EST DRYLAND

10&U · 11-12 · 13-14

AGE GROUP WORKOUT PROGRAM

Ages 14 & Under · September → March · April → August

Research-informed principles · APA 7 references · Qualified coaching required

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10&U; · 11–12 · 13–14

AGE GROUP DRYLAND

AGES 14 & UNDER

Long-term athletic development first: movement literacy, bodyweight strength, and healthy shoulders. Two seasons per year, scaled by age. (Lloyd & Oliver, 2012; Lloyd et al., 2016; Faigenbaum et al., 2009)

TRAINING GROUPS & DOSAGE

ATHLETE GROUP	WEEKLY FREQUENCY	SESSION LENGTH
10 & Under **Ages ≤10**	2 / week	20–30 min
Load: Bodyweight, bands, 1 kg balls Emphasis: Fun, coordination, animal walks, balance, landing		
11–12 **Ages 11–12**	2–3 / week	30–40 min
Load: Bodyweight + light DB/KB, 1–2 kg balls Emphasis: Technique of squat/hinge/push/pull, trunk, intro jumps		
13–14 **Ages 13–14**	3 / week	40–50 min
Load: Light external load once technique is mastered; 2–3 kg balls Emphasis: Strength foundation, plyometrics, swim-specific power, growth-spurt awareness		

SEPTEMBER → MARCH

SHORT COURSE

Districts / qualifying meet sits 2 weeks before LSC Championships in March.

Phase	When	Sessions/wk	Goal
General Preparation	Sep – Oct	2–3	Learn movement patterns, build tissue tolerance and habits.
Specific Preparation	Nov – Dec	2–3	Progress bodyweight strength; add jumps and throws.
Competition Build	Jan – Feb	2	Maintain strength, sharpen power; keep shoulders healthy through high yardage.
Districts / Qualifier & LSC Championships	Late Feb – Mar	1–2	Districts / Qualifier 2 weeks before LSC Championships. Reduce dryland volume ~40–60%, keep intensity.

PHASE 1 · SEP – OCT

GENERAL PREPARATION

Learn movement patterns, build tissue tolerance and habits. (Lloyd & Oliver, 2012)
2–3 sessions per week

01 Movement Fundamentals
Squat · hinge · push · pull · brace · 35 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

SKILL CIRCUIT · 3 ROUNDS

Goblet squat to box (bodyweight / light DB) Knees track toes, heels down	8
Dowel hip hinge Dowel touches head, upper back, tailbone	8
Incline push-up Body in one straight line	8
Band row Squeeze shoulder blades into back pockets	10
Dead bug Low back stays glued to floor	6/side

PLAY & COORDINATION

Animal walks: bear, crab, inchworm	2 × 10 m each
Partner ball toss in streamline	2 × 10

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd & Oliver, 2012; Faigenbaum et al., 2009)

GENERAL PREPARATION / SESSION TEMPLATE

02 Balance & Body Control

Proprioception, single-leg stability · 30 min

WARM-UP · C — MOVEMENT

MOVEMENT / COACHING CUE	DOSE
A-skip	2 × 10 m
Lateral shuffle	2 × 10 m
Spiderman lunge + rotation	4/side
Cossack squat	5/side
Scap push-up	10
Snap-down	2 × 4

BALANCE CIRCUIT · 3 ROUNDS

Single-leg balance, eyes closed Progress to soft surface	20 s/side
Single-leg reach (Y-balance)	5/side/direction
Lateral bound & stick	5/side
Tall-kneeling ball catch	10

TRUNK

Bear hold shoulder taps	3 × 10
Side plank hip lift	2 × 8/side

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd & Oliver, 2012)

GENERAL PREPARATION / SESSION TEMPLATE

03 Streamline Lab

Posture, overhead mobility, tight core · 30 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

MOBILITY

Wall angels Back of head, back, hips on wall	2 × 10
Thoracic extension over foam roller	2 × 8
Lat stretch on bench	2 × 30 s

STREAMLINE STRENGTH · 3 ROUNDS

Streamline wall sit	30 s
Streamline hollow rock	10
Streamline superman hold	20 s
Streamline calf raise Full extension on toes	15

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Hibbs et al., 2008; Wanivenhaus et al., 2012)

GENERAL PREPARATION / SESSION TEMPLATE

04 Team Agility Games

Reaction, coordination, fun · 30 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

GAMES

Reaction ball drops	3 × 6
Mirror drill partner shuffle	4 × 15 s
Tag in a grid	3 × 60 s
Relay: bear crawl → sprint	4 rounds

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd & Oliver, 2012)

GENERAL PREPARATION / SESSION TEMPLATE

05 Shoulder & Core Care

Injury prevention, posture · 25 min

EST BAND SERIES · JUNIOR

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	2 × 15
Band external rotation (elbow at side)	2 × 12/side
Band Y-raise	2 × 10
Band straight-arm pulldown	2 × 12

SCAP & CORE

Wall slides	2 × 10
Prone T/Y/W	2 × 6 each
Bird dog	2 × 8/side
Pallof press	2 × 10/side

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Wanivenhaus et al., 2012; Lauersen et al., 2014)

PHASE 2 · NOV – DEC

SPECIFIC PREPARATION

Progress bodyweight strength; add jumps and throws. (Faigenbaum et al., 2009)
2–3 sessions per week

01 Bodyweight Strength
Relative strength, trunk control · 40 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

STRENGTH · 3 ROUNDS, 60 S REST

Split squat	8/side
Glute bridge, 2 s hold	10
Push-up (knees or full)	6–10
TRX / bar inverted row	8
Side plank	20–30 s/side

TRUNK FINISHER

Streamline hollow hold Biceps squeeze ears	3 × 15–25 s
Superman flutter	3 × 20 s

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Faigenbaum et al., 2009; Lloyd et al., 2016)

SPECIFIC PREPARATION / SESSION TEMPLATE

02 Jump, Land & Throw

Elastic power for starts and walls · 35 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

LANDING MECHANICS

Snap-down to athletic stance Stick it — hips back, chest up	3 × 5
Squat jump stick	3 × 5

POWER · FULL REST BETWEEN SETS

Broad jump stick	4 × 3
Med ball (1–2 kg) chest pass to wall	3 × 8
Med ball overhead slam	3 × 6
Lateral line hops	3 × 10 s

SWIM TRANSFER

Streamline jump & reach Mimic start: arms to ears, full extension	3 × 5

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd et al., 2016; West et al., 2011)

SPECIFIC PREPARATION / SESSION TEMPLATE

03 Med Ball Power Series

Throws for upper-body power · 30 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

THROWS · FULL RECOVERY

Chest pass to wall	3 × 8
Overhead throw to wall	3 × 6
Rotational scoop toss Turn hips first	3 × 5/side
Overhead slam	3 × 6
Kneeling chest pass	2 × 8

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd et al., 2016)

SPECIFIC PREPARATION / SESSION TEMPLATE

04 Legs for Kick & Walls

Kick power, push-offs, ankles · 35 min

WARM-UP · C — MOVEMENT

MOVEMENT / COACHING CUE	DOSE
A-skip	2 × 10 m
Lateral shuffle	2 × 10 m
Spiderman lunge + rotation	4/side
Cossack squat	5/side
Scap push-up	10
Snap-down	2 × 4

STRENGTH · 3 ROUNDS

Wall push-off squat jump Explode horizontally	5
Lateral lunge	6/side
Single-leg glute bridge	8/side
Calf raise, straight & bent knee	12 each

ANKLE & KICK

Ankle plantarflexion stretch kneel	2 × 30 s
Prone flutter kick	3 × 20 s
Dolphin kick on back (dry)	3 × 15 s

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(West et al., 2011)

SPECIFIC PREPARATION / SESSION TEMPLATE

05

EST Athlete Circuit

General fitness & work capacity · 35 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

CIRCUIT · 40 S ON / 20 S OFF × 3

Squat to stand	40 s
Mountain climbers	40 s
Push-up	40 s
Skater hops	40 s
Plank shoulder taps	40 s
Band row	40 s

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Faigenbaum et al., 2009)

SPECIFIC PREPARATION / SESSION TEMPLATE

06

Shoulder & Core Care

Injury prevention, posture · 25 min

EST BAND SERIES · JUNIOR

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	2 × 15
Band external rotation (elbow at side)	2 × 12/side
Band Y-raise	2 × 10
Band straight-arm pulldown	2 × 12

SCAP & CORE

Wall slides	2 × 10
Prone T/Y/W	2 × 6 each
Bird dog	2 × 8/side
Pallof press	2 × 10/side

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Wanivenhaus et al., 2012; Lauersen et al., 2014)

PHASE 3 · JAN – FEB

COMPETITION BUILD

Maintain strength, sharpen power; keep shoulders healthy through high yardage.
2 sessions per week

01 Jump, Land & Throw

Elastic power for starts and walls · 35 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

LANDING MECHANICS

Snap-down to athletic stance Stick it — hips back, chest up	3 × 5
Squat jump stick	3 × 5

POWER · FULL REST BETWEEN SETS

Broad jump stick	4 × 3
Med ball (1–2 kg) chest pass to wall	3 × 8
Med ball overhead slam	3 × 6
Lateral line hops	3 × 10 s

SWIM TRANSFER

Streamline jump & reach Mimic start: arms to ears, full extension	3 × 5

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd et al., 2016; West et al., 2011)

COMPETITION BUILD / SESSION TEMPLATE

02

Med Ball Power Series

Throws for upper-body power · 30 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

THROWS · FULL RECOVERY

Chest pass to wall	3 × 8
Overhead throw to wall	3 × 6
Rotational scoop toss Turn hips first	3 × 5/side
Overhead slam	3 × 6
Kneeling chest pass	2 × 8

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd et al., 2016)

COMPETITION BUILD / SESSION TEMPLATE

03 Legs for Kick & Walls

Kick power, push-offs, ankles · 35 min

WARM-UP · C — MOVEMENT

MOVEMENT / COACHING CUE	DOSE
A-skip	2 × 10 m
Lateral shuffle	2 × 10 m
Spiderman lunge + rotation	4/side
Cossack squat	5/side
Scap push-up	10
Snap-down	2 × 4

STRENGTH · 3 ROUNDS

Wall push-off squat jump Explode horizontally	5
Lateral lunge	6/side
Single-leg glute bridge	8/side
Calf raise, straight & bent knee	12 each

ANKLE & KICK

Ankle plantarflexion stretch kneel	2 × 30 s
Prone flutter kick	3 × 20 s
Dolphin kick on back (dry)	3 × 15 s

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(West et al., 2011)

COMPETITION BUILD / SESSION TEMPLATE

04 Streamline Lab

Posture, overhead mobility, tight core · 30 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

MOBILITY

Wall angels Back of head, back, hips on wall	2 × 10
Thoracic extension over foam roller	2 × 8
Lat stretch on bench	2 × 30 s

STREAMLINE STRENGTH · 3 ROUNDS

Streamline wall sit	30 s
Streamline hollow rock	10
Streamline superman hold	20 s
Streamline calf raise Full extension on toes	15

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Hibbs et al., 2008; Wanivenhaus et al., 2012)

COMPETITION BUILD / SESSION TEMPLATE

05 Shoulder & Core Care

Injury prevention, posture · 25 min

EST BAND SERIES · JUNIOR

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	2 × 15
Band external rotation (elbow at side)	2 × 12/side
Band Y-raise	2 × 10
Band straight-arm pulldown	2 × 12

SCAP & CORE

Wall slides	2 × 10
Prone T/Y/W	2 × 6 each
Bird dog	2 × 8/side
Pallof press	2 × 10/side

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Wanivenhaus et al., 2012; Lauersen et al., 2014)

PHASE 4 · LATE FEB – MAR

DISTRICTS / QUALIFIER & LSC CHAMPIONSHIPS

Districts / Qualifier 2 weeks before LSC Championships. Reduce dryland volume ~40–60%, keep intensity. (Bosquet et al., 2007; Mujika & Padilla, 2003)
1–2 sessions per week

01 Meet-Week Primer

Stay sharp, stay fresh · 20 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

PRIMER · QUALITY ONLY

Squat jump	2 × 3
Band pull-apart + ER	1 × 15 each
Streamline hollow hold	2 × 15 s

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Mujika & Padilla, 2003; Bosquet et al., 2007)

DISTRICTS / QUALIFIER & LSC CHAMPIONSHIPS / SESSION TEMPLATE

02 Streamline Lab

Posture, overhead mobility, tight core · 30 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

MOBILITY

Wall angels Back of head, back, hips on wall	2 × 10
Thoracic extension over foam roller	2 × 8
Lat stretch on bench	2 × 30 s

STREAMLINE STRENGTH · 3 ROUNDS

Streamline wall sit	30 s
Streamline hollow rock	10
Streamline superman hold	20 s
Streamline calf raise Full extension on toes	15

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Hibbs et al., 2008; Wanivenhaus et al., 2012)

APRIL → AUGUST

LONG COURSE

Districts / qualifying meet sits 2 weeks before LSC Long Course Championships.

Phase	When	Sessions/wk	Goal
General Preparation	April	2–3	Learn movement patterns, build tissue tolerance and habits.
Specific Preparation	May	2–3	Progress bodyweight strength; add jumps and throws.
Competition Build	June – early July	2	Maintain strength, sharpen power; keep shoulders healthy through high yardage.
Districts / Qualifier & LSC LC Championships	July – Aug	1–2	Districts / Qualifier 2 weeks before LSC LC Championships. Reduce dryland volume ~40–60%, keep intensity.

PHASE 1 · APRIL

GENERAL PREPARATION

Learn movement patterns, build tissue tolerance and habits. (Lloyd & Oliver, 2012)
2–3 sessions per week

01 Movement Fundamentals

Squat · hinge · push · pull · brace · 35 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

SKILL CIRCUIT · 3 ROUNDS

Goblet squat to box (bodyweight / light DB) Knees track toes, heels down	8
Dowel hip hinge Dowel touches head, upper back, tailbone	8
Incline push-up Body in one straight line	8
Band row Squeeze shoulder blades into back pockets	10
Dead bug Low back stays glued to floor	6/side

PLAY & COORDINATION

Animal walks: bear, crab, inchworm	2 × 10 m each
Partner ball toss in streamline	2 × 10

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd & Oliver, 2012; Faigenbaum et al., 2009)

GENERAL PREPARATION / SESSION TEMPLATE

02 Balance & Body Control

Proprioception, single-leg stability · 30 min

WARM-UP · C — MOVEMENT

MOVEMENT / COACHING CUE	DOSE
A-skip	2 × 10 m
Lateral shuffle	2 × 10 m
Spiderman lunge + rotation	4/side
Cossack squat	5/side
Scap push-up	10
Snap-down	2 × 4

BALANCE CIRCUIT · 3 ROUNDS

Single-leg balance, eyes closed Progress to soft surface	20 s/side
Single-leg reach (Y-balance)	5/side/direction
Lateral bound & stick	5/side
Tall-kneeling ball catch	10

TRUNK

Bear hold shoulder taps	3 × 10
Side plank hip lift	2 × 8/side

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd & Oliver, 2012)

GENERAL PREPARATION / SESSION TEMPLATE

03 Streamline Lab

Posture, overhead mobility, tight core · 30 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

MOBILITY

Wall angels Back of head, back, hips on wall	2 × 10
Thoracic extension over foam roller	2 × 8
Lat stretch on bench	2 × 30 s

STREAMLINE STRENGTH · 3 ROUNDS

Streamline wall sit	30 s
Streamline hollow rock	10
Streamline superman hold	20 s
Streamline calf raise Full extension on toes	15

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Hibbs et al., 2008; Wanivenhaus et al., 2012)

GENERAL PREPARATION / SESSION TEMPLATE

04 Team Agility Games

Reaction, coordination, fun · 30 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

GAMES

Reaction ball drops	3 × 6
Mirror drill partner shuffle	4 × 15 s
Tag in a grid	3 × 60 s
Relay: bear crawl → sprint	4 rounds

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd & Oliver, 2012)

GENERAL PREPARATION / SESSION TEMPLATE

05 Shoulder & Core Care

Injury prevention, posture · 25 min

EST BAND SERIES · JUNIOR

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	2 × 15
Band external rotation (elbow at side)	2 × 12/side
Band Y-raise	2 × 10
Band straight-arm pulldown	2 × 12

SCAP & CORE

Wall slides	2 × 10
Prone T/Y/W	2 × 6 each
Bird dog	2 × 8/side
Pallof press	2 × 10/side

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Wanivenhaus et al., 2012; Lauersen et al., 2014)

PHASE 2 · MAY

SPECIFIC PREPARATION

Progress bodyweight strength; add jumps and throws. (Faigenbaum et al., 2009)
2–3 sessions per week

01 Bodyweight Strength
Relative strength, trunk control · 40 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

STRENGTH · 3 ROUNDS, 60 S REST

Split squat	8/side
Glute bridge, 2 s hold	10
Push-up (knees or full)	6–10
TRX / bar inverted row	8
Side plank	20–30 s/side

TRUNK FINISHER

Streamline hollow hold Biceps squeeze ears	3 × 15–25 s
Superman flutter	3 × 20 s

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Faigenbaum et al., 2009; Lloyd et al., 2016)

SPECIFIC PREPARATION / SESSION TEMPLATE

02 Jump, Land & Throw

Elastic power for starts and walls · 35 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

LANDING MECHANICS

Snap-down to athletic stance Stick it — hips back, chest up	3 × 5
Squat jump stick	3 × 5

POWER · FULL REST BETWEEN SETS

Broad jump stick	4 × 3
Med ball (1–2 kg) chest pass to wall	3 × 8
Med ball overhead slam	3 × 6
Lateral line hops	3 × 10 s

SWIM TRANSFER

Streamline jump & reach Mimic start: arms to ears, full extension	3 × 5

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd et al., 2016; West et al., 2011)

SPECIFIC PREPARATION / SESSION TEMPLATE

03 Med Ball Power Series

Throws for upper-body power · 30 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

THROWS · FULL RECOVERY

Chest pass to wall	3 × 8
Overhead throw to wall	3 × 6
Rotational scoop toss Turn hips first	3 × 5/side
Overhead slam	3 × 6
Kneeling chest pass	2 × 8

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd et al., 2016)

SPECIFIC PREPARATION / SESSION TEMPLATE

04 Legs for Kick & Walls

Kick power, push-offs, ankles · 35 min

WARM-UP · C — MOVEMENT

MOVEMENT / COACHING CUE	DOSE
A-skip	2 × 10 m
Lateral shuffle	2 × 10 m
Spiderman lunge + rotation	4/side
Cossack squat	5/side
Scap push-up	10
Snap-down	2 × 4

STRENGTH · 3 ROUNDS

Wall push-off squat jump Explode horizontally	5
Lateral lunge	6/side
Single-leg glute bridge	8/side
Calf raise, straight & bent knee	12 each

ANKLE & KICK

Ankle plantarflexion stretch kneel	2 × 30 s
Prone flutter kick	3 × 20 s
Dolphin kick on back (dry)	3 × 15 s

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(West et al., 2011)

SPECIFIC PREPARATION / SESSION TEMPLATE

05

EST Athlete Circuit

General fitness & work capacity · 35 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	**30 s each**
Arm circles fwd/back, small→big	**10 each**
World's greatest stretch Elbow to instep, rotate open, chest tall	**3/side**
Leg swings front/lateral	**10/side**
Inchworm to push-up	**5**
Pogo hops Stiff ankles, quiet landings	**2 × 10**

CIRCUIT · 40 S ON / 20 S OFF × 3

Squat to stand	**40 s**
Mountain climbers	**40 s**
Push-up	**40 s**
Skater hops	**40 s**
Plank shoulder taps	**40 s**
Band row	**40 s**

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	**2 × 30 s/side**
Doorway pec stretch	**2 × 30 s/side**
Half-kneeling hip flexor	**2 × 30 s/side**
90/90 box breathing	**5 breaths, 4-4-4-4**

(Faigenbaum et al., 2009)

SPECIFIC PREPARATION / SESSION TEMPLATE

06

Shoulder & Core Care

Injury prevention, posture · 25 min

EST BAND SERIES · JUNIOR

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	2 × 15
Band external rotation (elbow at side)	2 × 12/side
Band Y-raise	2 × 10
Band straight-arm pulldown	2 × 12

SCAP & CORE

Wall slides	2 × 10
Prone T/Y/W	2 × 6 each
Bird dog	2 × 8/side
Pallof press	2 × 10/side

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Wanivenhaus et al., 2012; Lauersen et al., 2014)

PHASE 3 · JUNE – EARLY JULY

COMPETITION BUILD

Maintain strength, sharpen power; keep shoulders healthy through high yardage.
2 sessions per week

01 Jump, Land & Throw

Elastic power for starts and walls · 35 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

LANDING MECHANICS

Snap-down to athletic stance Stick it — hips back, chest up	3 × 5
Squat jump stick	3 × 5

POWER · FULL REST BETWEEN SETS

Broad jump stick	4 × 3
Med ball (1–2 kg) chest pass to wall	3 × 8
Med ball overhead slam	3 × 6
Lateral line hops	3 × 10 s

SWIM TRANSFER

Streamline jump & reach Mimic start: arms to ears, full extension	3 × 5

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd et al., 2016; West et al., 2011)

COMPETITION BUILD / SESSION TEMPLATE

02 Med Ball Power Series

Throws for upper-body power · 30 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

THROWS · FULL RECOVERY

Chest pass to wall	3 × 8
Overhead throw to wall	3 × 6
Rotational scoop toss Turn hips first	3 × 5/side
Overhead slam	3 × 6
Kneeling chest pass	2 × 8

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Lloyd et al., 2016)

COMPETITION BUILD / SESSION TEMPLATE

03 Legs for Kick & Walls

Kick power, push-offs, ankles · 35 min

WARM-UP · C — MOVEMENT

MOVEMENT / COACHING CUE	DOSE
A-skip	2 × 10 m
Lateral shuffle	2 × 10 m
Spiderman lunge + rotation	4/side
Cossack squat	5/side
Scap push-up	10
Snap-down	2 × 4

STRENGTH · 3 ROUNDS

Wall push-off squat jump Explode horizontally	5
Lateral lunge	6/side
Single-leg glute bridge	8/side
Calf raise, straight & bent knee	12 each

ANKLE & KICK

Ankle plantarflexion stretch kneel	2 × 30 s
Prone flutter kick	3 × 20 s
Dolphin kick on back (dry)	3 × 15 s

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(West et al., 2011)

COMPETITION BUILD / SESSION TEMPLATE

04 Streamline Lab

Posture, overhead mobility, tight core · 30 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

MOBILITY

Wall angels Back of head, back, hips on wall	2 × 10
Thoracic extension over foam roller	2 × 8
Lat stretch on bench	2 × 30 s

STREAMLINE STRENGTH · 3 ROUNDS

Streamline wall sit	30 s
Streamline hollow rock	10
Streamline superman hold	20 s
Streamline calf raise Full extension on toes	15

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Hibbs et al., 2008; Wanivenhaus et al., 2012)

COMPETITION BUILD / SESSION TEMPLATE

05 Shoulder & Core Care

Injury prevention, posture · 25 min

EST BAND SERIES · JUNIOR

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	2 × 15
Band external rotation (elbow at side)	2 × 12/side
Band Y-raise	2 × 10
Band straight-arm pulldown	2 × 12

SCAP & CORE

Wall slides	2 × 10
Prone T/Y/W	2 × 6 each
Bird dog	2 × 8/side
Pallof press	2 × 10/side

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Wanivenhaus et al., 2012; Lauersen et al., 2014)

PHASE 4 · JULY – AUG

DISTRICTS / QUALIFIER & LSC LC CHAMPIONSHIPS

Districts / Qualifier 2 weeks before LSC LC Championships. Reduce dryland volume ~40–60%, keep intensity. (Bosquet et al., 2007; Mujika & Padilla, 2003)
1–2 sessions per week

01 Meet-Week Primer

Stay sharp, stay fresh · 20 min

WARM-UP · A — GENERAL

MOVEMENT / COACHING CUE	DOSE
Jumping jacks → seal jacks	30 s each
Arm circles fwd/back, small→big	10 each
World's greatest stretch Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

PRIMER · QUALITY ONLY

Squat jump	2 × 3
Band pull-apart + ER	1 × 15 each
Streamline hollow hold	2 × 15 s

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Mujika & Padilla, 2003; Bosquet et al., 2007)

DISTRICTS / QUALIFIER & LSC LC CHAMPIONSHIPS / SESSION TEMPLATE

02 Streamline Lab

Posture, overhead mobility, tight core · 30 min

WARM-UP · B — SWIM PREP

MOVEMENT / COACHING CUE	DOSE
Band pull-apart	15
Band external rotation	12/side
Streamline squat Arms locked overhead, ribs down	10
Reverse lunge + overhead reach	6/side
Bear crawl	2 × 10 m
Squat jump	2 × 3

MOBILITY

Wall angels Back of head, back, hips on wall	2 × 10
Thoracic extension over foam roller	2 × 8
Lat stretch on bench	2 × 30 s

STREAMLINE STRENGTH · 3 ROUNDS

Streamline wall sit	30 s
Streamline hollow rock	10
Streamline superman hold	20 s
Streamline calf raise Full extension on toes	15

COOL-DOWN · STATIC & BREATH

Lat stretch on wall / bench	2 × 30 s/side
Doorway pec stretch	2 × 30 s/side
Half-kneeling hip flexor	2 × 30 s/side
90/90 box breathing	5 breaths, 4-4-4-4

(Hibbs et al., 2008; Wanivenhaus et al., 2012)

WEEKLY WORKOUT COLLECTION

138 SELECTED SESSIONS

Choose sessions within your prescribed weekly frequency. These workouts and the phase templates are alternatives, not additional training. Match the athlete, readiness and actual swim calendar. Stop on pain or loss of movement control.

The Ultimate Age Group Dryland Program — Short Course Edition
90 sessions · 30 weeks · September–March

Long Course Dryland Program Plan
48 selected 10&U sessions · April–July; August follows your championship calendar

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 01A · MOVEMENT FOUNDATIONS

Lower Body + Trunk · 20–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Bodyweight squat	6-10 reps
Calf raise	6-8 reps
Single-leg balance reach	8-10/side
Glute bridge	6-8 reps

TRUNK CONTROL

Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Bird dog	6/side
Bear hover	20 sec

POWER FINISH

Skater bound + stick	3-5 reps
Low squat jump + stick	3-5 reps
Snap-down + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Bodyweight squat: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Skater bound + stick: stop the set if unstable single-leg landings, pelvis dropping, or rushing into the next rep.

COACHING PURPOSE & SWIM TRANSFER

Control before speed. Use bodyweight squat for lower-body control and front plank for trunk stability as you establish repeatable positions before adding speed or load; finish with skater bound + stick only while landing quality stays crisp. A stable squat-and-brace foundation helps the swimmer keep force moving straight through the body on push-offs instead of leaking through the knees or trunk.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 19. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 01B · MOVEMENT FOUNDATIONS

Upper Body + Shoulder Support · 20–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Wall slide	6-10 reps
Prone Y-T raise	6 each position
Band row	6-8 reps
Band external rotation	8-12/side

TRUNK CONTROL

Hollow body tuck hold	20-30 sec
Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Bird dog	6/side

POWER FINISH

Standing long jump + stick	3-5 reps
Pogo hops	2 x 8-10 contacts
Skater bound + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Wall slide: watch for shoulder shrugging, rib flare, or forcing range beyond comfortable control. Standing long jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Control before speed. Use wall slide for shoulder support and hollow body tuck hold for trunk control as you establish repeatable positions before adding speed or load; stop every set before posture or shoulder position changes. Scapular control and trunk stiffness help the swimmer hold the arms overhead without rib flare, creating a more stable streamline.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 20. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 01C · MOVEMENT FOUNDATIONS

Total-Body Power + Athleticism · 20–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Skater bound + stick	3-5 reps
Low squat jump + stick	3-5 reps
Snap-down + stick	3-5 reps
Standing long jump + stick	3-5 reps

ATHLETIC MOVEMENT

Backpedal to athletic stance	2 x 10-15 yd
Skip + stick	2 x 10 yd
Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction

TRUNK / STABILITY FINISH

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Bird dog	6/side
Bear hover	15-20 sec

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Skater bound + stick: watch for unstable single-leg landings, pelvis dropping, or rushing into the next rep. Tall-kneeling anti-rotation press: stop the set if trunk rotation, rib flare, or losing the kneeling/stance position during the press.

COACHING PURPOSE & SWIM TRANSFER

Control before speed. Use skater bound + stick for explosive quality and backpedal to athletic stance for athletic coordination as you establish repeatable positions before adding speed or load; finish with tall-kneeling anti-rotation press to reinforce control after speed. The jump-and-stick work teaches swimmers to create force, control the landing, and reset - the same quality-first approach used for starts and turns.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 21. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 02A · POSTURE AND CORE

Lower Body + Trunk · 20–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Bear crawl	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Calf raise	6-10 reps
Single-leg balance reach	6-8/side
Glute bridge	8-10 reps
Step-back split squat	6-8/side

TRUNK CONTROL

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Bird dog	6/side
Bear hover	15-20 sec
Dead bug	6/side

POWER FINISH

Skater bound + stick	3-5 reps
Low squat jump + stick	3-5 reps
Snap-down + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Calf raise: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Skater bound + stick: stop the set if unstable single-leg landings, pelvis dropping, or rushing into the next rep.

COACHING PURPOSE & SWIM TRANSFER

Own the body line. Use calf raise for lower-body control and tall-kneeling anti-rotation press for trunk stability as you connect rib, pelvis, and shoulder position into a stronger whole-body line; finish with skater bound + stick only while landing quality stays crisp. Better rib-and-pelvis control supports a tighter line from the wall and gives the kick a more stable platform to work from.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 22. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 02B · POSTURE AND CORE

Upper Body + Shoulder Support · 20–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Prone Y-T raise	6 each position
Band row	8-12 reps
Band external rotation	6-8/side
Incline push-up	8-12 reps

TRUNK CONTROL

Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Bird dog	6/side
Bear hover	15-20 sec

POWER FINISH

Standing long jump + stick	3-5 reps
Pogo hops	2 x 8-10 contacts
Skater bound + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Prone Y-T raise: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Standing long jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Own the body line. Use prone y-t raise for shoulder support and front plank for trunk control as you connect rib, pelvis, and shoulder position into a stronger whole-body line; stop every set before posture or shoulder position changes. Posture-focused shoulder work reinforces the stacked rib-and-pelvis position needed to stay long through the water.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 23. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 02C · POSTURE AND CORE

Total-Body Power + Athleticism · 20–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Skater bound + stick	3-5 reps
Low squat jump + stick	3-5 reps
Snap-down + stick	3-5 reps
Standing long jump + stick	3-5 reps

ATHLETIC MOVEMENT

Skip + stick	2 x 10-15 yd
Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction
Carioca walk-through	2 x 10 yd each direction

TRUNK / STABILITY FINISH

Bird dog	6/side
Bear hover	20 sec
Dead bug	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Skater bound + stick: watch for unstable single-leg landings, pelvis dropping, or rushing into the next rep. Bird dog: stop the set if loss of alignment, rushed repetitions, or compensations that were not present at the start of the set.

COACHING PURPOSE & SWIM TRANSFER

Own the body line. Use skater bound + stick for explosive quality and skip + stick for athletic coordination as you connect rib, pelvis, and shoulder position into a stronger whole-body line; finish with bird dog to reinforce control after speed. Power work performed from a stacked trunk teaches the athlete to move fast without losing the body line that matters in streamline.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 24. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 03A · LANDING AND BALANCE

Lower Body + Trunk · 20–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Backpedal to athletic stance	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Single-leg balance reach	6-10/side
Glute bridge	6-8 reps
Step-back split squat	8-10/side
Reverse lunge + reach	6-8/side

TRUNK CONTROL

Bird dog	6/side
Bear hover	20 sec
Dead bug	6/side
Side plank	20 sec/side

POWER FINISH

Skater bound + stick	3-5 reps
Low squat jump + stick	3-5 reps
Snap-down + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Single-leg balance reach: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Skater bound + stick: stop the set if unstable single-leg landings, pelvis dropping, or rushing into the next rep.

COACHING PURPOSE & SWIM TRANSFER

Quiet feet, stable positions. Use single-leg balance reach for lower-body control and bird dog for trunk stability as you teach swimmers to absorb force quietly and regain balance before the next action; finish with skater bound + stick only while landing quality stays crisp. Single-leg landing control teaches the athlete to manage force cleanly, which supports more organized feet, knees, and hips in starts and turns.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 25. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 03B · LANDING AND BALANCE

Upper Body + Shoulder Support · 20–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Band row	6-10 reps
Band external rotation	8-12/side
Incline push-up	6-8 reps
Scapular push-up	8-12 reps

TRUNK CONTROL

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Bird dog	6/side
Bear hover	20 sec
Dead bug	6/side

POWER FINISH

Standing long jump + stick	3-5 reps
Pogo hops	2 x 8-10 contacts
Skater bound + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Band row: watch for leaning backward, shrugging, or pulling farther than shoulder position allows. Standing long jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Quiet feet, stable positions. Use band row for shoulder support and tall-kneeling anti-rotation press for trunk control as you teach swimmers to absorb force quietly and regain balance before the next action; stop every set before posture or shoulder position changes. Upper-body stability supports better control when the athlete is absorbing or redirecting force during athletic movements and race setup.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 26. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 03C · LANDING AND BALANCE

Total-Body Power + Athleticism · 20–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Skater bound + stick	3-5 reps
Low squat jump + stick	3-5 reps
Snap-down + stick	3-5 reps
Standing long jump + stick	3-5 reps

ATHLETIC MOVEMENT

Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction
Carioca walk-through	2 x 10 yd each direction
A-march	2 x 10 yd

TRUNK / STABILITY FINISH

Bear hover	20 sec
Dead bug	6/side
Side plank	20-30 sec/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Skater bound + stick: watch for unstable single-leg landings, pelvis dropping, or rushing into the next rep. Bear hover: stop the set if hips rising, trunk rotation, or steps getting longer as control fades.

COACHING PURPOSE & SWIM TRANSFER

Quiet feet, stable positions. Use skater bound + stick for explosive quality and quick-feet line taps for athletic coordination as you teach swimmers to absorb force quietly and regain balance before the next action; finish with bear hover to reinforce control after speed. Landing and balance drills improve the ability to absorb force before producing the next explosive action.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 27. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 04A · FOUNDATION INTEGRATION

Lower Body + Trunk · 20–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Skip + stick	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Glute bridge	6-10 reps
Step-back split squat	6-8/side
Reverse lunge + reach	8-10/side
Lateral squat shift	6-8/side

TRUNK CONTROL

Bear hover	15-20 sec
Dead bug	6/side
Side plank	20-30 sec/side
Hollow body tuck hold	20 sec

POWER FINISH

Skater bound + stick	3-5 reps
Low squat jump + stick	3-5 reps
Snap-down + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Glute bridge: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Skater bound + stick: stop the set if unstable single-leg landings, pelvis dropping, or rushing into the next rep.

COACHING PURPOSE & SWIM TRANSFER

Connect the basic patterns. Use glute bridge for lower-body control and bear hover for trunk stability as you link the foundation patterns into smooth, coordinated total-body movement; finish with skater bound + stick only while landing quality stays crisp. Integrating squat, hinge, and trunk control builds the whole-body sequencing needed to leave the wall with less wasted movement.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 28. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 04B · FOUNDATION INTEGRATION

Upper Body + Shoulder Support · 20–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Band external rotation	6-10/side
Incline push-up	8-12 reps
Scapular push-up	6-8 reps
Half-kneeling band press	8-12/side

TRUNK CONTROL

Bird dog	6/side
Bear hover	15-20 sec
Dead bug	6/side
Side plank	20-30 sec/side

POWER FINISH

Standing long jump + stick	3-5 reps
Pogo hops	2 x 8-10 contacts
Skater bound + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Band external rotation: watch for shoulder shrugging, rib flare, or using body momentum instead of the target muscles. Standing long jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Connect the basic patterns. Use band external rotation for shoulder support and bird dog for trunk control as you link the foundation patterns into smooth, coordinated total-body movement; stop every set before posture or shoulder position changes. Integrating push, pull, and trunk control helps the shoulders work from a stable base rather than compensating through the low back.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 29. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / MOVEMENT FOUNDATION

WEEK 04C · FOUNDATION INTEGRATION

Total-Body Power + Athleticism · 20–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Skater bound + stick	3-5 reps
Low squat jump + stick	3-5 reps
Snap-down + stick	3-5 reps
Standing long jump + stick	3-5 reps

ATHLETIC MOVEMENT

Lateral shuffle	2 x 15 yd each direction
Carioca walk-through	2 x 10 yd each direction
A-march	2 x 10 yd
Bear crawl	2 x 10 yd

TRUNK / STABILITY FINISH

Dead bug	6/side
Side plank	20 sec/side
Hollow body tuck hold	20-30 sec

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds ages 8-10; 2 rounds ages 11-14 Skater bound + stick: watch for unstable single-leg landings, pelvis dropping, or rushing into the next rep. Dead bug: stop the set if the low back arching, ribs lifting, or range becoming too large to control.

COACHING PURPOSE & SWIM TRANSFER

Connect the basic patterns. Use skater bound + stick for explosive quality and lateral shuffle for athletic coordination as you link the foundation patterns into smooth, coordinated total-body movement; finish with dead bug to reinforce control after speed. Integrated jumps and movement patterns teach the body to coordinate legs, trunk, and arms as one athletic unit.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 30. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 05A · LOWER-BODY STRENGTH

Lower Body + Trunk · 25–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Quick-feet line taps	2 x 10 sec
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Lateral lunge	6-10/side
Split squat	6-8/side
Glute bridge march	8-10/side
Goblet squat with light medicine ball	6-8 reps

TRUNK CONTROL

Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side
Bird dog	6/side

POWER FINISH

Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Pogo hops	2 x 8-10 contacts

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Lateral lunge: watch for front-knee collapse, unstable foot pressure, or twisting through the pelvis. Skater bound + stick: stop the set if unstable single-leg landings, pelvis dropping, or rushing into the next rep.

COACHING PURPOSE & SWIM TRANSFER

Build the base. Use lateral lunge for lower-body control and front plank for trunk stability as you build usable strength without sacrificing posture or range of motion; finish with skater bound + stick only while landing quality stays crisp. Stronger legs and hips increase the force available for block extension and wall push-off while the trunk keeps that force directed forward.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 31. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 05B · LOWER-BODY STRENGTH

Upper Body + Shoulder Support · 25–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Push-up	6-10 reps
Band pulldown	8-12 reps
Scapular push-up + reach	6-8 reps
Half-kneeling band press	8-12/side

TRUNK CONTROL

Hollow body tuck hold	20-30 sec
Dead bug with light medicine ball	6/side
Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Medicine-ball slam	3-5 reps
Low squat jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Push-up: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Medicine-ball slam: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Build the base. Use push-up for shoulder support and hollow body tuck hold for trunk control as you build usable strength without sacrificing posture or range of motion; stop every set before posture or shoulder position changes. Balanced pulling and pressing build support around the shoulder while the trunk stays organized for repeated swimming volume.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 32. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 05C · LOWER-BODY STRENGTH

Total-Body Power + Athleticism · 25–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Pogo hops	2 x 8-10 contacts
Skater bound + stick	3-5 reps

ATHLETIC MOVEMENT

Carioca walk-through	2 x 15 yd each direction
A-march	2 x 10 yd
Bear crawl	2 x 10 yd
Backpedal to athletic stance	2 x 10 yd

TRUNK / STABILITY FINISH

Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Skater bound + stick: watch for unstable single-leg landings, pelvis dropping, or rushing into the next rep. Front plank: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Build the base. Use skater bound + stick for explosive quality and carioca walk-through for athletic coordination as you build usable strength without sacrificing posture or range of motion; finish with front plank to reinforce control after speed. Low-volume power begins turning the new strength base into faster, more decisive race movement.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 33. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 06A · UPPER-BODY SUPPORT

Lower Body + Trunk · 25–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffle	2 x 15 yd each direction
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Split squat	6-10/side
Glute bridge march	6-8/side
Goblet squat with light medicine ball	8-10 reps
Step-up	6-8/side

TRUNK CONTROL

Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side
Bird dog	6/side

POWER FINISH

Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Low squat jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Split squat: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Medicine-ball chest pass: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Strong shoulders, strong posture. Use split squat for lower-body control and front plank for trunk stability as you improve shoulder support and trunk control around pushing and pulling patterns; finish with medicine-ball chest pass only while landing quality stays crisp. Lower-body work this week reinforces the posture that allows shoulder strength to transfer through the torso instead of being lost through an unstable base.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 34. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 06B · UPPER-BODY SUPPORT

Upper Body + Shoulder Support · 25–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Band pulldown	6-10 reps
Scapular push-up + reach	8-12 reps
Half-kneeling band press	6-8/side
Tall-kneeling band row	8-12 reps

TRUNK CONTROL

Hollow body tuck hold	20-30 sec
Dead bug with light medicine ball	6/side
Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Snap-down + stick	3-5 reps
Standing long jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Band pulldown: watch for shoulder shrugging, rib flare, or using body momentum instead of the target muscles. Snap-down + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Strong shoulders, strong posture. Use band pulldown for shoulder support and hollow body tuck hold for trunk control as you improve shoulder support and trunk control around pushing and pulling patterns; stop every set before posture or shoulder position changes. This session directly strengthens scapular control and overhead support so streamlines and stroke positions can stay cleaner as fatigue rises.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 35. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 06C · UPPER-BODY SUPPORT

Total-Body Power + Athleticism · 25–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Low squat jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps

ATHLETIC MOVEMENT

A-march	2 x 10-15 yd
Bear crawl	2 x 10 yd
Backpedal to athletic stance	2 x 10 yd
Skip + stick	2 x 10 yd

TRUNK / STABILITY FINISH

Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Medicine-ball chest pass: watch for slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly. Front plank: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Strong shoulders, strong posture. Use medicine-ball chest pass for explosive quality and a-march for athletic coordination as you improve shoulder support and trunk control around pushing and pulling patterns; finish with front plank to reinforce control after speed. Explosive work paired with shoulder support reinforces whole-body force transfer instead of isolated strength.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 36. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 07A · SINGLE-LEG CONTROL

Lower Body + Trunk · 25–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Carioca walk-through	2 x 15 yd each direction
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Glute bridge march	6-10/side
Goblet squat with light medicine ball	6-8 reps
Step-up	8-10/side
Tempo squat 3-sec lower	6-8 reps

TRUNK CONTROL

Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side
Bird dog	6/side

POWER FINISH

Medicine-ball scoop toss	3-5 reps
Snap-down + stick	3-5 reps
Standing long jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Glute bridge march: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Medicine-ball scoop toss: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Stability before force. Use glute bridge march for lower-body control and front plank for trunk stability as you develop single-leg stability so force can be directed without hip or knee collapse; finish with medicine-ball scoop toss only while landing quality stays crisp. Single-leg control improves hip stability and alignment, helping swimmers stay more organized during asymmetrical positions on deck and in race preparation.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 37. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 07B · SINGLE-LEG CONTROL

Upper Body + Shoulder Support · 25–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Scapular push-up + reach	6-10 reps
Half-kneeling band press	8-12/side
Tall-kneeling band row	6-8 reps
Standing band row	8-12 reps

TRUNK CONTROL

Hollow body tuck hold	20-30 sec
Dead bug with light medicine ball	6/side
Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Pogo hops	2 x 8-10 contacts
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Scapular push-up + reach: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Pogo hops: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Stability before force. Use scapular push-up + reach for shoulder support and hollow body tuck hold for trunk control as you develop single-leg stability so force can be directed without hip or knee collapse; stop every set before posture or shoulder position changes. A stable trunk lets the shoulders produce and resist force without twisting the body, supporting cleaner long-axis alignment.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 38. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 07C · SINGLE-LEG CONTROL

Total-Body Power + Athleticism · 25–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball scoop toss	3-5 reps
Snap-down + stick	3-5 reps
Standing long jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps

ATHLETIC MOVEMENT

Bear crawl	2 x 15 yd
Backpedal to athletic stance	2 x 10 yd
Skip + stick	2 x 10 yd
Quick-feet line taps	2 x 10 sec

TRUNK / STABILITY FINISH

Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Medicine-ball scoop toss: watch for slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly. Front plank: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Stability before force. Use medicine-ball scoop toss for explosive quality and bear crawl for athletic coordination as you develop single-leg stability so force can be directed without hip or knee collapse; finish with front plank to reinforce control after speed. Single-leg and lateral power challenge hip control before the athlete is asked to move faster in later phases.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 39. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 08A · FOUNDATION CHECKPOINT

Lower Body + Trunk · 25–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Goblet squat with light medicine ball	6-10 reps
Step-up	6-8/side
Tempo squat 3-sec lower	8-10 reps
Single-leg RDL reach	6-8/side

TRUNK CONTROL

Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side
Bird dog	6/side

POWER FINISH

Medicine-ball rotational throw	3-5/side
Pogo hops	2 x 8-10 contacts
Skater bound + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Goblet squat with light medicine ball: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Medicine-ball rotational throw: stop the set if leaning backward, shrugging, or pulling farther than shoulder position allows.

COACHING PURPOSE & SWIM TRANSFER

Repeat quality under light fatigue. Use goblet squat with light medicine ball for lower-body control and front plank for trunk stability as you show that quality positions can be repeated even when light fatigue begins to build; finish with medicine-ball rotational throw only while landing quality stays crisp. Repeating clean lower-body reps under light fatigue mirrors the need to keep turn mechanics organized late in a race.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 40. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 08B · FOUNDATION CHECKPOINT

Upper Body + Shoulder Support · 25–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Half-kneeling band press	6-10/side
Tall-kneeling band row	8-12 reps
Standing band row	6-8 reps
Band face pull	8-12 reps

TRUNK CONTROL

Hollow body tuck hold	20-30 sec
Dead bug with light medicine ball	6/side
Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Low squat jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Half-kneeling band press: watch for trunk rotation, rib flare, or losing the kneeling/stance position during the press. Low squat jump + stick: stop the set if knee collapse, heel lift, or losing the stacked rib-to-pelvis position.

COACHING PURPOSE & SWIM TRANSFER

Repeat quality under light fatigue. Use half-kneeling band press for shoulder support and hollow body tuck hold for trunk control as you show that quality positions can be repeated even when light fatigue begins to build; stop every set before posture or shoulder position changes. Repeating quality shoulder patterns under light fatigue builds durability without turning support work into exhaustive strength training.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 41. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / STRENGTH FOUNDATION

WEEK 08C · FOUNDATION CHECKPOINT

Total-Body Power + Athleticism · 25–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball rotational throw	3-5/side
Pogo hops	2 x 8-10 contacts
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side

ATHLETIC MOVEMENT

Backpedal to athletic stance	2 x 10-15 yd
Skip + stick	2 x 10 yd
Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction

TRUNK / STABILITY FINISH

Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Medicine-ball rotational throw: watch for leaning backward, shrugging, or pulling farther than shoulder position allows. Front plank: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Repeat quality under light fatigue. Use medicine-ball rotational throw for explosive quality and backpedal to athletic stance for athletic coordination as you show that quality positions can be repeated even when light fatigue begins to build; finish with front plank to reinforce control after speed. The checkpoint session asks swimmers to reproduce speed and landing quality consistently, not simply complete more reps.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 42. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 09A · POWER INTRODUCTION

Lower Body + Trunk · 25–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Bear crawl	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Step-up	6-10/side
Tempo squat 3-sec lower	6-8 reps
Single-leg RDL reach	8-10/side
Lateral lunge	6-8/side

TRUNK CONTROL

Hollow rock	small range - 8-12 controlled reps
Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side

POWER FINISH

Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Step-up: watch for front-knee collapse, unstable foot pressure, or twisting through the pelvis. Streamline jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Fast intent, small volume. Use step-up for lower-body control and hollow rock for trunk stability as you introduce explosive intent with small doses and full technical control; finish with streamline jump + stick only while landing quality stays crisp. Fast but controlled leg actions begin converting the strength base into quicker force for starts and wall departures.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 43. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 09B · POWER INTRODUCTION

Upper Body + Shoulder Support · 25–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Tall-kneeling band row	6-10 reps
Standing band row	8-12 reps
Band face pull	6-8 reps
Push-up	8-12 reps

TRUNK CONTROL

Dead bug with light medicine ball	6/side
Hollow rock	small range - 6-10 controlled reps
Side plank reach-through	5-6/side
Bear crawl	20 sec

POWER FINISH

Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Tall-kneeling band row: watch for leaning backward, shrugging, or pulling farther than shoulder position allows. Medicine-ball chest pass: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Fast intent, small volume. Use tall-kneeling band row for shoulder support and dead bug with light medicine ball for trunk control as you introduce explosive intent with small doses and full technical control; stop every set before posture or shoulder position changes. The upper-body work keeps the shoulder girdle stable while the athlete begins expressing more speed elsewhere in the program.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 44. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 09C · POWER INTRODUCTION

Total-Body Power + Athleticism · 25–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps

ATHLETIC MOVEMENT

Skip + stick	2 x 10-15 yd
Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction
Carioca walk-through	2 x 10 yd each direction

TRUNK / STABILITY FINISH

Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Streamline jump + stick: watch for loud landings, knees collapsing inward, or needing extra steps to regain balance. Side plank reach-through: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Fast intent, small volume. Use streamline jump + stick for explosive quality and skip + stick for athletic coordination as you introduce explosive intent with small doses and full technical control; finish with side plank reach-through to reinforce control after speed. This is the first true power dose: move the ball or body fast, recover fully, and stop before speed falls off.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 45. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 10A · ROTATION AND TRANSFER

Lower Body + Trunk · 25–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Backpedal to athletic stance	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Tempo squat 3-sec lower	6-10 reps
Single-leg RDL reach	6-8/side
Lateral lunge	8-10/side
Split squat	6-8/side

TRUNK CONTROL

Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Tempo squat 3-sec lower: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Countermovement jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Connect hips, trunk, and shoulders. Use tempo squat 3-sec lower for lower-body control and side plank reach-through for trunk stability as you connect hip rotation, trunk stiffness, and shoulder action into one coordinated chain; finish with countermovement jump + stick only while landing quality stays crisp. Hip and trunk control help rotational force travel through the body without the knees or pelvis twisting out of position.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 46. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 10B · ROTATION AND TRANSFER

Upper Body + Shoulder Support · 25–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Standing band row	6-10 reps
Band face pull	8-12 reps
Push-up	6-8 reps
Band pulldown	8-12 reps

TRUNK CONTROL

Hollow rock	small range - 8-12 controlled reps
Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side

POWER FINISH

Medicine-ball scoop toss	3-5 reps Split-stance medicine-ball chest pass - 3-5/side
Broad jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Standing band row: watch for leaning backward, shrugging, or pulling farther than shoulder position allows. Medicine-ball scoop toss: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Connect hips, trunk, and shoulders. Use standing band row for shoulder support and hollow rock for trunk control as you connect hip rotation, trunk stiffness, and shoulder action into one coordinated chain; stop every set before posture or shoulder position changes. Coordinating shoulders with a stable trunk improves the transfer of rotational force instead of allowing the ribs and pelvis to separate.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 47. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 10C · ROTATION AND TRANSFER

Total-Body Power + Athleticism · 25–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps

ATHLETIC MOVEMENT

Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction
Carioca walk-through	2 x 10 yd each direction
A-march	2 x 10 yd

TRUNK / STABILITY FINISH

Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Countermovement jump + stick: watch for loud landings, knees collapsing inward, or needing extra steps to regain balance. Bear crawl: stop the set if hips rising, trunk rotation, or steps getting longer as control fades.

COACHING PURPOSE & SWIM TRANSFER

Connect hips, trunk, and shoulders. Use countermovement jump + stick for explosive quality and quick-feet line taps for athletic coordination as you connect hip rotation, trunk stiffness, and shoulder action into one coordinated chain; finish with bear crawl to reinforce control after speed. Rotational throws teach force to travel from the floor through the hips and trunk before the upper body finishes the action.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 48. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 11A · ACCELERATION AND QUICKNESS

Lower Body + Trunk · 25–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Skip + stick	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Single-leg RDL reach	6-10/side
Lateral lunge	6-8/side
Split squat	8-10/side
Glute bridge march	6-8/side

TRUNK CONTROL

Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side

POWER FINISH

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps Split-stance medicine-ball chest pass - 3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Single-leg RDL reach: watch for opening the hip, rounding the back, or losing balance on the stance foot. Broad jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Move fast without losing position. Use single-leg rdl reach for lower-body control and bear crawl for trunk stability as you improve the first fast movement while keeping body position organized; finish with broad jump + stick only while landing quality stays crisp. Faster first-step and lower-body actions support the ability to initiate force quickly at the block and wall.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 49. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 11B · ACCELERATION AND QUICKNESS

Upper Body + Shoulder Support · 25–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Band face pull	6-10 reps
Push-up	8-12 reps
Band pulldown	6-8 reps
Scapular push-up + reach	8-12 reps

TRUNK CONTROL

Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Band face pull: watch for shoulder shrugging, rib flare, or using body momentum instead of the target muscles. Medicine-ball rotational throw: stop the set if leaning backward, shrugging, or pulling farther than shoulder position allows.

COACHING PURPOSE & SWIM TRANSFER

Move fast without losing position. Use band face pull for shoulder support and side plank reach-through for trunk control as you improve the first fast movement while keeping body position organized; stop every set before posture or shoulder position changes. Quick, organized upper-body actions support faster arm placement and better body control around race-speed skills.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 50. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 11C · ACCELERATION AND QUICKNESS

Total-Body Power + Athleticism · 25–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps
Split-stance medicine-ball chest pass	3-5/side
Broad jump + stick	3-5 reps

ATHLETIC MOVEMENT

Lateral shuffle	2 x 15 yd each direction
Carioca walk-through	2 x 10 yd each direction
A-march	2 x 10 yd
Bear crawl	2 x 10 yd

TRUNK / STABILITY FINISH

Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Broad jump + stick: watch for loud landings, knees collapsing inward, or needing extra steps to regain balance. Plank shoulder tap: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Move fast without losing position. Use broad jump + stick for explosive quality and lateral shuffle for athletic coordination as you improve the first fast movement while keeping body position organized; finish with plank shoulder tap to reinforce control after speed. Acceleration drills improve how quickly the athlete can organize and produce the first burst of force.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 51. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 12A · POWER CONSOLIDATION

Lower Body + Trunk · 25–30 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Quick-feet line taps	2 x 10 sec
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Lateral lunge	6-10/side
Split squat	6-8/side
Glute bridge march	8-10/side
Goblet squat with light medicine ball	6-8 reps

TRUNK CONTROL

Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Dead bug with light medicine ball	6/side

POWER FINISH

Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Lateral lunge: watch for front-knee collapse, unstable foot pressure, or twisting through the pelvis. Skater bound + stick: stop the set if unstable single-leg landings, pelvis dropping, or rushing into the next rep.

COACHING PURPOSE & SWIM TRANSFER

Repeat explosive quality. Use lateral lunge for lower-body control and plank shoulder tap for trunk stability as you repeat explosive efforts without allowing speed, landing quality, or posture to fade; finish with skater bound + stick only while landing quality stays crisp. Repeated explosive leg work teaches swimmers to preserve push-off quality across multiple high-speed efforts.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 52. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 12B · POWER CONSOLIDATION

Upper Body + Shoulder Support · 25–30 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Push-up	6-10 reps
Band pulldown	8-12 reps
Scapular push-up + reach	6-8 reps
Half-kneeling band press	8-12/side

TRUNK CONTROL

Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side

POWER FINISH

Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Push-up: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Medicine-ball slam: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Repeat explosive quality. Use push-up for shoulder support and bear crawl for trunk control as you repeat explosive efforts without allowing speed, landing quality, or posture to fade; stop every set before posture or shoulder position changes. Maintaining scapular position across repeated efforts helps preserve stroke support when power work accumulates.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 53. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / POWER INTRODUCTION

WEEK 12C · POWER CONSOLIDATION

Total-Body Power + Athleticism · 25–30 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps

ATHLETIC MOVEMENT

Carioca walk-through	2 x 15 yd each direction
A-march	2 x 10 yd
Bear crawl	2 x 10 yd
Backpedal to athletic stance	2 x 10 yd

TRUNK / STABILITY FINISH

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Dead bug with light medicine ball	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Skater bound + stick: watch for unstable single-leg landings, pelvis dropping, or rushing into the next rep. Tall-kneeling anti-rotation press: stop the set if trunk rotation, rib flare, or losing the kneeling/stance position during the press.

COACHING PURPOSE & SWIM TRANSFER

Repeat explosive quality. Use skater bound + stick for explosive quality and carioca walk-through for athletic coordination as you repeat explosive efforts without allowing speed, landing quality, or posture to fade; finish with tall-kneeling anti-rotation press to reinforce control after speed. Repeated power efforts train the ability to reproduce fast movement without sacrificing landing or throwing mechanics.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 54. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 13A · ATHLETIC MOVEMENT

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffle	2 x 15 yd each direction
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Reverse lunge + reach	6-10/side
Lateral squat shift	6-8/side
Goblet squat with light medicine ball	8-10 reps
Step-up	6-8/side

TRUNK CONTROL

Side plank	20-30 sec/side
Hollow body tuck hold	20 sec
Dead bug with light medicine ball	6/side
Hollow rock	small range - 8-10 controlled reps

POWER FINISH

Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Reverse lunge + reach: watch for front-knee collapse, unstable foot pressure, or twisting through the pelvis. Medicine-ball chest pass: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Move in every direction. Use reverse lunge + reach for lower-body control and side plank for trunk stability as you expand athletic movement in multiple directions while preserving control; finish with medicine-ball chest pass only while landing quality stays crisp. Multi-direction lower-body control builds a more adaptable athlete without losing the alignment needed for efficient swimming.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 55. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 13B · ATHLETIC MOVEMENT

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Scapular push-up	6-10 reps
Half-kneeling band press	8-12/side
Half-kneeling band press	6-8/side
Tall-kneeling band row	8-12 reps

TRUNK CONTROL

Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Front plank	20-30 sec

POWER FINISH

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Scapular push-up: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Split-stance medicine-ball chest pass: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Move in every direction. Use scapular push-up for shoulder support and plank shoulder tap for trunk control as you expand athletic movement in multiple directions while preserving control; stop every set before posture or shoulder position changes. Shoulder stability gives the athlete a dependable upper-body platform while moving in more directions on land.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 56. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 13C · ATHLETIC MOVEMENT

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps

ATHLETIC MOVEMENT

A-march	2 x 10-15 yd
Bear crawl	2 x 10 yd
Backpedal to athletic stance	2 x 10 yd
Skip + stick	2 x 10 yd

TRUNK / STABILITY FINISH

Half-kneeling chop with band	6/side
Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Medicine-ball chest pass: watch for slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly. Half-kneeling chop with band: stop the set if trunk rotation, rib flare, or losing the kneeling/stance position during the press.

COACHING PURPOSE & SWIM TRANSFER

Move in every direction. Use medicine-ball chest pass for explosive quality and a-march for athletic coordination as you expand athletic movement in multiple directions while preserving control; finish with half-kneeling chop with band to reinforce control after speed. Multi-direction athletic work broadens coordination while keeping the same standards for posture and control.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 57. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 14A · STRENGTH ENDURANCE

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Carioca walk-through	2 x 15 yd each direction
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Glute bridge march	6-10/side
Bodyweight squat	6-8 reps
Calf raise	8-10 reps
Single-leg balance reach	6-8/side

TRUNK CONTROL

Half-kneeling chop with band	6/side
Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side

POWER FINISH

Medicine-ball scoop toss	3-5 reps Split-stance medicine-ball chest pass - 3-5/side
Broad jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Glute bridge march: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Medicine-ball scoop toss: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Sustain good positions. Use glute bridge march for lower-body control and half-kneeling chop with band for trunk stability as you sustain useful strength and trunk position across longer work bouts; finish with medicine-ball scoop toss only while landing quality stays crisp. Strength endurance supports consistent wall force and body position when races and practices become more demanding.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 58. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 14B · STRENGTH ENDURANCE

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Scapular push-up + reach	6-10 reps
Wall slide	8-12 reps
Prone Y-T raise	6 each position
Standing band row	8-12 reps

TRUNK CONTROL

Side plank	20-30 sec/side
Hollow body tuck hold	20-30 sec
Dead bug with light medicine ball	6/side
Hollow rock	small range - 6-10 controlled reps

POWER FINISH

Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Scapular push-up + reach: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Streamline jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Sustain good positions. Use scapular push-up + reach for shoulder support and side plank for trunk control as you sustain useful strength and trunk position across longer work bouts; stop every set before posture or shoulder position changes. Upper-body strength endurance supports posture and shoulder control through longer practices and repeated race demands.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 59. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 14C · STRENGTH ENDURANCE

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball scoop toss	3-5 reps
Split-stance medicine-ball chest pass	3-5/side
Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps

ATHLETIC MOVEMENT

Bear crawl	2 x 15 yd
Backpedal to athletic stance	2 x 10 yd
Skip + stick	2 x 10 yd
Quick-feet line taps	2 x 10 sec

TRUNK / STABILITY FINISH

Dead bug with light medicine ball	6/side
Hollow rock	small range - 8-10 controlled reps
Bird dog	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Medicine-ball scoop toss: watch for slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly. Dead bug with light medicine ball: stop the set if the low back arching, ribs lifting, or range becoming too large to control.

COACHING PURPOSE & SWIM TRANSFER

Sustain good positions. Use medicine-ball scoop toss for explosive quality and bear crawl for athletic coordination as you sustain useful strength and trunk position across longer work bouts; finish with dead bug with light medicine ball to reinforce control after speed. Power under modest fatigue teaches swimmers to stay explosive without letting the session become conditioning.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 60. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 15A · QUICKNESS AND REACTION

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Goblet squat with light medicine ball	6-10 reps
Step-up	6-8/side
Tempo squat 3-sec lower	8-10 reps
Glute bridge	6-8 reps

TRUNK CONTROL

Dead bug with light medicine ball	6/side
Hollow rock	small range - 8-10 controlled reps
Bird dog	6/side
Bear hover	20 sec

POWER FINISH

Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Goblet squat with light medicine ball: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Medicine-ball rotational throw: stop the set if leaning backward, shrugging, or pulling farther than shoulder position allows.

COACHING PURPOSE & SWIM TRANSFER

Fast feet, calm body. Use goblet squat with light medicine ball for lower-body control and dead bug with light medicine ball for trunk stability as you react quickly while keeping the body calm, balanced, and ready for the next movement; finish with medicine-ball rotational throw only while landing quality stays Quick foot and leg reactions train the athlete to organize the body rapidly before producing force.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 61. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 15B · QUICKNESS AND REACTION

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Half-kneeling band press	6-10/side
Tall-kneeling band row	8-12 reps
Band row	6-8 reps
Band external rotation	8-12/side

TRUNK CONTROL

Half-kneeling chop with band	6/side
Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side

POWER FINISH

Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Half-kneeling band press: watch for trunk rotation, rib flare, or losing the kneeling/stance position during the press. Countermovement jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Fast feet, calm body. Use half-kneeling band press for shoulder support and half-kneeling chop with band for trunk control as you react quickly while keeping the body calm, balanced, and ready for the next movement; stop every set before posture or shoulder position changes. Fast reaction work is more useful when the shoulder blades and trunk stay organized rather than tensing or shrugging.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 62. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 15C · QUICKNESS AND REACTION

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side

ATHLETIC MOVEMENT

Backpedal to athletic stance	2 x 10-15 yd
Skip + stick	2 x 10 yd
Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction

TRUNK / STABILITY FINISH

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side
Bear crawl	20 sec

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Medicine-ball rotational throw: watch for leaning backward, shrugging, or pulling farther than shoulder position allows. Tall-kneeling anti-rotation press: stop the set if trunk rotation, rib flare, or losing the kneeling/stance position during the press.

COACHING PURPOSE & SWIM TRANSFER

Fast feet, calm body. Use medicine-ball rotational throw for explosive quality and backpedal to athletic stance for athletic coordination as you react quickly while keeping the body calm, balanced, and ready for the next movement; finish with tall-kneeling anti-rotation press to reinforce control after speed. Reaction and quickness drills develop faster decisions and first movements while the body remains balanced.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 63. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 16A · QUALITY DELOAD

Lower Body + Trunk · 20–25 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Bear crawl	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Calf raise	6-10 reps
Single-leg balance reach	6-8/side
Single-leg RDL reach	8-10/side
Lateral lunge	6-8/side

TRUNK CONTROL

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side
Bear crawl	20 sec
Dead bug	6/side

POWER FINISH

Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Calf raise: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Medicine-ball slam: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Reduce volume, keep skill. Use calf raise for lower-body control and tall-kneeling anti-rotation press for trunk stability as you reduce total work while keeping the movement patterns sharp and confident; finish with medicine-ball slam only while landing quality stays crisp. The reduced lower-body volume keeps movement sharp while allowing fatigue to drop before the next training block.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 64. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 16B · QUALITY DELOAD

Upper Body + Shoulder Support · 20–25 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Prone Y-T raise	6 each position
Standing band row	8-12 reps
Band face pull	6-8 reps
Incline push-up	8-12 reps

TRUNK CONTROL

Dead bug with light medicine ball	6/side
Hollow rock	small range - 6-10 controlled reps
Bird dog	6/side
Bear hover	15-20 sec

POWER FINISH

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps Split-stance medicine-ball chest pass - 3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Prone Y-T raise: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Broad jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Reduce volume, keep skill. Use prone y-t raise for shoulder support and dead bug with light medicine ball for trunk control as you reduce total work while keeping the movement patterns sharp and confident; stop every set before posture or shoulder position changes. Lower support volume maintains shoulder quality while giving the swimmer room to recover.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 65. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / ATHLETIC RESILIENCE

WEEK 16C · QUALITY DELOAD

Total-Body Power + Athleticism · 20–25 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps

ATHLETIC MOVEMENT

Skip + stick	2 x 10-15 yd
Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction
Carioca walk-through	2 x 10 yd each direction

TRUNK / STABILITY FINISH

Bird dog	6/side
Bear hover	20 sec
Plank shoulder tap	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Medicine-ball slam: watch for slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly. Bird dog: stop the set if loss of alignment, rushed repetitions, or compensations that were not present at the start of the set.

COACHING PURPOSE & SWIM TRANSFER

Reduce volume, keep skill. Use medicine-ball slam for explosive quality and skip + stick for athletic coordination as you reduce total work while keeping the movement patterns sharp and confident; finish with bird dog to reinforce control after speed. The deload keeps a small dose of speed so the nervous system stays sharp while total work decreases.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 66. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 17A · RACE-POWER RE-ENTRY

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Backpedal to athletic stance	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Tempo squat 3-sec lower	6-10 reps
Single-leg RDL reach	6-8/side
Lateral lunge	8-10/side
Split squat	6-8/side

TRUNK CONTROL

Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Tempo squat 3-sec lower: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Split-stance medicine-ball chest pass: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Build speed after the break. Use tempo squat 3-sec lower for lower-body control and side plank reach-through for trunk stability as you reintroduce speed after the break without chasing fatigue or soreness; finish with split-stance medicine-ball chest pass only while landing quality stays crisp. Re-entry strength restores leg drive and trunk stiffness so speed can build again without rushing progression.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 67. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 17B · RACE-POWER RE-ENTRY

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Standing band row	6-10 reps
Band face pull	8-12 reps
Push-up	6-8 reps
Band pulldown	8-12 reps

TRUNK CONTROL

Hollow rock	small range - 8-12 controlled reps
Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side

POWER FINISH

Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Standing band row: watch for leaning backward, shrugging, or pulling farther than shoulder position allows. Skater bound + stick: stop the set if unstable single-leg landings, pelvis dropping, or rushing into the next rep.

COACHING PURPOSE & SWIM TRANSFER

Build speed after the break. Use standing band row for shoulder support and hollow rock for trunk control as you reintroduce speed after the break without chasing fatigue or soreness; stop every set before posture or shoulder position changes. Re-entry work rebuilds overhead and scapular control before higher-speed race-power training increases again.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 68. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 17C · RACE-POWER RE-ENTRY

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Split-stance medicine-ball chest pass	3-5/side
Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps
Split-stance medicine-ball chest pass	3-5/side

ATHLETIC MOVEMENT

Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction
Carioca walk-through	2 x 10 yd each direction
A-march	2 x 10 yd

TRUNK / STABILITY FINISH

Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Split-stance medicine-ball chest pass: watch for slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly. Bear crawl: stop the set if hips rising, trunk rotation, or steps getting longer as control fades.

COACHING PURPOSE & SWIM TRANSFER

Build speed after the break. Use split-stance medicine-ball chest pass for explosive quality and quick-feet line taps for athletic coordination as you reintroduce speed after the break without chasing fatigue or soreness; finish with bear crawl to reinforce control after speed. Re-entry power rebuilds confidence in fast movement after the break without asking for maximal volume.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 69. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 18A · START POWER

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Skip + stick	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Single-leg RDL reach	6-10/side
Lateral lunge	6-8/side
Split squat	8-10/side
Glute bridge march	6-8/side

TRUNK CONTROL

Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side

POWER FINISH

Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Single-leg RDL reach: watch for opening the hip, rounding the back, or losing balance on the stance foot. Streamline jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Leg drive and body stiffness. Use single-leg rdl reach for lower-body control and bear crawl for trunk stability as you express force rapidly through the legs while keeping a rigid line through the trunk; finish with streamline jump + stick only while landing quality stays crisp. This session targets the leg extension and body stiffness that help turn block force into a cleaner, faster takeoff.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 70. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 18B · START POWER

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Band face pull	6-10 reps
Push-up	8-12 reps
Band pulldown	6-8 reps
Scapular push-up + reach	8-12 reps

TRUNK CONTROL

Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Band face pull: watch for shoulder shrugging, rib flare, or using body momentum instead of the target muscles. Medicine-ball chest pass: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Leg drive and body stiffness. Use band face pull for shoulder support and side plank reach-through for trunk control as you express force rapidly through the legs while keeping a rigid line through the trunk; stop every set before posture or shoulder position changes. A strong upper-body platform helps the swimmer keep the arms connected to the trunk during the block setup and flight into entry.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 71. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 18C · START POWER

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps

ATHLETIC MOVEMENT

Lateral shuffle	2 x 15 yd each direction
Carioca walk-through	2 x 10 yd each direction
A-march	2 x 10 yd
Bear crawl	2 x 10 yd

TRUNK / STABILITY FINISH

Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Streamline jump + stick: watch for loud landings, knees collapsing inward, or needing extra steps to regain balance. Plank shoulder tap: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Leg drive and body stiffness. Use streamline jump + stick for explosive quality and lateral shuffle for athletic coordination as you express force rapidly through the legs while keeping a rigid line through the trunk; finish with plank shoulder tap to reinforce control after speed. Streamline jumps and medicine-ball throws train rapid extension and whole-body stiffness that resemble the intent of a start.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 72. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 19A · TURN POWER

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Quick-feet line taps	2 x 10 sec
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Lateral lunge	6-10/side
Split squat	6-8/side
Glute bridge march	8-10/side
Goblet squat with light medicine ball	6-8 reps

TRUNK CONTROL

Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Dead bug with light medicine ball	6/side

POWER FINISH

Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Lateral lunge: watch for front-knee collapse, unstable foot pressure, or twisting through the pelvis. Countermovement jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Absorb, redirect, accelerate. Use lateral lunge for lower-body control and plank shoulder tap for trunk stability as you absorb force, redirect it, and accelerate again with minimal wasted movement; finish with countermovement jump + stick only while landing quality stays crisp. The absorb-and-redirect emphasis closely matches the turn: arrive under control, organize the feet, then leave the wall fast.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 73. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 19B · TURN POWER

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Push-up	6-10 reps
Band pulldown	8-12 reps
Scapular push-up + reach	6-8 reps
Half-kneeling band press	8-12/side

TRUNK CONTROL

Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side

POWER FINISH

Medicine-ball scoop toss	3-5 reps Split-stance medicine-ball chest pass - 3-5/side
Broad jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Push-up: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Medicine-ball scoop toss: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Absorb, redirect, accelerate. Use push-up for shoulder support and bear crawl for trunk control as you absorb force, redirect it, and accelerate again with minimal wasted movement; stop every set before posture or shoulder position changes. Shoulder and trunk control help the athlete maintain a compact, connected shape as the body changes direction around turns.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 74. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 19C · TURN POWER

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps

ATHLETIC MOVEMENT

Carioca walk-through	2 x 15 yd each direction
A-march	2 x 10 yd
Bear crawl	2 x 10 yd
Backpedal to athletic stance	2 x 10 yd

TRUNK / STABILITY FINISH

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Dead bug with light medicine ball	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Countermovement jump + stick: watch for loud landings, knees collapsing inward, or needing extra steps to regain balance. Tall-kneeling anti-rotation press: stop the set if trunk rotation, rib flare, or losing the kneeling/stance position during the press.

COACHING PURPOSE & SWIM TRANSFER

Absorb, redirect, accelerate. Use countermovement jump + stick for explosive quality and carioca walk-through for athletic coordination as you absorb force, redirect it, and accelerate again with minimal wasted movement; finish with tall-kneeling anti-rotation press to reinforce control after speed. Explosive redirection work reinforces the turn sequence: absorb, organize, then leave with speed.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 75. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 20A · UNDERWATER BODYLINE POWER

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffle	2 x 15 yd each direction
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Split squat	6-10/side
Glute bridge march	6-8/side
Goblet squat with light medicine ball	8-10 reps
Step-up	6-8/side

TRUNK CONTROL

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Dead bug with light medicine ball	6/side
Hollow rock	small range - 8-10 controlled reps

POWER FINISH

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps Split-stance medicine-ball chest pass - 3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Split squat: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Broad jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Streamline strength and trunk control. Use split squat for lower-body control and tall-kneeling anti-rotation press for trunk stability as you hold a strong overhead body line while the trunk resists unwanted extension and rotation; finish with broad jump + stick only while landing quality stays crisp. Lower-body strength paired with a rigid trunk supports underwater speed by helping the swimmer leave the wall in a straighter line.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 76. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 20B · UNDERWATER BODYLINE POWER

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Band pulldown	6-10 reps
Scapular push-up + reach	8-12 reps
Half-kneeling band press	6-8/side
Tall-kneeling band row	8-12 reps

TRUNK CONTROL

Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Dead bug with light medicine ball	6/side

POWER FINISH

Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Band pulldown: watch for shoulder shrugging, rib flare, or using body momentum instead of the target muscles. Medicine-ball rotational throw: stop the set if leaning backward, shrugging, or pulling farther than shoulder position allows.

COACHING PURPOSE & SWIM TRANSFER

Streamline strength and trunk control. Use band pulldown for shoulder support and plank shoulder tap for trunk control as you hold a strong overhead body line while the trunk resists unwanted extension and rotation; stop every set before posture or shoulder position changes. This session is built around overhead control: stronger scapular positioning and anti-extension improve the ability to keep streamline narrow underwater.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 77. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 20C · UNDERWATER BODYLINE POWER

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps
Split-stance medicine-ball chest pass	3-5/side
Broad jump + stick	3-5 reps

ATHLETIC MOVEMENT

A-march	2 x 10-15 yd
Bear crawl	2 x 10 yd
Backpedal to athletic stance	2 x 10 yd
Skip + stick	2 x 10 yd

TRUNK / STABILITY FINISH

Half-kneeling chop with band	6/side
Dead bug with light medicine ball	6/side
Hollow rock	small range - 6-10 controlled reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Broad jump + stick: watch for loud landings, knees collapsing inward, or needing extra steps to regain balance. Half-kneeling chop with band: stop the set if trunk rotation, rib flare, or losing the kneeling/stance position during the press.

COACHING PURPOSE & SWIM TRANSFER

Streamline strength and trunk control. Use broad jump + stick for explosive quality and a-march for athletic coordination as you hold a strong overhead body line while the trunk resists unwanted extension and rotation; finish with half-kneeling chop with band to reinforce control after speed. Power performed from strong bodyline positions helps the athlete produce speed without breaking the streamline shape needed underwater.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 78. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 21A · RACE-POWER BENCHMARK

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Carioca walk-through	2 x 15 yd each direction
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Glute bridge march	6-10/side
Goblet squat with light medicine ball	6-8 reps
Step-up	8-10/side
Tempo squat 3-sec lower	6-8 reps

TRUNK CONTROL

Half-kneeling chop with band	6/side
Dead bug with light medicine ball	6/side
Hollow rock	small range - 6-10 controlled reps
Side plank reach-through	5-6/side

POWER FINISH

Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Glute bridge march: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Skater bound + stick: stop the set if unstable single-leg landings, pelvis dropping, or rushing into the next rep.

COACHING PURPOSE & SWIM TRANSFER

Measure quality, not fatigue. Use glute bridge march for lower-body control and half-kneeling chop with band for trunk stability as you benchmark movement quality and power without turning testing into conditioning; finish with skater bound + stick only while landing quality stays crisp. The benchmark work gives a clean check on whether leg force and control are improving without adding unnecessary fatigue.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 79. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 21B · RACE-POWER BENCHMARK

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Scapular push-up + reach	6-10 reps
Half-kneeling band press	8-12/side
Tall-kneeling band row	6-8 reps
Standing band row	8-12 reps

TRUNK CONTROL

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Dead bug with light medicine ball	6/side
Hollow rock	small range - 6-10 controlled reps

POWER FINISH

Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Scapular push-up + reach: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Medicine-ball slam: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Measure quality, not fatigue. Use scapular push-up + reach for shoulder support and tall-kneeling anti-rotation press for trunk control as you benchmark movement quality and power without turning testing into conditioning; stop every set before posture or shoulder position changes. The benchmark week checks whether upper-body support remains clean at useful training intensity rather than simply measuring fatigue tolerance.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 80. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / RACE-POWER BUILD

WEEK 21C · RACE-POWER BENCHMARK

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps

ATHLETIC MOVEMENT

Bear crawl	2 x 15 yd
Backpedal to athletic stance	2 x 10 yd
Skip + stick	2 x 10 yd
Quick-feet line taps	2 x 10 sec

TRUNK / STABILITY FINISH

Dead bug with light medicine ball	6/side
Hollow rock	small range - 8-10 controlled reps
Side plank reach-through	5-6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Skater bound + stick: watch for unstable single-leg landings, pelvis dropping, or rushing into the next rep. Dead bug with light medicine ball: stop the set if the low back arching, ribs lifting, or range becoming too large to control.

COACHING PURPOSE & SWIM TRANSFER

Measure quality, not fatigue. Use skater bound + stick for explosive quality and bear crawl for athletic coordination as you benchmark movement quality and power without turning testing into conditioning; finish with dead bug with light medicine ball to reinforce control after speed. Benchmark power reps provide a repeatable quality check on jump and throw output while keeping recovery complete.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 81. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 22A · HIGH-QUALITY STRENGTH

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Goblet squat with light medicine ball	6-10 reps
Step-up	6-8/side
Tempo squat 3-sec lower	8-10 reps
Single-leg RDL reach	6-8/side

TRUNK CONTROL

Dead bug with light medicine ball	6/side
Hollow rock	small range - 8-10 controlled reps
Side plank reach-through	5-6/side
Bear crawl	20 sec

POWER FINISH

Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Goblet squat with light medicine ball: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Medicine-ball chest pass: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Strong and efficient. Use goblet squat with light medicine ball for lower-body control and dead bug with light medicine ball for trunk stability as you keep strength high with efficient reps and no unnecessary fatigue; finish with medicine-ball chest pass only while landing quality stays crisp. Efficient strength reps maintain the force qualities swimmers need at walls while keeping the cost of dryland low.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 82. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 22B · HIGH-QUALITY STRENGTH

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Half-kneeling band press	6-10/side
Tall-kneeling band row	8-12 reps
Standing band row	6-8 reps
Band face pull	8-12 reps

TRUNK CONTROL

Half-kneeling chop with band	6/side
Dead bug with light medicine ball	6/side
Hollow rock	small range - 8-10 controlled reps
Side plank reach-through	5-6/side

POWER FINISH

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Half-kneeling band press: watch for trunk rotation, rib flare, or losing the kneeling/stance position during the press. Split-stance medicine-ball chest pass: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Strong and efficient. Use half-kneeling band press for shoulder support and half-kneeling chop with band for trunk control as you keep strength high with efficient reps and no unnecessary fatigue; stop every set before posture or shoulder position changes. Efficient pulling, pressing, and trunk work maintain shoulder support while championship volume begins to narrow.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 83. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 22C · HIGH-QUALITY STRENGTH

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps

ATHLETIC MOVEMENT

Backpedal to athletic stance	2 x 10-15 yd
Skip + stick	2 x 10 yd
Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction

TRUNK / STABILITY FINISH

Hollow rock	small range - 8-10 controlled reps
Side plank reach-through	5-6/side
Bear crawl	20 sec

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Medicine-ball chest pass: watch for slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly. Hollow rock: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Strong and efficient. Use medicine-ball chest pass for explosive quality and backpedal to athletic stance for athletic coordination as you keep strength high with efficient reps and no unnecessary fatigue; finish with hollow rock to reinforce control after speed. A small dose of high-quality power maintains race readiness while strength volume becomes more selective.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 84. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 23A · EXPLOSIVE CONTRAST

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Bear crawl	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Step-up	6-10/side
Tempo squat 3-sec lower	6-8 reps
Single-leg RDL reach	8-10/side
Lateral lunge	6-8/side

TRUNK CONTROL

Hollow rock	small range - 8-12 controlled reps
Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side

POWER FINISH

Medicine-ball scoop toss	3-5 reps Split-stance medicine-ball chest pass - 3-5/side
Broad jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Step-up: watch for front-knee collapse, unstable foot pressure, or twisting through the pelvis. Medicine-ball scoop toss: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Strength pattern to speed pattern. Use step-up for lower-body control and hollow rock for trunk stability as you pair controlled strength with a faster movement so the athlete learns to express force quickly; finish with medicine-ball scoop toss only while landing quality stays crisp. Strength-to-speed contrast helps the athlete feel the difference between producing force and expressing it quickly.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 85. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 23B · EXPLOSIVE CONTRAST

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Tall-kneeling band row	6-10 reps
Standing band row	8-12 reps
Band face pull	6-8 reps
Push-up	8-12 reps

TRUNK CONTROL

Dead bug with light medicine ball	6/side
Hollow rock	small range - 6-10 controlled reps
Side plank reach-through	5-6/side
Bear crawl	20 sec

POWER FINISH

Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Tall-kneeling band row: watch for leaning backward, shrugging, or pulling farther than shoulder position allows. Streamline jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Strength pattern to speed pattern. Use tall-kneeling band row for shoulder support and dead bug with light medicine ball for trunk control as you pair controlled strength with a faster movement so the athlete learns to express force quickly; stop every set before posture or shoulder position changes. Contrast work reinforces a stable upper body first, then asks the athlete to express that control faster.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 86. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 23C · EXPLOSIVE CONTRAST

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball scoop toss	3-5 reps
Split-stance medicine-ball chest pass	3-5/side
Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps

ATHLETIC MOVEMENT

Skip + stick	2 x 10-15 yd
Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction
Carioca walk-through	2 x 10 yd each direction

TRUNK / STABILITY FINISH

Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Medicine-ball scoop toss: watch for slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly. Side plank reach-through: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Strength pattern to speed pattern. Use medicine-ball scoop toss for explosive quality and skip + stick for athletic coordination as you pair controlled strength with a faster movement so the athlete learns to express force quickly; finish with side plank reach-through to reinforce control after speed. Contrast pairing teaches the athlete to follow a controlled strength pattern with a faster, more explosive action.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 87. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 24A · CHAMPIONSHIP POWER

Lower Body + Trunk · 25–35 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Backpedal to athletic stance	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Tempo squat 3-sec lower	6-10 reps
Single-leg RDL reach	6-8/side
Lateral lunge	8-10/side
Split squat	6-8/side

TRUNK CONTROL

Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Tempo squat 3-sec lower: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Medicine-ball rotational throw: stop the set if leaning backward, shrugging, or pulling farther than shoulder position allows.

COACHING PURPOSE & SWIM TRANSFER

Maximum intent, minimum waste. Use tempo squat 3-sec lower for lower-body control and side plank reach-through for trunk stability as you produce championship-level intent in very small, technically clean doses; finish with medicine-ball rotational throw only while landing quality stays crisp. Short, explosive lower-body work keeps start and turn power available without adding fatigue close to key racing.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 88. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 24B · CHAMPIONSHIP POWER

Upper Body + Shoulder Support · 25–35 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Standing band row	6-10 reps
Band face pull	8-12 reps
Push-up	6-8 reps
Band pulldown	8-12 reps

TRUNK CONTROL

Hollow rock	small range - 8-12 controlled reps
Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side

POWER FINISH

Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Standing band row: watch for leaning backward, shrugging, or pulling farther than shoulder position allows. Countermovement jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Maximum intent, minimum waste. Use standing band row for shoulder support and hollow rock for trunk control as you produce championship-level intent in very small, technically clean doses; stop every set before posture or shoulder position changes. High-quality shoulder support keeps streamlines and race posture available without creating late-season soreness.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 89. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 24C · CHAMPIONSHIP POWER

Total-Body Power + Athleticism · 25–35 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side

ATHLETIC MOVEMENT

Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction
Carioca walk-through	2 x 10 yd each direction
A-march	2 x 10 yd

TRUNK / STABILITY FINISH

Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

2 rounds ages 8-10; 2-3 rounds ages 11-14 Medicine-ball rotational throw: watch for leaning backward, shrugging, or pulling farther than shoulder position allows. Bear crawl: stop the set if hips rising, trunk rotation, or steps getting longer as control fades.

COACHING PURPOSE & SWIM TRANSFER

Maximum intent, minimum waste. Use medicine-ball rotational throw for explosive quality and quick-feet line taps for athletic coordination as you produce championship-level intent in very small, technically clean doses; finish with bear crawl to reinforce control after speed. Championship power is about intent, not volume: every jump or throw should look like a race-quality effort.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 90. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 25A · PRE-CHAMP REDUCTION

Lower Body + Trunk · 20–25 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Skip + stick	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Single-leg RDL reach	6-10/side
Lateral lunge	6-8/side
Split squat	8-10/side
Glute bridge march	6-8/side

TRUNK CONTROL

Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side

POWER FINISH

Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Single-leg RDL reach: watch for opening the hip, rounding the back, or losing balance on the stance foot. Medicine-ball slam: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Freshness with sharpness. Use single-leg rdl reach for lower-body control and bear crawl for trunk stability as you maintain sharpness while cutting volume so the swimmer leaves dryland feeling fresher; finish with medicine-ball slam only while landing quality stays crisp. Reduced volume preserves leg responsiveness so the swimmer can arrive at championship sessions with more pop and less soreness.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 91. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 25B · PRE-CHAMP REDUCTION

Upper Body + Shoulder Support · 20–25 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Band face pull	6-10 reps
Push-up	8-12 reps
Band pulldown	6-8 reps
Scapular push-up + reach	8-12 reps

TRUNK CONTROL

Side plank reach-through	5-6/side
Bear crawl	20 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps Split-stance medicine-ball chest pass - 3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Band face pull: watch for shoulder shrugging, rib flare, or using body momentum instead of the target muscles. Broad jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Freshness with sharpness. Use band face pull for shoulder support and side plank reach-through for trunk control as you maintain sharpness while cutting volume so the swimmer leaves dryland feeling fresher; stop every set before posture or shoulder position changes. Short support work maintains alignment while reducing fatigue so the athlete can prioritize race-quality swimming.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 92. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / CHAMPIONSHIP BUILD

WEEK 25C · PRE-CHAMP REDUCTION

Total-Body Power + Athleticism · 20–25 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps

ATHLETIC MOVEMENT

Lateral shuffle	2 x 15 yd each direction
Carioca walk-through	2 x 10 yd each direction
A-march	2 x 10 yd
Bear crawl	2 x 10 yd

TRUNK / STABILITY FINISH

Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Medicine-ball slam: watch for slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly. Plank shoulder tap: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Freshness with sharpness. Use medicine-ball slam for explosive quality and lateral shuffle for athletic coordination as you maintain sharpness while cutting volume so the swimmer leaves dryland feeling fresher; finish with plank shoulder tap to reinforce control after speed. Sharp, low-volume power preserves speed while allowing freshness to rise before major meets.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 93. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 26A · CHAMPIONSHIP MAINTENANCE

Lower Body + Trunk · 20–25 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Quick-feet line taps	2 x 10 sec
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Lateral lunge	6-10/side
Reverse lunge + reach	6-8/side
Lateral squat shift	8-10/side
Goblet squat with light medicine ball	6-8 reps

TRUNK CONTROL

Dead bug	6/side
Side plank	20 sec/side
Hollow body tuck hold	20-30 sec
Dead bug with light medicine ball	6/side

POWER FINISH

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Lateral lunge: watch for front-knee collapse, unstable foot pressure, or twisting through the pelvis. Split-stance medicine-ball chest pass: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Keep speed without soreness. Use lateral lunge for lower-body control and dead bug for trunk stability as you preserve speed and coordination without creating soreness during championship racing; finish with split-stance medicine-ball chest pass only while landing quality stays crisp. Maintenance work keeps push-off strength available while respecting the recovery demands of race week.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 94. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 26B · CHAMPIONSHIP MAINTENANCE

Upper Body + Shoulder Support · 20–25 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Incline push-up	6-10 reps
Scapular push-up	8-12 reps
Half-kneeling band press	6-8/side
Half-kneeling band press	8-12/side

TRUNK CONTROL

Bear hover	20-30 sec
Plank shoulder tap	6/side
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side

POWER FINISH

Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Incline push-up: watch for loss of alignment, rushed repetitions, or compensations that were not present at the start of the set. Skater bound + stick: stop the set if unstable single-leg landings, pelvis dropping, or rushing into the next rep.

COACHING PURPOSE & SWIM TRANSFER

Keep speed without soreness. Use incline push-up for shoulder support and bear hover for trunk control as you preserve speed and coordination without creating soreness during championship racing; stop every set before posture or shoulder position changes. Minimal upper-body maintenance helps preserve streamline and shoulder stability during championship racing.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 95. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 26C · CHAMPIONSHIP MAINTENANCE

Total-Body Power + Athleticism · 20–25 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Split-stance medicine-ball chest pass	3-5/side
Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps
Split-stance medicine-ball chest pass	3-5/side

ATHLETIC MOVEMENT

Carioca walk-through	2 x 15 yd each direction
A-march	2 x 10 yd
Bear crawl	2 x 10 yd
Backpedal to athletic stance	2 x 10 yd

TRUNK / STABILITY FINISH

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Front plank	20-30 sec

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Split-stance medicine-ball chest pass: watch for slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly. Tall-kneeling anti-rotation press: stop the set if trunk rotation, rib flare, or losing the kneeling/stance position during the press.

COACHING PURPOSE & SWIM TRANSFER

Keep speed without soreness. Use split-stance medicine-ball chest pass for explosive quality and carioca walk-through for athletic coordination as you preserve speed and coordination without creating soreness during championship racing; finish with tall-kneeling anti-rotation press to reinforce control Maintenance power keeps the athlete neurologically ready without adding soreness during championship competition.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 96. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 27A · SPEED AND COORDINATION

Lower Body + Trunk · 20–25 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffle	2 x 15 yd each direction
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Split squat	6-10/side
Glute bridge march	6-8/side
Bodyweight squat	8-10 reps
Calf raise	6-8 reps

TRUNK CONTROL

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Split squat: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Streamline jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Fast, relaxed movement. Use split squat for lower-body control and tall-kneeling anti-rotation press for trunk stability as you move quickly and rhythmically while staying relaxed enough to coordinate each action; finish with streamline jump + stick only while landing quality stays crisp. Fast, coordinated lower-body actions reinforce quick force application without the tension that can slow race movement.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 97. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 27B · SPEED AND COORDINATION

Upper Body + Shoulder Support · 20–25 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Band pulldown	6-10 reps
Scapular push-up + reach	8-12 reps
Wall slide	6-8 reps
Prone Y-T raise	6 each position

TRUNK CONTROL

Dead bug	6/side
Side plank	20-30 sec/side
Hollow body tuck hold	20 sec
Dead bug with light medicine ball	6/side

POWER FINISH

Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Band pulldown: watch for shoulder shrugging, rib flare, or using body momentum instead of the target muscles. Medicine-ball chest pass: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Fast, relaxed movement. Use band pulldown for shoulder support and dead bug for trunk control as you move quickly and rhythmically while staying relaxed enough to coordinate each action; stop every set before posture or shoulder position changes. Fast coordination is easier to express when the shoulders remain relaxed, centered, and supported by the trunk.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 98. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 27C · SPEED AND COORDINATION

Total-Body Power + Athleticism · 20–25 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps

ATHLETIC MOVEMENT

A-march	2 x 10-15 yd
Bear crawl	2 x 10 yd
Backpedal to athletic stance	2 x 10 yd
Skip + stick	2 x 10 yd

TRUNK / STABILITY FINISH

Hollow body tuck hold	20 sec
Dead bug with light medicine ball	6/side
Hollow rock	small range - 6-10 controlled reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Streamline jump + stick: watch for loud landings, knees collapsing inward, or needing extra steps to regain balance. Hollow body tuck hold: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Fast, relaxed movement. Use streamline jump + stick for explosive quality and a-march for athletic coordination as you move quickly and rhythmically while staying relaxed enough to coordinate each action; finish with hollow body tuck hold to reinforce control after speed. Speed-and-coordination work reinforces fast rhythm with relaxed movement rather than forcing effort.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 99. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 28A · RECOVERY RESILIENCE

Lower Body + Trunk · 20–25 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Carioca walk-through	2 x 15 yd each direction
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Lateral squat shift	6-10/side
Goblet squat with light medicine ball	6-8 reps
Step-up	8-10/side
Tempo squat 3-sec lower	6-8 reps

TRUNK CONTROL

Hollow body tuck hold	20-30 sec
Dead bug with light medicine ball	6/side
Hollow rock	small range - 6-10 controlled reps
Bird dog	6/side

POWER FINISH

Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Lateral squat shift: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Countermovement jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Restore range and control. Use lateral squat shift for lower-body control and hollow body tuck hold for trunk stability as you restore range, posture, and control after the demands of racing and training; finish with countermovement jump + stick only while landing quality stays crisp. Restorative lower-body control helps normalize movement after racing and prepares the athlete for the next training cycle.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 100. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 28B · RECOVERY RESILIENCE

Upper Body + Shoulder Support · 20–25 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Half-kneeling band press	6-10/side
Half-kneeling band press	8-12/side
Tall-kneeling band row	6-8 reps
Band row	8-12 reps

TRUNK CONTROL

Tall-kneeling anti-rotation press	6/side with 2-sec pause
Half-kneeling chop with band	6/side
Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause

POWER FINISH

Medicine-ball scoop toss	3-5 reps Split-stance medicine-ball chest pass - 3-5/side
Broad jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Half-kneeling band press: watch for trunk rotation, rib flare, or losing the kneeling/stance position during the press. Medicine-ball scoop toss: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Restore range and control. Use half-kneeling band press for shoulder support and tall-kneeling anti-rotation press for trunk control as you restore range, posture, and control after the demands of racing and training; stop every set before posture or shoulder position changes. Mobility and controlled shoulder work restore comfortable range after racing while keeping the athlete connected through the trunk.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 101. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 28C · RECOVERY RESILIENCE

Total-Body Power + Athleticism · 20–25 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps
Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps

ATHLETIC MOVEMENT

Bear crawl	2 x 15 yd
Backpedal to athletic stance	2 x 10 yd
Skip + stick	2 x 10 yd
Quick-feet line taps	2 x 10 sec

TRUNK / STABILITY FINISH

Front plank	20 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Countermovement jump + stick: watch for loud landings, knees collapsing inward, or needing extra steps to regain balance. Front plank: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Restore range and control. Use countermovement jump + stick for explosive quality and bear crawl for athletic coordination as you restore range, posture, and control after the demands of racing and training; finish with front plank to reinforce control after speed. The reduced explosive demand gives the athlete space to recover while keeping just enough coordination to feel athletic.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 102. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 29A · PEAK QUALITY

Lower Body + Trunk · 20–25 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Bodyweight squat	6-10 reps
Calf raise	6-8 reps
Single-leg balance reach	8-10/side
Single-leg RDL reach	6-8/side

TRUNK CONTROL

Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side
Bear crawl	20 sec

POWER FINISH

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps Split-stance medicine-ball chest pass - 3-5/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Bodyweight squat: watch for knee collapse, heel lift, or losing the stacked rib-to-pelvis position. Broad jump + stick: stop the set if loud landings, knees collapsing inward, or needing extra steps to regain balance.

COACHING PURPOSE & SWIM TRANSFER

Short, crisp, confident. Use bodyweight squat for lower-body control and front plank for trunk stability as you keep only the highest-quality strength and power work as the athlete approaches peak competition; finish with broad jump + stick only while landing quality stays crisp. A few crisp reps maintain start-and-turn readiness while leaving maximal recovery for the pool.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 103. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 29B · PEAK QUALITY

Upper Body + Shoulder Support · 20–25 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Wall slide	6-10 reps
Prone Y-T raise	6 each position
Standing band row	6-8 reps
Band face pull	8-12 reps

TRUNK CONTROL

Hollow body tuck hold	20-30 sec
Dead bug with light medicine ball	6/side
Hollow rock	small range - 8-10 controlled reps
Bird dog	6/side

POWER FINISH

Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Wall slide: watch for shoulder shrugging, rib flare, or forcing range beyond comfortable control. Medicine-ball rotational throw: stop the set if leaning backward, shrugging, or pulling farther than shoulder position allows.

COACHING PURPOSE & SWIM TRANSFER

Short, crisp, confident. Use wall slide for shoulder support and hollow body tuck hold for trunk control as you keep only the highest-quality strength and power work as the athlete approaches peak competition; stop every set before posture or shoulder position changes. Only crisp support work remains so the swimmer keeps posture and overhead control without taking fatigue into the pool.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 104. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 29C · PEAK QUALITY

Total-Body Power + Athleticism · 20–25 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Broad jump + stick	3-5 reps
Medicine-ball scoop toss	3-5 reps
Split-stance medicine-ball chest pass	3-5/side
Broad jump + stick	3-5 reps

ATHLETIC MOVEMENT

Backpedal to athletic stance	2 x 10-15 yd
Skip + stick	2 x 10 yd
Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction

TRUNK / STABILITY FINISH

Hollow rock	small range - 8-10 controlled reps
Bird dog	6/side
Bear hover	15-20 sec

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Broad jump + stick: watch for loud landings, knees collapsing inward, or needing extra steps to regain balance. Hollow rock: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Short, crisp, confident. Use broad jump + stick for explosive quality and backpedal to athletic stance for athletic coordination as you keep only the highest-quality strength and power work as the athlete approaches peak competition; finish with hollow rock to reinforce control after speed. Peak-week power stays short and crisp so confidence and speed remain high without competing with pool performance.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 105. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 30A · SEASON TRANSITION

Lower Body + Trunk · 20–25 min

Equipment: Mat, mini-band; light medicine ball optional

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Bear crawl	2 x 15 yd
Squat-to-stand	6 reps
World's greatest stretch	4/side
Glute bridge	8 reps
Dead bug	5/side

LOWER-BODY STRENGTH

Step-up	6-10/side
Tempo squat 3-sec lower	6-8 reps
Glute bridge	8-10 reps
Step-back split squat	6-8/side

TRUNK CONTROL

Hollow rock	small range - 8-12 controlled reps
Bird dog	6/side
Bear hover	15-20 sec
Plank shoulder tap	6/side

POWER FINISH

Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Step-up: watch for front-knee collapse, unstable foot pressure, or twisting through the pelvis. Skater bound + stick: stop the set if unstable single-leg landings, pelvis dropping, or rushing into the next rep.

COACHING PURPOSE & SWIM TRANSFER

Reset and rebuild movement. Use step-up for lower-body control and hollow rock for trunk stability as you reset the basic patterns, restore movement confidence, and finish the season ready to rebuild; finish with skater bound + stick only while landing quality stays crisp. Returning to simple lower-body patterns restores movement quality and creates a clean starting point for the next season.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 106. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 30B · SEASON TRANSITION

Upper Body + Shoulder Support · 20–25 min

Equipment: Light resistance band, mat; stable anchor point

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles + reach	20 sec each direction
Quadruped thoracic rotation	5/side
Wall slide	6 reps
Scapular push-up	6 reps
Bear hover	15-20 sec

SHOULDER SUPPORT

Tall-kneeling band row	6-10 reps
Band row	8-12 reps
Band external rotation	6-8/side
Push-up	8-12 reps

TRUNK CONTROL

Front plank	20-30 sec
Tall-kneeling anti-rotation press	6/side with 2-sec pause
Side plank reach-through	5-6/side
Bear crawl	20 sec

POWER FINISH

Medicine-ball slam	3-5 reps
Countermovement jump + stick	3-5 reps
Medicine-ball chest pass	3-5 reps

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Tall-kneeling band row: watch for leaning backward, shrugging, or pulling farther than shoulder position allows. Medicine-ball slam: stop the set if slower throw speed, loss of trunk position, or using a ball that is too heavy to move quickly.

COACHING PURPOSE & SWIM TRANSFER

Reset and rebuild movement. Use tall-kneeling band row for shoulder support and front plank for trunk control as you reset the basic patterns, restore movement confidence, and finish the season ready to rebuild; stop every set before posture or shoulder position changes. Simple pushing, pulling, and trunk patterns restore shoulder rhythm and prepare the athlete for the next build.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 107. Exact workout sequencing is coaching practice, not a validated research protocol.

SHORT COURSE / PEAK AND TRANSITION

WEEK 30C · SEASON TRANSITION

Total-Body Power + Athleticism · 20–25 min

Equipment: Cones, mat, light medicine ball; open dryland space

WARM-UP

MOVEMENT / COACHING CUE	DOSE
A-march	2 x 15 yd
Lateral shuffle	2 x 10 yd each direction
Snap-down to athletic stance	5 reps
Pogo prep	2 x 8 contacts
Plank to downward dog	5 reps

POWER BLOCK

Skater bound + stick	3-5 reps
Medicine-ball rotational throw	3-5/side
Streamline jump + stick	3-5 reps
Skater bound + stick	3-5 reps

ATHLETIC MOVEMENT

Skip + stick	2 x 10-15 yd
Quick-feet line taps	2 x 10 sec
Lateral shuffle	2 x 10 yd each direction
Carioca walk-through	2 x 10 yd each direction

TRUNK / STABILITY FINISH

Side plank reach-through	5-6/side
Bear crawl	20 sec
Dead bug	6/side

RESET / COOL-DOWN

Easy walk + nasal breathing	60 sec
Half-kneeling hip flexor stretch	20 sec/side
Child's pose with side reach	20 sec/side

SCALE & PROTECT QUALITY

1-2 rounds (all ages); keep every rep crisp Skater bound + stick: watch for unstable single-leg landings, pelvis dropping, or rushing into the next rep. Side plank reach-through: stop the set if rib flare, sagging hips, or holding the breath to maintain position.

COACHING PURPOSE & SWIM TRANSFER

Reset and rebuild movement. Use skater bound + stick for explosive quality and skip + stick for athletic coordination as you reset the basic patterns, restore movement confidence, and finish the season ready to rebuild; finish with side plank reach-through to reinforce control after speed. The final athletic session returns to simple, enjoyable movement and closes the season with quality rather than fatigue.

Adapted from The Ultimate Age Group Dryland Program — Short Course Edition, p. 108. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 01 · MONDAY APRIL

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles	5 min
leg swings	5 min
light jogging in place	5 min
high knees	5 min

MAIN SET

Squats	22 min · 3 rounds of 30 sec work/30 sec rest
push-ups from knees	22 min · 3 rounds of 30 sec work/30 sec rest
jumping jacks	22 min · 3 rounds of 30 sec work/30 sec rest
superman holds	22 min · 3 rounds of 30 sec work/30 sec rest
plank from knees	22 min · 3 rounds of 30 sec work/30 sec rest

COOL-DOWN

Seated butterfly stretch	3 min
quadriceps stretch	3 min
arm stretches	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 14. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 01 · WEDNESDAY APRIL

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Jumping jacks	3 min
arm swings	3 min
toe touches	3 min

MAIN SET

Lunges	15 min · 2 rounds of 30 sec work/30 sec rest
crab walks	15 min · 2 rounds of 30 sec work/30 sec rest
mountain climbers (slow)	15 min · 2 rounds of 30 sec work/30 sec rest
bird-dogs	15 min · 2 rounds of 30 sec work/30 sec rest
seated leg raises	15 min · 2 rounds of 30 sec work/30 sec rest

COOL-DOWN

Child's pose	2 min
seated forward fold	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 14. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 01 · FRIDAY APRIL

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Arm circles	3 min
hip rotations	3 min
ankle rotations	3 min

MAIN SET

High knees	10 min · 2 rounds of 20 sec work/20 sec rest
arm scissors	10 min · 2 rounds of 20 sec work/20 sec rest
squat holds	10 min · 2 rounds of 20 sec work/20 sec rest
standing streamline reaches	10 min · 2 rounds of 20 sec work/20 sec rest
marching in place	10 min · 2 rounds of 20 sec work/20 sec rest

COOL-DOWN

Gentle shoulder and tricep stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 14. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 02 · MONDAY APRIL

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knees	5 min
butt kicks	5 min
arm circles	5 min
side steps	5 min

MAIN SET

Squat jumps (low height)	22 min · 3 rounds of 35 sec work/25 sec rest
modified push-ups	22 min · 3 rounds of 35 sec work/25 sec rest
star jumps	22 min · 3 rounds of 35 sec work/25 sec rest
superman with arm flutters	22 min · 3 rounds of 35 sec work/25 sec rest
side plank from knees (both sides)	22 min · 3 rounds of 35 sec work/25 sec rest

COOL-DOWN

Seated twist	3 min
hamstring stretch	3 min
chest stretch	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 15. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 02 · WEDNESDAY APRIL

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Side-to-side hops	3 min
arm crossovers	3 min
neck rotations	3 min

MAIN SET

Walking lunges	15 min · 2 rounds of 35 sec work/25 sec rest
bear crawls	15 min · 2 rounds of 35 sec work/25 sec rest
seated Russian twists	15 min · 2 rounds of 35 sec work/25 sec rest
glute bridges	15 min · 2 rounds of 35 sec work/25 sec rest
incline push-ups	15 min · 2 rounds of 35 sec work/25 sec rest

COOL-DOWN

Thread the needle stretch	2 min
calf stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 15. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 02 · FRIDAY APRIL

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffles	3 min
arm swings	3 min
torso rotations	3 min

MAIN SET

Skipping	10 min · 2 rounds of 25 sec work/20 sec rest
streamline jumps	10 min · 2 rounds of 25 sec work/20 sec rest
plank shoulder taps	10 min · 2 rounds of 25 sec work/20 sec rest
calf raises	10 min · 2 rounds of 25 sec work/20 sec rest
fast feet in place	10 min · 2 rounds of 25 sec work/20 sec rest

COOL-DOWN

Gentle neck stretches	2 min
wrist mobility exercises	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 15. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 03 · MONDAY APRIL

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Jumping jacks	5 min
leg swings	5 min
trunk rotations	5 min
hip circles	5 min

MAIN SET

Sumo squats	22 min · 3 rounds of 40 sec work/20 sec rest
push- ups with elevated hands	22 min · 3 rounds of 40 sec work/20 sec rest
tuck jumps	22 min · 3 rounds of 40 sec work/20 sec rest
flutter kicks	22 min · 3 rounds of 40 sec work/20 sec rest
plank with alternating leg lifts	22 min · 3 rounds of 40 sec work/20 sec rest

COOL-DOWN

Cat-cow stretch	3 min
lying spinal twist	3 min
shoulder rolls	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 16. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 03 · WEDNESDAY APRIL

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Butt kicks	3 min
arm windmills	3 min
ankle bounces	3 min

MAIN SET

Split squats	15 min · 2 rounds of 40 sec work/20 sec rest
crab kicks	15 min · 2 rounds of 40 sec work/20 sec rest
mountain climbers	15 min · 2 rounds of 40 sec work/20 sec rest
bird-dog holds with extended limbs	15 min · 2 rounds of 40 sec work/20 sec rest
scissor kicks	15 min · 2 rounds of 40 sec work/20 sec rest

COOL-DOWN

Doorway chest stretch	2 min
seated hamstring stretch	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 16. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 03 · FRIDAY APRIL

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knees	3 min
shoulder shrugs	3 min
wrist circles	3 min

MAIN SET

Lateral bounds	10 min · 2 rounds of 30 sec work/15 sec rest
arm circles (forward/backward)	10 min · 2 rounds of 30 sec work/15 sec rest
squat pulses	10 min · 2 rounds of 30 sec work/15 sec rest
push-up position holds	10 min · 2 rounds of 30 sec work/15 sec rest
standing cross-body reaches	10 min · 2 rounds of 30 sec work/15 sec rest

COOL-DOWN

Standing quad stretch	2 min
reach for the sky stretch	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 16. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 04 · MONDAY APRIL

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Skipping	5 min
arm swings	5 min
trunk rotations	5 min
high knee march	5 min

MAIN SET

Bodyweight squats with pause	22 min · 3 rounds of 40 sec work/20 sec rest
push-ups with shoulder taps	22 min · 3 rounds of 40 sec work/20 sec rest
star jumps	22 min · 3 rounds of 40 sec work/20 sec rest
V-sits	22 min · 3 rounds of 40 sec work/20 sec rest
plank jacks	22 min · 3 rounds of 40 sec work/20 sec rest

COOL-DOWN

Hip flexor stretch	3 min
tricep stretch	3 min
deep breathing	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 17. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 04 · WEDNESDAY APRIL

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Side steps	3 min
arm crossovers	3 min
ankle mobilization	3 min

MAIN SET

Reverse lunges	15 min · 2 rounds of 40 sec work/20 sec rest
bear crawl shoulder taps	15 min · 2 rounds of 40 sec work/20 sec rest
bicycle crunches	15 min · 2 rounds of 40 sec work/20 sec rest
single-leg glute bridges (both sides)	15 min · 2 rounds of 40 sec work/20 sec rest
push-up to downward dog transition	15 min · 2 rounds of 40 sec work/20 sec rest

COOL-DOWN

Standing forward fold	2 min
neck stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 17. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / FOUNDATION

WEEK 04 · FRIDAY APRIL

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Jumping jacks	3 min
arm circles	3 min
hip openers	3 min

MAIN SET

Lateral shuffles	10 min · 2 rounds of 30 sec work/15 sec rest
steamline jumps	10 min · 2 rounds of 30 sec work/15 sec rest
plank toe taps	10 min · 2 rounds of 30 sec work/15 sec rest
calf raise holds	10 min · 2 rounds of 30 sec work/15 sec rest
agility dots (fast feet in patterns)	10 min · 2 rounds of 30 sec work/15 sec rest

COOL-DOWN

Gentle spinal twist	2 min
wrist stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 17. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 05 · MONDAY MAY

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Skipping variations	5 min
arm windmills	5 min
leg swings	5 min
torso rotations	5 min

MAIN SET

Jump squats with soft landing	22 min · 3 rounds of 45 sec work/20 sec rest
push-up position to downward dog flow	22 min · 3 rounds of 45 sec work/20 sec rest
lateral skater jumps	22 min · 3 rounds of 45 sec work/20 sec rest
superman with alternating arm/leg raises	22 min · 3 rounds of 45 sec work/20 sec rest
side plank rotations	22 min · 3 rounds of 45 sec work/20 sec rest

COOL-DOWN

Butterfly stretch	3 min
tricep stretches	3 min
gentle neck rolls	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 20. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 05 · WEDNESDAY MAY

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knees	3 min
arm swings	3 min
hip circles	3 min

MAIN SET

Walking lunges with twist	15 min · 2 rounds of 45 sec work/20 sec rest
crab toe touches	15 min · 2 rounds of 45 sec work/20 sec rest
mountain climbers with crossover	15 min · 2 rounds of 45 sec work/20 sec rest
bird-dog with extended holds	15 min · 2 rounds of 45 sec work/20 sec rest
Russian twists	15 min · 2 rounds of 45 sec work/20 sec rest

COOL-DOWN

Hip opener stretch	2 min
chest opener stretch	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 20. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 05 · FRIDAY MAY

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffles	3 min
arm circles	3 min
ankle mobilization	3 min

MAIN SET

Pogo jumps	10 min · 2 rounds of 35 sec work/15 sec rest
streamline reaches with calf raises	10 min · 2 rounds of 35 sec work/15 sec rest
plank shoulder taps	10 min · 2 rounds of 35 sec work/15 sec rest
lateral lunges	10 min · 2 rounds of 35 sec work/15 sec rest
fast hands in streamline position	10 min · 2 rounds of 35 sec work/15 sec rest

COOL-DOWN

Standing forward fold	2 min
wrist mobilization	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 20. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 06 · MONDAY MAY

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Jumping jacks	5 min
arm circles	5 min
leg swings	5 min
torso rotation	5 min

MAIN SET

Squat to calf raise	22 min · 3 rounds of 45 sec work/15 sec rest
incline push-ups with alternating shoulder taps	22 min · 3 rounds of 45 sec work/15 sec rest
split squat jumps	22 min · 3 rounds of 45 sec work/15 sec rest
flutter kicks with arms extended	22 min · 3 rounds of 45 sec work/15 sec rest
bear crawl hold with shoulder taps	22 min · 3 rounds of 45 sec work/15 sec rest

COOL-DOWN

Child's pose	3 min
hamstring stretch	3 min
quadricep stretch	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 21. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 06 · WEDNESDAY MAY

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Side steps	3 min
trunk rotations	3 min
wrist mobilization	3 min

MAIN SET

Reverse lunges with knee drives	15 min · 2 rounds of 45 sec work/15 sec rest
crab shoulder taps	15 min · 2 rounds of 45 sec work/15 sec rest
bicycle crunches	15 min · 2 rounds of 45 sec work/15 sec rest
single-leg glute bridges with marches	15 min · 2 rounds of 45 sec work/15 sec rest
push-back to child's pose flow	15 min · 2 rounds of 45 sec work/15 sec rest

COOL-DOWN

Seated spinal twist	2 min
shoulder stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 21. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 06 · FRIDAY MAY

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knee skip	3 min
arm crossovers	3 min
ankle bounces	3 min

MAIN SET

Speed ladder drills (imaginary ladder)	10 min · 2 rounds of 35 sec work/15 sec rest
arm circles with pulse	10 min · 2 rounds of 35 sec work/15 sec rest
sumo squat pulses	10 min · 2 rounds of 35 sec work/15 sec rest
plank up- downs (modified)	10 min · 2 rounds of 35 sec work/15 sec rest
streamline vertical jumps	10 min · 2 rounds of 35 sec work/15 sec rest

COOL-DOWN

Standing side stretch	2 min
gentle neck rotations	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 21. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 07 · MONDAY MAY

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Light jog in place	5 min
arm swings	5 min
leg circles	5 min
torso twists	5 min

MAIN SET

Squat jumps with quarter turns	22 min · 3 rounds of 50 sec work/15 sec rest
push-ups with leg raises	22 min · 3 rounds of 50 sec work/15 sec rest
lunge jumps	22 min · 3 rounds of 50 sec work/15 sec rest
V-sits with leg extensions	22 min · 3 rounds of 50 sec work/15 sec rest
plank with alternating hip dips	22 min · 3 rounds of 50 sec work/15 sec rest

COOL-DOWN

Lying hamstring stretch	3 min
chest opener	3 min
deep breathing	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 22. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 07 · WEDNESDAY MAY

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffles	3 min
shoulder rolls	3 min
hip openers	3 min

MAIN SET

Curtsy lunges	15 min · 3 rounds of 40 sec work/15 sec rest
bear crawl forward/backward	15 min · 3 rounds of 40 sec work/15 sec rest
Russian twists with leg extensions	15 min · 3 rounds of 40 sec work/15 sec rest
fire hydrants with leg extensions	15 min · 3 rounds of 40 sec work/15 sec rest
inchworm walkouts (modified)	15 min · 3 rounds of 40 sec work/15 sec rest

COOL-DOWN

Seated butterfly stretch	2 min
wrist stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 22. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 07 · FRIDAY MAY

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Butt kicks	3 min
arm circles	3 min
ankle mobility	3 min

MAIN SET

Lateral bounds	10 min · 2 rounds of 40 sec work/10 sec rest
arm pulses in various positions	10 min · 2 rounds of 40 sec work/10 sec rest
squat pulse to calf raise	10 min · 2 rounds of 40 sec work/10 sec rest
push-up position mountain climbers (slow)	10 min · 2 rounds of 40 sec work/10 sec rest
agility dots with direction changes	10 min · 2 rounds of 40 sec work/10 sec rest

COOL-DOWN

Standing quad stretch	2 min
overhead tricep stretch	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 22. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 08 · MONDAY MAY

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Jumping jacks	5 min
hip circles	5 min
arm windmills	5 min
torso rotations	5 min

MAIN SET

Split jump squats	22 min · 3 rounds of 50 sec work/15 sec rest
push-up to side plank rotations	22 min · 3 rounds of 50 sec work/15 sec rest
tuck jumps	22 min · 3 rounds of 50 sec work/15 sec rest
hollow body holds with flutter kicks	22 min · 3 rounds of 50 sec work/15 sec rest
plank jacks to mountain climbers	22 min · 3 rounds of 50 sec work/15 sec rest

COOL-DOWN

Pigeon pose (modified)	3 min
thoracic spine rotations	3 min
ankle mobility	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 23. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 08 · WEDNESDAY MAY

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knees	3 min
shoulder circles	3 min
hip swings	3 min

MAIN SET

Walking lunges with high knee drive	15 min · 3 rounds of 40 sec work/15 sec rest
crab kicks with reaches	15 min · 3 rounds of 40 sec work/15 sec rest
seated in-and-outs	15 min · 3 rounds of 40 sec work/15 sec rest
single-leg bridges with hip rotations	15 min · 3 rounds of 40 sec work/15 sec rest
push-up position planks with alternate toe taps	15 min · 3 rounds of 40 sec work/15 sec rest

COOL-DOWN

Figure-four stretch	2 min
neck stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 23. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / DEVELOPMENT

WEEK 08 · FRIDAY MAY

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Side shuffles	3 min
arm waves	3 min
ankle bounces	3 min

MAIN SET

Three-point starts with short sprints	10 min · 2 rounds of 40 sec work/10 sec rest
streamline vertical jumps with underwater pulls	10 min · 2 rounds of 40 sec work/10 sec rest
plank with swimming motion arms	10 min · 2 rounds of 40 sec work/10 sec rest
lateral lunges with reaches	10 min · 2 rounds of 40 sec work/10 sec rest
fast feet forward/backward	10 min · 2 rounds of 40 sec work/10 sec rest

COOL-DOWN

Gentle forward fold	2 min
wrist and forearm stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 23. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 09 · MONDAY JUNE

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Dynamic movements including skipping	5 min
arm circles	5 min
leg swings	5 min
torso rotations	5 min

MAIN SET

Squat jumps with 180° turns	22 min · 4 rounds of 40 sec work/15 sec rest
push-up with alternating leg raises	22 min · 4 rounds of 40 sec work/15 sec rest
split lunge jumps	22 min · 4 rounds of 40 sec work/15 sec rest
hollow rock with flutter kicks	22 min · 4 rounds of 40 sec work/15 sec rest
plank up-downs	22 min · 4 rounds of 40 sec work/15 sec rest

COOL-DOWN

Hip flexor stretch	3 min
tricep stretch	3 min
child's pose	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 26. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 09 · WEDNESDAY JUNE

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffles	3 min
arm circles	3 min
ankle bounces	3 min

MAIN SET

Reverse lunge to knee drive	15 min · 3 rounds of 40 sec work/10 sec rest
bear crawl to crab walk transition	15 min · 3 rounds of 40 sec work/10 sec rest
bicycle crunches with shoulder touches	15 min · 3 rounds of 40 sec work/10 sec rest
single-leg hip bridges with reaches	15 min · 3 rounds of 40 sec work/10 sec rest
downward dog push-ups	15 min · 3 rounds of 40 sec work/10 sec rest

COOL-DOWN

Seated forward fold	2 min
chest opener stretch	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 26. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 09 · FRIDAY JUNE

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knees	3 min
shoulder shrugs	3 min
hip rotations	3 min

MAIN SET

Lateral bounds with center jumps	10 min · 2 rounds of 45 sec work/10 sec rest
streamline jumps with underwater motions	10 min · 2 rounds of 45 sec work/10 sec rest
plank jacks	10 min · 2 rounds of 45 sec work/10 sec rest
sumo squat jumps	10 min · 2 rounds of 45 sec work/10 sec rest
speed ladder drills (imaginary ladder)	10 min · 2 rounds of 45 sec work/10 sec rest

COOL-DOWN

Standing quad stretch	2 min
wrist mobility exercises	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 26. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 10 · MONDAY JUNE

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Jumping jacks	5 min
arm windmills	5 min
dynamic lunges	5 min
torso twists	5 min

MAIN SET

Burpees (modified)	22 min · 4 rounds of 40 sec work/15 sec rest
plank to push-up transitions	22 min · 4 rounds of 40 sec work/15 sec rest
lateral lunge jumps	22 min · 4 rounds of 40 sec work/15 sec rest
V-sit with rotation	22 min · 4 rounds of 40 sec work/15 sec rest
bear crawl with shoulder taps	22 min · 4 rounds of 40 sec work/15 sec rest

COOL-DOWN

Seated butterfly stretch	3 min
lying spinal twist	3 min
shoulder rolls	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 27. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 10 · WEDNESDAY JUNE

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Butt kicks	3 min
arm crossovers	3 min
ankle circles	3 min

MAIN SET

Walking lunges with rotation	15 min · 3 rounds of 40 sec work/10 sec rest
crab kick with hip lift	15 min · 3 rounds of 40 sec work/10 sec rest
mountain climbers with knee-to-elbow	15 min · 3 rounds of 40 sec work/10 sec rest
bird-dog flow	15 min · 3 rounds of 40 sec work/10 sec rest
Russian twist with leg extension	15 min · 3 rounds of 40 sec work/10 sec rest

COOL-DOWN

Cat-cow stretch	2 min
gentle neck stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 27. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 10 · FRIDAY JUNE

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Side shuffles	3 min
arm circles	3 min
hip openers	3 min

MAIN SET

Three-point starts with acceleration	10 min · 2 rounds of 45 sec work/10 sec rest
arm circles with flutter kick position	10 min · 2 rounds of 45 sec work/10 sec rest
plank with swimming arm motions	10 min · 2 rounds of 45 sec work/10 sec rest
squat jumps to streamline	10 min · 2 rounds of 45 sec work/10 sec rest
ladder drills with direction changes	10 min · 2 rounds of 45 sec work/10 sec rest

COOL-DOWN

Standing forward fold	2 min
wrist stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 27. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 11 · MONDAY JUNE

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knees	5 min
arm swings	5 min
leg circles	5 min
trunk rotations	5 min

MAIN SET

Speed skater jumps	22 min · 4 rounds of 45 sec work/15 sec rest
push-up with rotation	22 min · 4 rounds of 45 sec work/15 sec rest
jump squat to reverse lunge	22 min · 4 rounds of 45 sec work/15 sec rest
hollow body rock with arm reaches	22 min · 4 rounds of 45 sec work/15 sec rest
side plank with hip dips (both sides)	22 min · 4 rounds of 45 sec work/15 sec rest

COOL-DOWN

Pigeon pose stretch (modified)	3 min
tricep stretch	3 min
deep breathing	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 28. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 11 · WEDNESDAY JUNE

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Jumping jacks	3 min
shoulder circles	3 min
hip swings	3 min

MAIN SET

Split jumps with arm drive	15 min · 3 rounds of 45 sec work/10 sec rest
bear crawl with leg lifts	15 min · 3 rounds of 45 sec work/10 sec rest
bicycle crunches with extended reach	15 min · 3 rounds of 45 sec work/10 sec rest
single- leg glute bridge marches	15 min · 3 rounds of 45 sec work/10 sec rest
push-up to downward dog flow	15 min · 3 rounds of 45 sec work/10 sec rest

COOL-DOWN

Thread the needle stretch	2 min
wrist mobility	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 28. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 11 · FRIDAY JUNE

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffles	3 min
arm circles	3 min
ankle hops	3 min

MAIN SET

Pogo jumps with direction changes	10 min · 2 rounds of 50 sec work/10 sec rest
streamline jumps with underwater recovery	10 min · 2 rounds of 50 sec work/10 sec rest
plank with alternating reaches	10 min · 2 rounds of 50 sec work/10 sec rest
lateral bounds with center jumps	10 min · 2 rounds of 50 sec work/10 sec rest
fast feet with arm patterns	10 min · 2 rounds of 50 sec work/10 sec rest

COOL-DOWN

Standing side stretch	2 min
gentle neck rolls	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 28. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 12 · MONDAY JUNE

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Skipping variations	5 min
arm circles	5 min
leg swings	5 min
torso rotations	5 min

MAIN SET

Squat jump to tuck jump alternating	22 min · 4 rounds of 45 sec work/15 sec rest
push-up with hip rotation	22 min · 4 rounds of 45 sec work/15 sec rest
split jumps with switch	22 min · 4 rounds of 45 sec work/15 sec rest
hollow body hold with scissor kicks	22 min · 4 rounds of 45 sec work/15 sec rest
plank jacks to mountain climbers	22 min · 4 rounds of 45 sec work/15 sec rest

COOL-DOWN

Hip flexor stretch	3 min
chest opener	3 min
child's pose	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 29. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / INTENSIFICATION

WEEK 12 · WEDNESDAY JUNE

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knees	3 min
arm windmills	3 min
hip circles	3 min

MAIN SET

Reverse lunge with hop switch	15 min · 3 rounds of 45 sec work/10 sec rest
crab toe touches with rotation	15 min · 3 rounds of 45 sec work/10 sec rest
Russian twist with leg lifts	15 min · 3 rounds of 45 sec work/10 sec rest
fire hydrant to kickback flow	15 min · 3 rounds of 45 sec work/10 sec rest
inchworm with push-up (modified)	15 min · 3 rounds of 45 sec work/10 sec rest

COOL-DOWN

Seated forward fold	2 min
shoulder stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

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LONG COURSE / INTENSIFICATION

WEEK 12 · FRIDAY JUNE

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Butt kicks	3 min
shoulder shrugs	3 min
ankle mobility	3 min

MAIN SET

Lateral bounds with center jumps	10 min · 2 rounds of 50 sec work/10 sec rest
streamline vertical jumps with rotation	10 min · 2 rounds of 50 sec work/10 sec rest
plank shoulder taps with hip rotation	10 min · 2 rounds of 50 sec work/10 sec rest
sumo squat jumps with calf raise	10 min · 2 rounds of 50 sec work/10 sec rest
speed ladder drills with arm patterns	10 min · 2 rounds of 50 sec work/10 sec rest

COOL-DOWN

Standing quadricep stretch	2 min
wrist mobility	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

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LONG COURSE / PEAK & TAPER

WEEK 13 · MONDAY JULY

10&U · movement and coordination · 30 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Dynamic movements including skipping	5 min
arm circles	5 min
leg swings	5 min
torso rotations	5 min

MAIN SET

Squat jumps with precision landing	22 min · 3 rounds of 40 sec work/20 sec rest
push-up with shoulder taps	22 min · 3 rounds of 40 sec work/20 sec rest
alternating split jumps	22 min · 3 rounds of 40 sec work/20 sec rest
V-sit with flutter kicks	22 min · 3 rounds of 40 sec work/20 sec rest
plank with alternating leg lifts	22 min · 3 rounds of 40 sec work/20 sec rest

COOL-DOWN

Hip flexor stretch	3 min
tricep stretch	3 min
child's pose	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 32. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / PEAK & TAPER

WEEK 13 · WEDNESDAY JULY

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffles	3 min
arm circles	3 min
ankle bounces	3 min

MAIN SET

Reverse lunge to knee drive	15 min · 2 rounds of 40 sec work/20 sec rest
bear crawl to downward dog transition	15 min · 2 rounds of 40 sec work/20 sec rest
bicycle crunches	15 min · 2 rounds of 40 sec work/20 sec rest
single-leg bridges with marches	15 min · 2 rounds of 40 sec work/20 sec rest
push-up position hold with arm reaches	15 min · 2 rounds of 40 sec work/20 sec rest

COOL-DOWN

Seated forward fold	2 min
chest opener stretch	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 32. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / PEAK & TAPER

WEEK 13 · FRIDAY JULY

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knees	3 min
shoulder shrugs	3 min
hip rotations	3 min

MAIN SET

Lateral bounds with center hold	10 min · 2 rounds of 30 sec work/20 sec rest
streamline vertical jumps	10 min · 2 rounds of 30 sec work/20 sec rest
plank with swimming arms	10 min · 2 rounds of 30 sec work/20 sec rest
sumo squats with calf raise	10 min · 2 rounds of 30 sec work/20 sec rest
speed skaters (low impact)	10 min · 2 rounds of 30 sec work/20 sec rest

COOL-DOWN

Standing quad stretch	2 min
wrist mobility exercises	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

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LONG COURSE / PEAK & TAPER

WEEK 14 · MONDAY JULY

10&U · movement and coordination · 25 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Jumping jacks	5 min
arm windmills	5 min
dynamic lunges	5 min
torso twists	5 min

MAIN SET

Squat jumps	17 min · 3 rounds of 30 sec work/20 sec rest
push-ups with quality focus	17 min · 3 rounds of 30 sec work/20 sec rest
lunge jumps	17 min · 3 rounds of 30 sec work/20 sec rest
hollow body holds	17 min · 3 rounds of 30 sec work/20 sec rest
plank shoulder taps	17 min · 3 rounds of 30 sec work/20 sec rest

COOL-DOWN

Seated butterfly stretch	3 min
lying spinal twist	3 min
shoulder rolls	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 33. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / PEAK & TAPER

WEEK 14 · WEDNESDAY JULY

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Butt kicks	3 min
arm crossovers	3 min
ankle circles	3 min

MAIN SET

Walking lunges	15 min · 2 rounds of 35 sec work/25 sec rest
crab walks with knee tucks	15 min · 2 rounds of 35 sec work/25 sec rest
mountain climbers (controlled pace)	15 min · 2 rounds of 35 sec work/25 sec rest
bird-dog with extended holds	15 min · 2 rounds of 35 sec work/25 sec rest
Russian twists	15 min · 2 rounds of 35 sec work/25 sec rest

COOL-DOWN

Cat-cow stretch	2 min
gentle neck stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 33. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / PEAK & TAPER

WEEK 14 · FRIDAY JULY

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Side shuffles	4 min
arm circles	4 min
hip openers	4 min
ankle bounces	4 min

MAIN SET

Pogo jumps	9 min · 2 rounds of 25 sec work/25 sec rest
arm swings in streamline	9 min · 2 rounds of 25 sec work/25 sec rest
plank with small movements	9 min · 2 rounds of 25 sec work/25 sec rest
squat to calf raise	9 min · 2 rounds of 25 sec work/25 sec rest
fast feet with reaction drills	9 min · 2 rounds of 25 sec work/25 sec rest

COOL-DOWN

Standing forward fold	2 min
wrist stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 33. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / PEAK & TAPER

WEEK 15 · MONDAY JULY

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knees	5 min
arm swings	5 min
leg circles	5 min
trunk rotations	5 min

MAIN SET

Squat jumps (moderate height)	12 min · 2 rounds of 30 sec work/30 sec rest
push-ups with quality focus	12 min · 2 rounds of 30 sec work/30 sec rest
split jumps (alternating)	12 min · 2 rounds of 30 sec work/30 sec rest
hollow body position holds	12 min · 2 rounds of 30 sec work/30 sec rest
side plank with controlled movements	12 min · 2 rounds of 30 sec work/30 sec rest

COOL-DOWN

Pigeon pose stretch (modified)	3 min
tricep stretch	3 min
deep breathing	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

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LONG COURSE / PEAK & TAPER

WEEK 15 · WEDNESDAY JULY

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Jumping jacks	4 min
shoulder circles	4 min
hip swings	4 min

MAIN SET

Split jumps with arm drive	9 min · 2 rounds of 20 sec work/25 sec rest
quick bear crawls	9 min · 2 rounds of 20 sec work/25 sec rest
bicycle crunches (controlled)	9 min · 2 rounds of 20 sec work/25 sec rest
glute bridges with marches	9 min · 2 rounds of 20 sec work/25 sec rest
push-up to downward dog transition	9 min · 2 rounds of 20 sec work/25 sec rest

COOL-DOWN

Thread the needle stretch	2 min
wrist mobility	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 34. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / PEAK & TAPER

WEEK 15 · FRIDAY JULY

10&U · movement and coordination · 10 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Lateral shuffles	3 min
arm circles	3 min
ankle hops	3 min

MAIN SET

Vertical jumps	5 min · 1 round of 15 sec work/30 sec rest
arm swings in various positions	5 min · 1 round of 15 sec work/30 sec rest
plank holds with small movement	5 min · 1 round of 15 sec work/30 sec rest
squat to stand with reach	5 min · 1 round of 15 sec work/30 sec rest
quick reaction drills	5 min · 1 round of 15 sec work/30 sec rest

COOL-DOWN

Standing side stretch	2 min
gentle neck rolls	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 34. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / PEAK & TAPER

WEEK 16 · MONDAY JULY

10&U · movement and coordination · 20 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Skipping variations	5 min
arm circles	5 min
leg swings	5 min
torso rotations	5 min

MAIN SET

Squat jump to precise landing	12 min · 2 rounds of 30 sec work/30 sec rest
push-up with quality focus	12 min · 2 rounds of 30 sec work/30 sec rest
alternating lunges	12 min · 2 rounds of 30 sec work/30 sec rest
hollow body hold to V-sit	12 min · 2 rounds of 30 sec work/30 sec rest
plank with small movements	12 min · 2 rounds of 30 sec work/30 sec rest

COOL-DOWN

Hip flexor stretch	3 min
chest opener	3 min
child's pose	3 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

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LONG COURSE / PEAK & TAPER

WEEK 16 · WEDNESDAY JULY

10&U · movement and coordination · 15 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
High knees	4 min
arm windmills	4 min
hip circles	4 min

MAIN SET

Reverse lunge with knee drive	9 min · 1 round of 20 sec work/40 sec rest
crab position holds	9 min · 1 round of 20 sec work/40 sec rest
Russian twist (slow and controlled)	9 min · 1 round of 20 sec work/40 sec rest
fire hydrant movements	9 min · 1 round of 20 sec work/40 sec rest
inchworm (partial range)	9 min · 1 round of 20 sec work/40 sec rest

COOL-DOWN

Seated forward fold	2 min
shoulder stretches	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

Bodyweight movement practice from the 10&U long-course plan; reduce circuit rounds when movement quality declines. General coordination, body control and comfortable streamline positions support pool skill development.

Adapted from Long Course Dryland Program Plan, p. 35. Exact workout sequencing is coaching practice, not a validated research protocol.

LONG COURSE / PEAK & TAPER

WEEK 16 · FRIDAY JULY

10&U · movement and coordination · 10 min

Equipment: Mat and open, dry training space.

WARM-UP

MOVEMENT / COACHING CUE	DOSE
Butt kicks	3 min
shoulder shrugs	3 min
ankle mobility	3 min

MAIN SET

Small vertical jumps	5 min · 1 round of 15 sec work/45 sec rest
streamline reaches	5 min · 1 round of 15 sec work/45 sec rest
plank holds	5 min · 1 round of 15 sec work/45 sec rest
squat to stand	5 min · 1 round of 15 sec work/45 sec rest
reaction movement drills	5 min · 1 round of 15 sec work/45 sec rest

COOL-DOWN

Standing quadricep stretch	2 min
wrist mobility	2 min

SCALE & PROTECT QUALITY

10&U source session. Scale to movement skill; not an additional session on top of your weekly plan. Power movements are technique practice, not a fatigue test. Replace jumps with controlled squat-and-reach if landing quality fades.

COACHING PURPOSE & SWIM TRANSFER

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