily your body responds each time you repeat. You are developing healthy muscle memory.

- **Test 6: Bodyweight Conditioning to test Muscular Endurance**

Muscular endurance is the ability of certain muscles to perform repeated contractions against a light load. Basically, endurance measures how many reps you can do.

How To Do It

Maximum Push-ups in Two Minutes: Get into the top of a push-up position by placing hands shoulder-width apart and elbows and body straight. It's ok to do these on your knees with your ankles raised and crossed. (Better to have quality AND quantity!) Bend your elbows and lower yourself towards the ground until your chest hits the ground. Push yourself back up to the starting position so that your arms are straight. I like the idea of placing a soft item (hello favorite stuffed animal) under your chest and making sure your chest touches it instead of aiming for the ground. When you squish the stuffed animal, you have reached your max. Can you do 20 consecutively?

Maximum Pull-ups Without Letting Go: Using the overhand grab like we did in the hanging test, place your hands slightly wider than your shoulders on a pull-up bar. Engage your abs and squeeze your shoulder blades together as you pull yourself up until your chin is over the bar. Try to do one. Yes, just one. It's hard. Then add on as your ability increases.

Maximum Sit-ups in Two Minutes: Lie on your back with knees bent at 90 degrees. Place your hands behind your ears. Bring your torso towards your knees, until the elbows touch the knees; return back to the starting position. Have someone hold your feet or anchor them under something sturdy. Do 25+ in 2 minutes.