



# PANAMA CITY SWIM TEAM

## At Home Dryland for Junior Group and above Thursday, March 26, 2020

**Focus:** Upper Body and Core

**Time:** ~30 Minutes

**Equipment Recommended:** Water Bottle, mat/towel, weights (5lbs or less), watch

### 1. Warm Up:

- a. Do Warm Up Routine 1: Dynamic Warm Up (see video and accompanying PDF for all the exercises/movements with Dynamic Warm Up)

### 2. 5 minutes Running/Jogging

- a. Do this however works best for your situation (i.e. treadmill, neighborhood, backyard, etc.)
- b. If you can't run, try one of these alternative cardio exercises to get your heartrate up
  - i. Jump rope
  - ii. Jumping jacks
  - iii. Stair climbing
  - iv. Biking/cycling

### 3. Shoulder Strengthening Circuit

- a. There a few exercises where weight can be used, make sure it is LIGHT weight (5lbs or less)
- b. If you don't have weights, you can hold other light objects like canned food, bottles of water etc.
- c. These exercises are about CONTROL, not speed
- d. Refer to video on how to perform each exercise if you are unfamiliar

10x Front Raise (w/weight)  
10x Lateral Raise (w/weight)  
10x "W" Raise (this one is harder with weight so feel free to put the weights down  
1:00 Rest  
20x T-pose arm circles (10 each direction)  
20x I-pose arm circles (10 each direction)  
20x Front Raise arm circles (10 each direction)  
1:00 Rest  
:30 seconds seated shoulder blade squeeze  
:15 seconds rest  
:45 seconds seated shoulder blade squeeze  
:15 seconds rest  
1:00 minute seated shoulder blade squeeze  
1:00 Rest

X2

#### 4. Plank Circuit

- a. Try to hold as still as possible for the duration
- b. Remember the following on Form:
  - i. Keep head in good position (eyes down, head neutral on spine)
  - ii. If planking on hands, keep shoulders over hands
  - iii. If planking on forearms, keep shoulders over elbows
  - iv. When rotating from side to side, keep body off ground and maintain your line as best as you can

:30 seconds regular plank

:30 seconds rest

:45 seconds regular plank

:30 seconds rest

:60 seconds regular plank

:30 seconds rest

:30 seconds side plank (:15 right side, :15 left side)

:30 seconds rest

:40 seconds side plank (:20 right side, :20 left side)

:30 seconds rest

:30 seconds side plank (:30 right side, :30 left side)

:30 seconds rest

1:00 plank (:20 right side, :20 regular, :20 left side)

:30 seconds rest

1:00 plank (:20 right side, :20 regular, :20 left side)

:30 seconds rest

1:00 plank (:20 right side, :20 regular, :20 left side)

:30 seconds rest

#### 5. Cooldown/ Choice Stretching

- a. Spend some time stretching legs, abs, and low back. Its been awhile since many of us have worked out. Stretch now to help with soreness later. And HYDRATE!!!