EST DRYLAND

18 +

COLLEGE WORKOUT PROGRAM

Ages 18–25 · September → March

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

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18 +

COLLEGE DRYLAND

AGES 18–25

September–March block periodization: mid-season taper in mid-November, conference in February, nationals 2–3 weeks later in early March. (Issurin, 2010; Mujika et al., 2018; Crowley et al., 2017)

TRAINING GROUPS & DOSAGE

ATHLETE GROUP	WEEKLY FREQUENCY	SESSION LENGTH
Sprint group **Ages 18–25** Load: 80–90% 1RM, contrast training Emphasis: Max strength & power	4 / week	60 min
Mid / Distance **Ages 18–25** Load: 70–85% 1RM, strength-endurance Emphasis: Economy, shoulder resilience	3 / week	50 min

SEPTEMBER → MARCH

COLLEGIATE SEASON

Mid-season taper mid-Nov · Conference Feb · Nationals early Mar (2–3 weeks after conference).

Phase	When	Sessions/wk	Goal
Accumulation	Sep – Oct	3–4	Hypertrophy & work capacity; establish 1RM testing.
Mid-Season Taper	Early – mid Nov	2	7–10 day reduction; maintain intensity.
Transmutation	Dec – Jan	4	Heaviest strength block, then convert to power. Training trip load managed (ACWR).
Conference Taper	February	2	2–3 week taper; lift volume cut, power maintained.
Nationals Re-taper	Early March	1–2	1 short maintenance block then re-taper; 2–3 weeks after conference.

PHASE 1 · SEP – OCT

ACCUMULATION

Hypertrophy & work capacity; establish 1RM testing. (Issurin, 2010)
3–4 sessions per week

01 Max Strength · Lower
Force production for starts & turns · 60 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
POWER	
Hang clean / jump shrug	4 × 3
Depth jump to box	4 × 3
STRENGTH	
Back squat / trap bar DL	5 × 3 @ 85% 1RM
Bulgarian split squat	3 × 6/side
Nordic hamstring curl	3 × 5
TRUNK	
Ab wheel rollout	3 × 8
Suitcase carry	3 × 20 m/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

(West et al., 2011; Crowley et al., 2017)

ACCUMULATION / SESSION TEMPLATE

02

Max Strength · Upper

Pull strength, shoulder resilience · 60 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

STRENGTH

Weighted pull-up	5 × 4
Bench press / DB press	4 × 5
Pendlay row	4 × 6
Single-arm cable lat pulldown	3 × 10/side

EST BAND SERIES · ELITE

90/90 ER iso holds	3 × 20 s
Prone Y with plate	3 × 8
Serratus wall slide w/ band	3 × 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

(Crowley et al., 2017; Wanivenhaus et al., 2012)

ACCUMULATION / SESSION TEMPLATE

03

Strength-Endurance · Distance

Fatigue-resistant pulling · 55 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

SUPERSETS · 4 ROUNDS

Pull-up	8
→ Push-up	15
Front squat @ 70%	8
→ Walking lunge	10/side
Cable straight-arm pulldown	15
→ Hollow rock	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

(Crowley et al., 2017; Amaro et al., 2019)

ACCUMULATION / SESSION TEMPLATE

04 Shoulder Bulletproofing

Cuff capacity for high yardage · 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

CAPACITY

Side-lying DB ER	3 × 12/side
Bottoms-up KB carry	3 × 20 m/side
Prone Y-T-W with plates	3 × 8 each
Serratus landmine punch	3 × 10/side
Half-kneeling Z-press	3 × 8

ECCENTRICS

Band ER eccentric 3 s	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)

ACCUMULATION / SESSION TEMPLATE

05 Swim-Specific Circuit

Power endurance & transfer · 40 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 · 30 S ON / 30 S OFF × 3

Band double-arm pull (catch → finish) High elbow, finish past hip	30 s
Streamline squat jumps	30 s
Med ball rotational throw Hip-driven, like breaststroke/fly rotation	30 s
Flutter kick in hollow	30 s
Push-up to T	30 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

(Amaro et al., 2019; Hibbs et al., 2008)

ACCUMULATION / SESSION TEMPLATE

06

Recovery Day

Parasympathetic reset, tissue quality · 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

FLOW

Foam roll: lats, quads, T-spine	8 min
Hip & shoulder mobility flow	10 min
Breathing: 4-7-8	5 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

(Mujika et al., 2018)

PHASE 2 · EARLY – MID NOV

MID-SEASON TAPER

7–10 day reduction; maintain intensity. (Mujika & Padilla, 2003)
2 sessions per week

01 Power & Velocity
Rate of force development · 50 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

CONTRAST PAIRS · 4 ROUNDS

Trap bar jump (20–30% 1RM)	3
→ Broad jump	3
Banded pull-up (fast concentric)	4
→ Med ball overhead slam	4

SWIM TRANSFER

Block-start simulation (dry, reaction cue)	5 × 1
Turn push-off squat jump (horizontal)	4 × 3

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; Amaro et al., 2019)

MID-SEASON TAPER / SESSION TEMPLATE

02

Championship Primer

Maintain power, shed fatigue · 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

PRIMER · 2–3 DAYS OUT

Countermovement jump	3 × 2
Squat @ 75%, fast	3 × 2
Band ER / pull-apart	1 × 15 each

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)

MID-SEASON TAPER / SESSION TEMPLATE

03 Recovery Day

Parasympathetic reset, tissue quality · 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

FLOW

Foam roll: lats, quads, T-spine	8 min
Hip & shoulder mobility flow	10 min
Breathing: 4-7-8	5 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

(Mujika et al., 2018)

PHASE 3 · DEC – JAN

TRANSMUTATION

Heaviest strength block, then convert to power. Training trip load managed (ACWR). (Gabbett, 2016)
4 sessions per week

01 Max Strength · Lower
Force production for starts & turns · 60 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
POWER	
Hang clean / jump shrug	4 × 3
Depth jump to box	4 × 3
STRENGTH	
Back squat / trap bar DL	5 × 3 @ 85% 1RM
Bulgarian split squat	3 × 6/side
Nordic hamstring curl	3 × 5
TRUNK	
Ab wheel rollout	3 × 8
Suitcase carry	3 × 20 m/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

(West et al., 2011; Crowley et al., 2017)

TRANSMUTATION / SESSION TEMPLATE

02

Max Strength · Upper

Pull strength, shoulder resilience · 60 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

STRENGTH

Weighted pull-up	5 × 4
Bench press / DB press	4 × 5
Pendlay row	4 × 6
Single-arm cable lat pulldown	3 × 10/side

EST BAND SERIES · ELITE

90/90 ER iso holds	3 × 20 s
Prone Y with plate	3 × 8
Serratus wall slide w/ band	3 × 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

(Crowley et al., 2017; Wanivenhaus et al., 2012)

TRANSMUTATION / SESSION TEMPLATE

03 Olympic Derivatives

Triple extension, explosiveness · 55 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

POWER

Hang power clean	5 × 3 @ 70–80%
Push press	4 × 4
Clean pull	3 × 3 @ 90% clean

ACCESSORY

Single-leg box squat	3 × 6/side
Landmine rotation	3 × 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

(West et al., 2011)

TRANSMUTATION / SESSION TEMPLATE

04 Sprint Group Max Power

Peak force & velocity · 50 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
POWER	
Depth jump	5 × 3
Trap bar jump @ 30%	5 × 3
Med ball overhead backward throw	4 × 3
STRENGTH	
Trap bar deadlift	4 × 2 @ 90%
Weighted pull-up	4 × 3
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; Crowley et al., 2017)

TRANSMUTATION / SESSION TEMPLATE

05

Power & Velocity

Rate of force development · 50 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

CONTRAST PAIRS · 4 ROUNDS

Trap bar jump (20–30% 1RM)	3
→ Broad jump	3
Banded pull-up (fast concentric)	4
→ Med ball overhead slam	4

SWIM TRANSFER

Block-start simulation (dry, reaction cue)	5 × 1
Turn push-off squat jump (horizontal)	4 × 3

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; Amaro et al., 2019)

TRANSMUTATION / SESSION TEMPLATE

06

Shoulder Bulletproofing

Cuff capacity for high yardage · 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

CAPACITY

Side-lying DB ER	3 × 12/side
Bottoms-up KB carry	3 × 20 m/side
Prone Y-T-W with plates	3 × 8 each
Serratus landmine punch	3 × 10/side
Half-kneeling Z-press	3 × 8

ECCENTRICS

Band ER eccentric 3 s	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)

TRANSMUTATION / SESSION TEMPLATE

07

Training-Trip Maintenance

Minimum dose during high pool load · 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

MAINTENANCE

Goblet squat	3 × 6
Pull-up	3 × 5
Single-leg RDL	2 × 8/side
EST Band Series	1 round
Dead bug	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

(Gabbett, 2016; Issurin, 2010)

PHASE 4 · FEBRUARY

CONFERENCE TAPER

2–3 week taper; lift volume cut, power maintained. (Bosquet et al., 2007)
2 sessions per week

01 Sprint Group Max Power
Peak force & velocity · 50 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

POWER

Depth jump	5 × 3
Trap bar jump @ 30%	5 × 3
Med ball overhead backward throw	4 × 3

STRENGTH

Trap bar deadlift	4 × 2 @ 90%
Weighted pull-up	4 × 3

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; Crowley et al., 2017)

CONFERENCE TAPER / SESSION TEMPLATE

02

Power & Velocity

Rate of force development · 50 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**

CONTRAST PAIRS · 4 ROUNDS

Trap bar jump (20–30% 1RM)	**3**
→ Broad jump	**3**
Banded pull-up (fast concentric)	**4**
→ Med ball overhead slam	**4**

SWIM TRANSFER

Block-start simulation (dry, reaction cue)	**5 × 1**
Turn push-off squat jump (horizontal)	**4 × 3**

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; Amaro et al., 2019)

CONFERENCE TAPER / SESSION TEMPLATE

03 Championship Primer

Maintain power, shed fatigue · 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

PRIMER · 2–3 DAYS OUT

Countermovement jump	3 × 2
Squat @ 75%, fast	3 × 2
Band ER / pull-apart	1 × 15 each

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)

CONFERENCE TAPER / SESSION TEMPLATE

04 Recovery Day

Parasympathetic reset, tissue quality · 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

FLOW

Foam roll: lats, quads, T-spine	8 min
Hip & shoulder mobility flow	10 min
Breathing: 4-7-8	5 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

(Mujika et al., 2018)

PHASE 5 · EARLY MARCH

NATIONALS RE-TAPER

1 short maintenance block then re-taper; 2–3 weeks after conference. (Mujika et al., 2018)
1–2 sessions per week

01 Power & Velocity
Rate of force development · 50 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

CONTRAST PAIRS · 4 ROUNDS

Trap bar jump (20–30% 1RM)	3
→ Broad jump	3
Banded pull-up (fast concentric)	4
→ Med ball overhead slam	4

SWIM TRANSFER

Block-start simulation (dry, reaction cue)	5 × 1
Turn push-off squat jump (horizontal)	4 × 3

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; Amaro et al., 2019)

NATIONALS RE-TAPER / SESSION TEMPLATE

02

Championship Primer

Maintain power, shed fatigue · 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

PRIMER · 2–3 DAYS OUT

Countermovement jump	3 × 2
Squat @ 75%, fast	3 × 2
Band ER / pull-apart	1 × 15 each

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)

NATIONALS RE-TAPER / SESSION TEMPLATE

03 Recovery Day

Parasympathetic reset, tissue quality · 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

FLOW

Foam roll: lats, quads, T-spine	8 min
Hip & shoulder mobility flow	10 min
Breathing: 4-7-8	5 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

(Mujika et al., 2018)

WEEKLY WORKOUT COLLECTION

8 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.

University of Tennessee Southern — Winter Training Program
Eight selected upper- and lower-body strength tracks

WINTER STRENGTH / WINTER STRENGTH

UPPER BODY WORKOUT A: HORIZONTAL PRESS AND PULL

Upper body · Coach-paced

Equipment: Supervised weight room; dumbbells, bands, medicine ball and track-specific equipment.

DYNAMIC PREPARATION

MOVEMENT / COACHING CUE	DOSE
Easy movement, leg swings, arm circles, hip circles, unloaded pattern practice	5–8 min

STRENGTH / POWER

Bench press variation	4 × 6-8 reps at RPE 7-8
Barbell or dumbbell row	4 × 8-10 reps at RPE 7
Medicine-ball chest pass	3 × 10 reps
Face pulls	3 × 12-15 reps at RPE 6

RESET

Comfortable hip and shoulder mobility; easy walking	5 min

SCALE & PROTECT QUALITY

Advanced plyometrics and eccentric hamstring work require established experience. Use assisted variations; stop on pain or loss of control.

COACHING PURPOSE & SWIM TRANSFER

Select a strength track to complement the college season, not to add another demanding session. Develop force production, trunk control and shoulder capacity while protecting swim quality.

Adapted from University of Tennessee Southern — Winter Training Program, p. 15. Exact workout sequencing is coaching practice, not a validated research protocol.

WINTER STRENGTH / WINTER STRENGTH

UPPER BODY WORKOUT B: VERTICAL PULL AND STABILITY

Upper body · Coach-paced

Equipment: Supervised weight room; dumbbells, bands, medicine ball and track-specific equipment.

DYNAMIC PREPARATION

MOVEMENT / COACHING CUE	DOSE
Easy movement, leg swings, arm circles, hip circles, unloaded pattern practice	5–8 min

STRENGTH / POWER

Pull-up variation	4 × 6-10 reps at RPE 8
Dumbbell shoulder press	3 × 8-10 reps at RPE 7
Single-arm cable row	3 × 10 reps per side at RPE 6-7
Y-T-W shoulder series	3 × 8 reps each position

RESET

Comfortable hip and shoulder mobility; easy walking	5 min

SCALE & PROTECT QUALITY

Advanced plyometrics and eccentric hamstring work require established experience. Use assisted variations; stop on pain or loss of control.

COACHING PURPOSE & SWIM TRANSFER

Select a strength track to complement the college season, not to add another demanding session. Develop force production, trunk control and shoulder capacity while protecting swim quality.

Adapted from University of Tennessee Southern — Winter Training Program, p. 16. Exact workout sequencing is coaching practice, not a validated research protocol.

WINTER STRENGTH / WINTER STRENGTH

UPPER BODY WORKOUT C: POWER AND STABILITY

Upper body · Coach-paced

Equipment: Supervised weight room; dumbbells, bands, medicine ball and track-specific equipment.

DYNAMIC PREPARATION

MOVEMENT / COACHING CUE	DOSE
Easy movement, leg swings, arm circles, hip circles, unloaded pattern practice	5–8 min

STRENGTH / POWER

Plyometric push-up variation	4 × 6-8 reps at RPE 8
Inverted row	4 × 10-12 reps at RPE 7
Medicine-ball overhead slam	3 × 10 reps
Band external rotation	3 × 15 reps per side at RPE 5

RESET

Comfortable hip and shoulder mobility; easy walking	5 min

SCALE & PROTECT QUALITY

Advanced plyometrics and eccentric hamstring work require established experience. Use assisted variations; stop on pain or loss of control.

COACHING PURPOSE & SWIM TRANSFER

Select a strength track to complement the college season, not to add another demanding session. Develop force production, trunk control and shoulder capacity while protecting swim quality.

Adapted from University of Tennessee Southern — Winter Training Program, p. 17. Exact workout sequencing is coaching practice, not a validated research protocol.

WINTER STRENGTH / WINTER STRENGTH

UPPER BODY WORKOUT D: STRENGTH-ENDURANCE

Upper body · Coach-paced

Equipment: Supervised weight room; dumbbells, bands, medicine ball and track-specific equipment.

DYNAMIC PREPARATION

MOVEMENT / COACHING CUE	DOSE
Easy movement, leg swings, arm circles, hip circles, unloaded pattern practice	5–8 min

STRENGTH / POWER

Dumbbell bench press	3 × 12-15 reps at RPE 6-7
Cable row	3 × 12-15 reps at RPE 6-7
Dumbbell lateral raise	3 × 12-15 reps at RPE 6
Prone Y-T raise complex	3 × 10 reps each position

RESET

Comfortable hip and shoulder mobility; easy walking	5 min

SCALE & PROTECT QUALITY

Advanced plyometrics and eccentric hamstring work require established experience. Use assisted variations; stop on pain or loss of control.

COACHING PURPOSE & SWIM TRANSFER

Select a strength track to complement the college season, not to add another demanding session. Develop force production, trunk control and shoulder capacity while protecting swim quality.

Adapted from University of Tennessee Southern — Winter Training Program, p. 18. Exact workout sequencing is coaching practice, not a validated research protocol.

WINTER STRENGTH / WINTER STRENGTH

LOWER BODY WORKOUT A: BILATERAL STRENGTH

Lower body · Coach-paced

Equipment: Supervised weight room; dumbbells, bands, medicine ball and track-specific equipment.

DYNAMIC PREPARATION

MOVEMENT / COACHING CUE	DOSE
Easy movement, leg swings, arm circles, hip circles, unloaded pattern practice	5–8 min

STRENGTH / POWER

Back squat or front squat	4 × 5-7 reps at RPE 8
Romanian deadlift	4 × 6-8 reps at RPE 7-8
Walking lunges	3 × 10 reps per leg at RPE 6-7
Nordic hamstring curl	3 × 6-8 reps at RPE 8-9

RESET

Comfortable hip and shoulder mobility; easy walking	5 min

SCALE & PROTECT QUALITY

Advanced plyometrics and eccentric hamstring work require established experience. Use assisted variations; stop on pain or loss of control.

COACHING PURPOSE & SWIM TRANSFER

Select a strength track to complement the college season, not to add another demanding session. Develop force production, trunk control and shoulder capacity while protecting swim quality.

Adapted from University of Tennessee Southern — Winter Training Program, p. 20. Exact workout sequencing is coaching practice, not a validated research protocol.

WINTER STRENGTH / WINTER STRENGTH

LOWER BODY WORKOUT B: UNILATERAL CONTROL

Lower body · Coach-paced

Equipment: Supervised weight room; dumbbells, bands, medicine ball and track-specific equipment.

DYNAMIC PREPARATION

MOVEMENT / COACHING CUE	DOSE
Easy movement, leg swings, arm circles, hip circles, unloaded pattern practice	5–8 min

STRENGTH / POWER

Bulgarian split squat	4 × 8-10 reps per leg at RPE 7-8
Single-leg Romanian deadlift	3 × 8 reps per leg at RPE 7
Lateral lunge	3 × 10 reps per side at RPE 6
Single-leg bridge	3 × 12 reps per leg at RPE 6

RESET

Comfortable hip and shoulder mobility; easy walking	5 min

SCALE & PROTECT QUALITY

Advanced plyometrics and eccentric hamstring work require established experience. Use assisted variations; stop on pain or loss of control.

COACHING PURPOSE & SWIM TRANSFER

Select a strength track to complement the college season, not to add another demanding session. Develop force production, trunk control and shoulder capacity while protecting swim quality.

Adapted from University of Tennessee Southern — Winter Training Program, p. 21. Exact workout sequencing is coaching practice, not a validated research protocol.

WINTER STRENGTH / WINTER STRENGTH

LOWER BODY WORKOUT C: STRENGTH-ENDURANCE

Lower body · Coach-paced

Equipment: Supervised weight room; dumbbells, bands, medicine ball and track-specific equipment.

DYNAMIC PREPARATION

MOVEMENT / COACHING CUE	DOSE
Easy movement, leg swings, arm circles, hip circles, unloaded pattern practice	5–8 min

STRENGTH / POWER

Goblet squat	3 × 15-20 reps at RPE 6-7
Dumbbell Romanian deadlift	3 × 15-20 reps at RPE 6-7
Step-up	3 × 12 reps per leg at RPE 6
Glute bridge	3 × 20 reps at RPE 6

RESET

Comfortable hip and shoulder mobility; easy walking	5 min

SCALE & PROTECT QUALITY

Advanced plyometrics and eccentric hamstring work require established experience. Use assisted variations; stop on pain or loss of control.

COACHING PURPOSE & SWIM TRANSFER

Select a strength track to complement the college season, not to add another demanding session. Develop force production, trunk control and shoulder capacity while protecting swim quality.

Adapted from University of Tennessee Southern — Winter Training Program, p. 22. Exact workout sequencing is coaching practice, not a validated research protocol.

WINTER STRENGTH / WINTER STRENGTH

LOWER BODY WORKOUT D: POWER AND PLYOMETRICS

Lower body · Coach-paced

Equipment: Supervised weight room; dumbbells, bands, medicine ball and track-specific equipment.

DYNAMIC PREPARATION

MOVEMENT / COACHING CUE	DOSE
Easy movement, leg swings, arm circles, hip circles, unloaded pattern practice	5–8 min

STRENGTH / POWER

Box jump	4 × 5-6 reps
Broad jump	4 × 5 reps
Single-leg hop	3 × 8 reps per leg
Depth jump	3 × 5 reps

RESET

Comfortable hip and shoulder mobility; easy walking	5 min

SCALE & PROTECT QUALITY

Advanced plyometrics and eccentric hamstring work require established experience. Use assisted variations; stop on pain or loss of control.

COACHING PURPOSE & SWIM TRANSFER

Select a strength track to complement the college season, not to add another demanding session. Develop force production, trunk control and shoulder capacity while protecting swim quality.

Adapted from University of Tennessee Southern — Winter Training Program, p. 23. Exact workout sequencing is coaching practice, not a validated research protocol.

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