

Senior Swimmers Exercises

Upper Body

General Guidelines: All exercises should be done in a controlled manner. We start with a warm up and then alternate pairs of stretches, with pairs of muscular endurance exercises.

Stretches- Go to a spot where you feel a stretch and hold for 30 seconds on each side.

Weights, Cords & Calisthenics- Do 20 repetitions of each, for each side.

Note: Point fingers down during stretch cord pulls.

Warm up

(30 seconds each) Swing Right Arm, Swing Left, Swing both arms front and back, Bring straight arms up from side and touch above head, Jumping Jacks, Run in Place (for 2 minutes), pumping arms forward / to the sides / up.

Stretch A

Upper Back and Arms- Interlace fingers behind your back. Turn elbows inward while straightening your arms. Lift arms behind you. Rest hands on a support and bend down.

Front of Shoulder- Grab item with hand at shoulder level. Bring opposite arm around your back and grab item. Turn body away from upper arm.

Exercise A / Stretch Cords

Butterfly Pull- Bend body to 90-degree angle. Hands straight in front grasp handles. Hands down and out, elbows up. Pull straight back then toward midline, then back to hips keeping elbows up.

Deltoid Raise- Stand on middle of stretch cord. Arms straight down at sides, palms facing hips. Grasp handles. Raise arms with elbows straight to sides to as high as possible position.

Stretch B

Shoulder and Arms- Interlace fingers above your head. With palms up, push your arms back and up.

Exercise B / Stretch Cords

Backstroke Pull- Stand, turn feet sideways, and lean to the side. Bottom arm extended, arm straight, palm of hand down. Grasp handle. Pull so hand faces down and elbow is up. Push toward thigh. Finish with palm to ground.

Breaststroke Pull- Bend body to 90-degree angle. Hands straight in front grasp handles. Hands down and out, elbows up. Pull straight back then around

Stretch C

Upper Back and Shoulder- Pull elbow across your chest toward your opposite shoulder.

Exercise C / Stretch Cords

Free Pull- Bend body to 90-degree angle. One hand straight forward grasp handle. Hand down and out, elbow up. Pull so hand, elbow, and shoulder are all in a line and forearm is at a 90-degree angle to upper arm. Push toward thigh. Finish with palm to the sky.

Upright Rows- Stand on middle of cord. Grasp handles palms facing thighs. Pull up to chin with elbows out to the side.

Stretch D

Triceps- Pull your elbow behind your head as you bend from your hips to the side.

Exercise D / Stretch Cords & Calisthenics

Triceps Pushups- Lie down, lock elbows to your sides. Keep body straight and push upper body off the ground.

Triceps Extension- Bend body to 90-degree angle. Grasp handles. Pull cord so elbows are locked to your sides, hand are under body. Push straight back until hands are at your hips and palms are up.

Our goal is to do muscular endurance work on the upper body for muscles specifically used in swimming.

Lower Body

General Guidelines: All exercises should be done in a controlled manner. We start with a warm up and then alternate pairs of stretches, with pairs of muscular endurance exercises.

Stretches- Go to a spot where you feel a stretch and hold for 30 seconds on each side.

Weights, Cords & Calisthenics- Do 20 repetitions of each, for each side.

Warm up

(30 seconds each) Walk in place, Band march, Run in place, Leg jacks to the side and then front

Stretch A

Quadriceps- Hold the top of your right foot with your left hand. Gently pull your heel toward your butt.

Exercise A / Calisthenics

Squats- Feet facing forward, keeping upper body straight, bend down with butt toward the ground.

Lunges- Step forward so knee is above foot. Bend down so back knee almost touches the ground, repeat with other leg.

Stretch B

Hamstrings- Straighten and extend right leg. Place sole of left foot on inside of right thigh. Bend forward from the hips toward the foot of the straight leg.

Lochte's- kneel with toes higher than front of foot, lean back

Exercise B / Calisthenics and Stretch Cords

Feet-out Squats- Weights held on shoulders. Feet facing outward, keeping upper body straight, bend down with butt toward the ground.

Breaststroke Kick- Cord around pole, lay on stomach facing pole, feet in handles, feet out push back.

Stretch C

Groin- Put soles of your feet together and hold onto your toes. Pull yourself forward bending from the hips.

Exercise C / Stretch Cords

Abduction- Step on cord, hook other foot to handle. Push straight leg straight away to side of body. Repeat, with other leg.

Adduction- Loop cord around post, hook other foot to handle. Start with leg straight away to side of body. Pull straight leg to body, and across in front of other leg. Repeat with other leg

Stretch D

Ankle- Rotate your ankle one way then the other. Pull the toes toward you.

Calf- Lean on a solid support. Bend one leg and place the foot in front of you. Place other leg behind you with heel on ground and toe facing forward. Move hips forward.

Exercise D / Calisthenics

Squat Jumps- Keep body upright. Bend knees and jump bringing arms to a streamline.

Calf Raises- Stand with heels off edge of step. Let heels drop, raise heels by push from balls of feet.

Or Heel Lifts- Raise heels by push from toes.

Stretch E

Lower Back- Lie on back, knees to chest head back and relax

Lower Back- Lie on stomach, use hand to push body up and arch back

Exercise E / Calisthenics (Do 10 sets of 30 seconds on each kick)

Kick on Stomach- Lie on stomach, raise legs 6 inches off ground, kick with straight legs.

Kick on Back- Lie on stomach, raise legs 6 inches off ground, kick with straight legs.

Our goal is to do muscular endurance work on the lower body for muscles specifically used in swimming.