EST DRYLAND

AGE GROUP · HIGH SCHOOL · COLLEGE

# COMPLETE WORKOUT PROGRAMS

Season plans, session templates and exercise guidance

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

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# 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**<br>**Ages ≤10** | 2 / week | 20–30 min |
| Load: Bodyweight, bands, 1 kg balls<br>Emphasis: Fun, coordination, animal walks, balance, landing | | |
| **11–12**<br>**Ages 11–12** | 2–3 / week | 30–40 min |
| Load: Bodyweight + light DB/KB, 1–2 kg balls<br>Emphasis: Technique of squat/hinge/push/pull, trunk, intro jumps | | |
| **13–14**<br>**Ages 13–14** | 3 / week | 40–50 min |
| Load: Light external load once technique is mastered; 2–3 kg balls<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

**SKILL CIRCUIT · 3 ROUNDS**

| | |
|---|---|
| Goblet squat to box (bodyweight / light DB)<br>Knees track toes, heels down | 8 |
| Dowel hip hinge<br>Dowel touches head, upper back, tailbone | 8 |
| Incline push-up<br>Body in one straight line | 8 |
| Band row<br>Squeeze shoulder blades into back pockets | 10 |
| Dead bug<br>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<br>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<br>Arms locked overhead, ribs down | 10 |
| Reverse lunge + overhead reach | 6/side |
| Bear crawl | 2 × 10 m |
| Squat jump | 2 × 3 |

MOBILITY

| | |
|---|---|
| Wall angels<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

### LANDING MECHANICS

| | |
|---|---|
| Snap-down to athletic stance<br>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<br>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<br>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<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

### LANDING MECHANICS

| | |
|---|---|
| Snap-down to athletic stance<br>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<br>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<br>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<br>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<br>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<br>Arms locked overhead, ribs down | 10 |
| Reverse lunge + overhead reach | 6/side |
| Bear crawl | 2 × 10 m |
| Squat jump | 2 × 3 |

MOBILITY

| | |
|---|---|
| Wall angels<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>Arms locked overhead, ribs down | 10 |
| Reverse lunge + overhead reach | 6/side |
| Bear crawl | 2 × 10 m |
| Squat jump | 2 × 3 |

**MOBILITY**

| | |
|---|---|
| Wall angels<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

**SKILL CIRCUIT · 3 ROUNDS**

| | |
|---|---|
| Goblet squat to box (bodyweight / light DB)<br>Knees track toes, heels down | 8 |
| Dowel hip hinge<br>Dowel touches head, upper back, tailbone | 8 |
| Incline push-up<br>Body in one straight line | 8 |
| Band row<br>Squeeze shoulder blades into back pockets | 10 |
| Dead bug<br>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<br>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<br>Arms locked overhead, ribs down | 10 |
| Reverse lunge + overhead reach | 6/side |
| Bear crawl | 2 × 10 m |
| Squat jump | 2 × 3 |

MOBILITY

| | |
|---|---|
| Wall angels<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

### LANDING MECHANICS

| | |
|---|---|
| Snap-down to athletic stance<br>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<br>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<br>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<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

**LANDING MECHANICS**

| | |
|---|---|
| Snap-down to athletic stance<br>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<br>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<br>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<br>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<br>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<br>Arms locked overhead, ribs down | 10 |
| Reverse lunge + overhead reach | 6/side |
| Bear crawl | 2 × 10 m |
| Squat jump | 2 × 3 |

MOBILITY

| | |
|---|---|
| Wall angels<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>Arms locked overhead, ribs down | 10 |
| Reverse lunge + overhead reach | 6/side |
| Bear crawl | 2 × 10 m |
| Squat jump | 2 × 3 |

**MOBILITY**

| | |
|---|---|
| Wall angels<br>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<br>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.

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 · 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

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 / 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.

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 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.

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 · 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.

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 · 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

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.

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14 & OVER

# HIGH SCHOOL DRYLAND

## AGES 14–18

A 16-week season built around three championship meets: mid-season, conference (2 weeks out from state), and state. (Crowley et al., 2017; Issurin, 2010; Mujika et al., 2018)

## TRAINING GROUPS & DOSAGE

| ATHLETE GROUP | WEEKLY FREQUENCY | SESSION LENGTH |
|---|---|---|
| **Freshman / Sophomore**<br>**Ages 14–16**<br><br>Load: Technique-first barbell/DB; RPE 6–8<br>Emphasis: Strength base, landing, pull-ups | 3 / week | 45–55 min |
| **Junior / Senior**<br>**Ages 17–18**<br><br>Load: RPE 7–9 compound lifts<br>Emphasis: Max strength → power, event specialization | 3–4 / week | 50–60 min |

16 WEEKS (4 MONTHS)

# HIGH SCHOOL SEASON

Mid-season champs ≈ week 7 · Conference week 14 · State week 16.

| Phase | When | Sessions/wk | Goal |
|---|---|---|---|
| **Base Strength** | Weeks 1–5 | 3 | Build strength and work capacity. |
| **Mid-Season Championship** | Weeks 6–7 | 2 | Mini-taper: cut volume ~40%, keep intensity. |
| **Strength → Power Build** | Weeks 8–12 | 3 | Heavier strength, more plyometric & med-ball work. |
| **Conference Championship** | Weeks 13–14 | 2 | Partial taper; conference is 2 weeks out from state. |
| **State Taper** | Weeks 15–16 | 1–2 | Volume down 41–60%, intensity kept, frequency kept (Bosquet et al., 2007). |

PHASE 1 · WEEKS 1–5

# BASE STRENGTH

Build strength and work capacity. (Issurin, 2010)
3 sessions per week

## 01 Lower Strength + Starts

Max strength, start & wall power · 55 min

**WARM-UP · B — SWIM PREP**

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

**POWER PRIMER**

| | |
|---|---|
| Box jump (step down) | 4 × 3 |
| Med ball scoop toss | 3 × 4 |

**STRENGTH**

| | |
|---|---|
| Trap bar deadlift / goblet squat | 4 × 5 @ RPE 7–8 |
| Rear-foot elevated split squat | 3 × 6/side |
| Single-leg RDL | 3 × 8/side |

**TRUNK**

| | |
|---|---|
| Hollow rock | 3 × 15 |
| Copenhagen plank (short lever) | 3 × 15 s/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)

BASE STRENGTH / SESSION TEMPLATE

02

## Upper Pull & Shoulder Health

Pulling strength, scapular control · 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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

### STRENGTH

| | |
|---|---|
| Pull-up / band-assisted | 4 × 5–8 |
| DB bench press | 3 × 8 |
| Chest-supported DB row | 3 × 10 |
| Half-kneeling landmine press | 3 × 8/side |

### EST BAND SERIES · FULL

| | |
|---|---|
| ER at 90° | 2 × 12 |
| Y-T-W band raises | 2 × 8 each |
| Straight-arm pulldown | 2 × 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; Wanivenhaus et al., 2012)

BASE STRENGTH / SESSION TEMPLATE

03

## 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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

### CIRCUIT · 30 S ON / 30 S OFF × 3

| | |
|---|---|
| Band double-arm pull (catch → finish)<br>High elbow, finish past hip | 30 s |
| Streamline squat jumps | 30 s |
| Med ball rotational throw<br>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)

BASE STRENGTH / SESSION TEMPLATE

04 Anti-Rotation Core

Bodyline under fatigue · 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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

CORE · 3 ROUNDS

| | |
|---|---|
| Pallof press iso | 20 s/side |
| Dead bug with band | 8/side |
| Long-lever plank | 30 s |
| Half-kneeling cable chop | 8/side |
| Hanging knee raise | 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 |

(Hibbs et al., 2008)

BASE STRENGTH / SESSION TEMPLATE

05

## Posterior Chain & Kick

Hamstrings, glutes, back · 50 min

WARM-UP · B — SWIM PREP

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

STRENGTH

| | |
|---|---|
| Romanian deadlift | 4 × 6 |
| Hip thrust | 3 × 8 |
| Nordic curl (assisted) | 3 × 4 |
| Back extension | 3 × 10 |

TRUNK

| | |
|---|---|
| Copenhagen plank | 3 × 20 s/side |
| Flutter kick hollow | 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 |

(Crowley et al., 2017; Lauersen et al., 2014)

BASE STRENGTH / SESSION TEMPLATE

## 06 Recovery & Mobility Flow

Restore range, lower stress · 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 · 2 ROUNDS

| | |
|---|---|
| Cat-cow | 8 |
| Thread the needle | 6/side |
| 90/90 hip switches | 8/side |
| Pigeon stretch | 45 s/side |
| Sleeper stretch (gentle) | 30 s/side |
| Foam roll lats & T-spine | 60 s 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 |

(Behm & Chaouachi, 2011; McGowan et al., 2015)

PHASE 2 · WEEKS 6–7

# MID-SEASON CHAMPIONSHIP

Mini-taper: cut volume ~40%, keep intensity. (Mujika & Padilla, 2003)
2 sessions per week

01 Power Day · Contrast
Rate of force for starts & turns · 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 |

**CONTRAST PAIRS · 4 ROUNDS**

| | |
|---|---|
| Goblet squat @ RPE 8 | 4 |
| → Box jump | 3 |
| Push-up (weighted vest optional) | 6 |
| → Med ball chest pass | 4 |

**SWIM TRANSFER**

| | |
|---|---|
| Horizontal push-off jump | 4 × 3 |
| Block-start drive to mat | 5 × 1 |

**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 CHAMPIONSHIP / SESSION TEMPLATE

02 Taper Primer

Neural sharpness, no fatigue · 25 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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

PRIMER

| | |
|---|---|
| Countermovement jump | 3 × 2 |
| Med ball chest pass | 2 × 4 |
| 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 CHAMPIONSHIP / SESSION TEMPLATE

## 03 Recovery & Mobility Flow

Restore range, lower stress · 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 · 2 ROUNDS

| | |
|---|---|
| Cat-cow | 8 |
| Thread the needle | 6/side |
| 90/90 hip switches | 8/side |
| Pigeon stretch | 45 s/side |
| Sleeper stretch (gentle) | 30 s/side |
| Foam roll lats & T-spine | 60 s 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 |

(Behm & Chaouachi, 2011; McGowan et al., 2015)

PHASE 3 · WEEKS 8–12

# STRENGTH ☒ POWER BUILD

Heavier strength, more plyometric & med-ball work. (West et al., 2011)
3 sessions per week

## 01 Lower Strength + Starts

Max strength, start & wall power · 55 min

**WARM-UP · B — SWIM PREP**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Band pull-apart | 15 |
| Band external rotation | 12/side |
| Streamline squat<br>Arms locked overhead, ribs down | 10 |
| Reverse lunge + overhead reach | 6/side |
| Bear crawl | 2 × 10 m |
| Squat jump | 2 × 3 |
| **POWER PRIMER** | |
| Box jump (step down) | 4 × 3 |
| Med ball scoop toss | 3 × 4 |
| **STRENGTH** | |
| Trap bar deadlift / goblet squat | 4 × 5 @ RPE 7–8 |
| Rear-foot elevated split squat | 3 × 6/side |
| Single-leg RDL | 3 × 8/side |
| **TRUNK** | |
| Hollow rock | 3 × 15 |
| Copenhagen plank (short lever) | 3 × 15 s/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)

STRENGTH → POWER BUILD / SESSION TEMPLATE

## 02 Upper Pull & Shoulder Health

Pulling strength, scapular control · 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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

### STRENGTH

| | |
|---|---|
| Pull-up / band-assisted | 4 × 5–8 |
| DB bench press | 3 × 8 |
| Chest-supported DB row | 3 × 10 |
| Half-kneeling landmine press | 3 × 8/side |

### EST BAND SERIES · FULL

| | |
|---|---|
| ER at 90° | 2 × 12 |
| Y-T-W band raises | 2 × 8 each |
| Straight-arm pulldown | 2 × 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; Wanivenhaus et al., 2012)

STRENGTH → POWER BUILD / SESSION TEMPLATE

03

Power Day · Contrast

Rate of force for starts & turns · 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 |

CONTRAST PAIRS · 4 ROUNDS

| | |
|---|---|
| Goblet squat @ RPE 8 | 4 |
| → Box jump | 3 |
| Push-up (weighted vest optional) | 6 |
| → Med ball chest pass | 4 |

SWIM TRANSFER

| | |
|---|---|
| Horizontal push-off jump | 4 × 3 |
| Block-start drive to mat | 5 × 1 |

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)

**STRENGTH → POWER BUILD / SESSION TEMPLATE**

04 Posterior Chain & Kick

Hamstrings, glutes, back · 50 min

**WARM-UP · B — SWIM PREP**

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

**STRENGTH**

| | |
|---|---|
| Romanian deadlift | 4 × 6 |
| Hip thrust | 3 × 8 |
| Nordic curl (assisted) | 3 × 4 |
| Back extension | 3 × 10 |

**TRUNK**

| | |
|---|---|
| Copenhagen plank | 3 × 20 s/side |
| Flutter kick hollow | 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 |

(Crowley et al., 2017; Lauersen et al., 2014)

**STRENGTH → POWER BUILD / SESSION TEMPLATE**

05 Lactate Tolerance Circuit

Race-specific conditioning · 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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

**EMOM 15 MIN (ROTATE)**

| | |
|---|---|
| Min 1: Burpee to streamline | 8 |
| Min 2: Band double-arm pull | 20 |
| Min 3: Alternating jump lunge | 12 |

**FINISHER**

| | |
|---|---|
| Bike sprint 15 s on / 45 s off | 8 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 |

(Amaro et al., 2019)

STRENGTH → POWER BUILD / SESSION TEMPLATE

06 Anti-Rotation Core

Bodyline under fatigue · 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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

CORE · 3 ROUNDS

| | |
|---|---|
| Pallof press iso | 20 s/side |
| Dead bug with band | 8/side |
| Long-lever plank | 30 s |
| Half-kneeling cable chop | 8/side |
| Hanging knee raise | 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 |

(Hibbs et al., 2008)

PHASE 4 · WEEKS 13–14

# CONFERENCE CHAMPIONSHIP

Partial taper; conference is 2 weeks out from state.
2 sessions per week

01 Power Day · Contrast
Rate of force for starts & turns · 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 |

**CONTRAST PAIRS · 4 ROUNDS**

| | |
|---|---|
| Goblet squat @ RPE 8 | 4 |
| → Box jump | 3 |
| Push-up (weighted vest optional) | 6 |
| → Med ball chest pass | 4 |

**SWIM TRANSFER**

| | |
|---|---|
| Horizontal push-off jump | 4 × 3 |
| Block-start drive to mat | 5 × 1 |

**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 CHAMPIONSHIP / SESSION TEMPLATE

## 02 Upper Pull & Shoulder Health

Pulling strength, scapular control · 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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

### STRENGTH

| | |
|---|---|
| Pull-up / band-assisted | 4 × 5–8 |
| DB bench press | 3 × 8 |
| Chest-supported DB row | 3 × 10 |
| Half-kneeling landmine press | 3 × 8/side |

### EST BAND SERIES · FULL

| | |
|---|---|
| ER at 90° | 2 × 12 |
| Y-T-W band raises | 2 × 8 each |
| Straight-arm pulldown | 2 × 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; Wanivenhaus et al., 2012)

CONFERENCE CHAMPIONSHIP / SESSION TEMPLATE

## 03 Taper Primer

Neural sharpness, no fatigue · 25 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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

### PRIMER

| | |
|---|---|
| Countermovement jump | 3 × 2 |
| Med ball chest pass | 2 × 4 |
| 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 CHAMPIONSHIP / SESSION TEMPLATE

## 04 Recovery & Mobility Flow

Restore range, lower stress · 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 · 2 ROUNDS**

| | |
|---|---|
| Cat-cow | 8 |
| Thread the needle | 6/side |
| 90/90 hip switches | 8/side |
| Pigeon stretch | 45 s/side |
| Sleeper stretch (gentle) | 30 s/side |
| Foam roll lats & T-spine | 60 s 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 |

(Behm & Chaouachi, 2011; McGowan et al., 2015)

PHASE 5 · WEEKS 15–16

# STATE TAPER

Volume down 41–60%, intensity kept, frequency kept (Bosquet et al., 2007). (Bosquet et al., 2007)
1–2 sessions per week

## 01 Taper Primer

Neural sharpness, no fatigue · 25 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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

### PRIMER

| | |
|---|---|
| Countermovement jump | 3 × 2 |
| Med ball chest pass | 2 × 4 |
| 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)

STATE TAPER / SESSION TEMPLATE

## 02 Recovery & Mobility Flow

Restore range, lower stress · 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 · 2 ROUNDS

| | |
|---|---|
| Cat-cow | 8 |
| Thread the needle | 6/side |
| 90/90 hip switches | 8/side |
| Pigeon stretch | 45 s/side |
| Sleeper stretch (gentle) | 30 s/side |
| Foam roll lats & T-spine | 60 s 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 |

(Behm & Chaouachi, 2011; McGowan et al., 2015)

# WEEKLY WORKOUT COLLECTION

## 64 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.

**EST High School Strength & Conditioning Program**
64 sessions · 16 weeks · four training tracks

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 01A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Goblet squat<br>Rest 75-120 s | 3 × 8 |
| DB Romanian deadlift<br>Rest 75-120 s | 3 × 8 |
| Reverse lunge<br>Rest 75-120 s | 2 × 8 / leg |
| Calf raise<br>Rest 30-60 s | 2 × 12 |
| Dead bug<br>Rest 30-60 s | 2 × 6 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 50-60% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: learn the patterns. Start with short sets and generous rest. Record form notes; resist chasing load. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 39. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 01B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Chest-supported row<br>Rest 75-120 s | 3 × 10 |
| Incline push-up<br>Rest 75-120 s | 2 × 8 |
| Band pulldown<br>Rest 75-120 s | 2 × 10 |
| Band external rotation<br>Rest 30-60 s | 2 × 10 / side |
| Wall slide<br>Rest 30-60 s | 2 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 50-60% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: learn the patterns. Start with short sets and generous rest. Record form notes; resist chasing load. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 40. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 01C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Dead bug<br>Rest 30-60 s | 2 × 8 / side |
| Bird dog<br>Rest 30-60 s | 2 × 6 / side |
| Side plank<br>Rest 30-60 s | 2 × 20 sec / side |
| Glute bridge march<br>Rest 30-60 s | 2 × 8 / side |
| Easy bike<br>Rest 30-60 s | 8-12 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 50-60% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: learn the patterns. Start with short sets and generous rest. Record form notes; resist chasing load. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 41. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 01D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Snap-down landing<br>Full recovery | 3 × 3 |
| Low box jump<br>Full recovery | 3 × 3 |
| Medicine-ball chest pass<br>Full recovery | 3 × 4 |
| KB deadlift<br>Full recovery | 2 × 6 |
| Breathing reset<br>Full recovery | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 50-60% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: learn the patterns. Start with short sets and generous rest. Record form notes; resist chasing load. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 42. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 02A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Box squat<br>Rest 75-120 s | 3 × 8 |
| Hip bridge<br>Rest 75-120 s | 3 × 10 |
| Step-up<br>Rest 75-120 s | 2 × 8 / leg |
| Tibialis raise<br>Rest 30-60 s | 2 × 12 |
| Side plank<br>Rest 30-60 s | 2 × 20 sec / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 50-65% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: repeat and stabilize. Add one rep to selected accessories only if all reps are repeatable. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 44. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 02B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| One-arm DB row<br>Rest 75-120 s | 3 × 8 / side |
| DB floor press<br>Rest 75-120 s | 2 × 8 |
| Assisted pull-up<br>Rest 75-120 s | 2 × 5 |
| Band face pull<br>Rest 30-60 s | 2 × 12 |
| Serratus wall slide<br>Rest 30-60 s | 2 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 50-65% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: repeat and stabilize. Add one rep to selected accessories only if all reps are repeatable. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 45. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 02C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Pallof press<br>Rest 30-60 s | 2 × 10 / side |
| Front plank<br>Rest 30-60 s | 2 × 25 sec |
| Mini-band side steps<br>Rest 30-60 s | 2 × 10 / side |
| Suitcase carry<br>Rest 30-60 s | 3 × 15 m / side |
| Easy walk<br>Rest 30-60 s | 8-12 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 50-65% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: repeat and stabilize. Add one rep to selected accessories only if all reps are repeatable. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 46. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 02D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Pogo hop<br>Full recovery | 3 × 8 |
| Medicine-ball scoop toss<br>Full recovery | 3 × 4 / side |
| DB push press<br>Full recovery | 2 × 5 |
| Lateral bound stick<br>Full recovery | 2 × 3 / side |
| Easy mobility<br>Full recovery | 4 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 50-65% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: repeat and stabilize. Add one rep to selected accessories only if all reps are repeatable. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 47. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 03A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Goblet squat<br>Rest 75-120 s | 3 × 6 |
| DB Romanian deadlift<br>Rest 75-120 s | 3 × 8 |
| Split squat<br>Rest 75-120 s | 2 × 8 / leg |
| Calf raise<br>Rest 30-60 s | 2 × 12 |
| Pallof press<br>Rest 30-60 s | 2 × 8 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 55-65% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: establish a baseline. Introduce small load increases on crisp primary patterns. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 49. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 03B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Chest-supported row<br>Rest 75-120 s | 3 × 8 |
| Half-kneeling landmine press<br>Rest 75-120 s | 2 × 8 / side |
| Lat pulldown<br>Rest 75-120 s | 2 × 8 |
| Band external rotation<br>Rest 30-60 s | 2 × 12 / side |
| Prone Y raise<br>Rest 30-60 s | 2 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 55-65% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: establish a baseline. Introduce small load increases on crisp primary patterns. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 50. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 03C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Hollow hold regression<br>Rest 30-60 s | 2 × 15 sec |
| Bird dog<br>Rest 30-60 s | 2 × 8 / side |
| Side plank<br>Rest 30-60 s | 2 × 25 sec / side |
| Single-leg balance<br>Rest 30-60 s | 2 × 20 sec / leg |
| Easy bike<br>Rest 30-60 s | 8-10 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 55-65% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: establish a baseline. Introduce small load increases on crisp primary patterns. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 51. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 03D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Countermovement jump<br>Full recovery | 3 × 3 |
| Medicine-ball overhead slam<br>Full recovery | 3 × 4 |
| Step-up drive<br>Full recovery | 2 × 5 / leg |
| Medicine-ball chest pass<br>Full recovery | 2 × 4 |
| Easy mobility<br>Full recovery | 4 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 55-65% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: establish a baseline. Introduce small load increases on crisp primary patterns. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 52. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 04A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Box squat<br>Rest 75-120 s | 2 × 6 |
| Hip bridge<br>Rest 75-120 s | 2 × 8 |
| Step-up<br>Rest 75-120 s | 1-2 × 6 / leg |
| Dead bug<br>Rest 30-60 s | 2 × 5 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 40-55% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: absorb and assess. Deload: reduce hard sets roughly 30-40%; review shoulders and swim feel. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 54. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 04B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| One-arm DB row<br>Rest 75-120 s | 2 × 8 / side |
| Incline push-up<br>Rest 75-120 s | 2 × 6 |
| Band face pull<br>Rest 75-120 s | 2 × 10 |
| Wall slide<br>Rest 30-60 s | 2 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 40-55% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: absorb and assess. Deload: reduce hard sets roughly 30-40%; review shoulders and swim feel. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 55. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 04C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Dead bug<br>Rest 30-60 s | 2 × 6 / side |
| Pallof press<br>Rest 30-60 s | 2 × 8 / side |
| Hip bridge<br>Rest 30-60 s | 2 × 10 |
| Easy walk<br>Rest 30-60 s | 8 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 40-55% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: absorb and assess. Deload: reduce hard sets roughly 30-40%; review shoulders and swim feel. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 56. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / FOUNDATION

# WEEK 04D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Snap-down landing<br>Full recovery | 2 × 3 |
| Medicine-ball chest pass<br>Full recovery | 2 × 3 |
| Countermovement jump<br>Full recovery | 2 × 2 |
| Breathing reset<br>Full recovery | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 40-55% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: absorb and assess. Deload: reduce hard sets roughly 30-40%; review shoulders and swim feel. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 57. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 05A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Goblet squat<br>Rest 75-120 s | 3 × 6 |
| DB Romanian deadlift<br>Rest 75-120 s | 3 × 8 |
| Rear-foot-supported split squat<br>Rest 75-120 s | 2 × 6 / leg |
| Calf raise<br>Rest 30-60 s | 2 × 12 |
| Pallof press<br>Rest 30-60 s | 2 × 8 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 60-70% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: build the base. Return to normal sets; build squat, hinge, row and presses gradually. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 59. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 05B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Chest-supported row<br>Rest 75-120 s | 3 × 8 |
| DB floor press<br>Rest 75-120 s | 3 × 6 |
| Lat pulldown<br>Rest 75-120 s | 2 × 8 |
| Band external rotation<br>Rest 30-60 s | 2 × 12 |
| Serratus wall slide<br>Rest 30-60 s | 2 × 10 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 60-70% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: build the base. Return to normal sets; build squat, hinge, row and presses gradually. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 60. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 05C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Dead bug<br>Rest 30-60 s | 2 × 8 / side |
| Bird dog<br>Rest 30-60 s | 2 × 6 / side |
| Side plank<br>Rest 30-60 s | 2 × 20 sec / side |
| Glute bridge march<br>Rest 30-60 s | 2 × 8 / side |
| Easy bike<br>Rest 30-60 s | 8-12 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 60-70% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: build the base. Return to normal sets; build squat, hinge, row and presses gradually. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 61. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 05D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Snap-down landing<br>Full recovery | 3 × 3 |
| Low box jump<br>Full recovery | 3 × 3 |
| Medicine-ball chest pass<br>Full recovery | 3 × 4 |
| KB deadlift<br>Full recovery | 2 × 6 |
| Breathing reset<br>Full recovery | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 60-70% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: build the base. Return to normal sets; build squat, hinge, row and presses gradually. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 62. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 06A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | **Warm-up** |

## MAIN SESSION

| | |
|---|---|
| Trap-bar deadlift<br>Rest 75-120 s | **3 × 5** |
| Front-foot elevated split squat<br>Rest 75-120 s | **3 × 7 / leg** |
| Step-up<br>Rest 75-120 s | **2 × 8 / leg** |
| Tibialis raise<br>Rest 30-60 s | **2 × 12** |
| Dead bug<br>Rest 30-60 s | **2 × 8 / side** |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | **Quality first** |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: strength step-up. One small load change on one major lift, never all lifts in one session. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 64. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 06B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | **Warm-up** |

## MAIN SESSION

| | |
|---|---|
| Assisted pull-up<br>Rest 75-120 s | **3 × 5** |
| One-arm DB row<br>Rest 75-120 s | **3 × 8 / side** |
| Half-kneeling landmine press<br>Rest 75-120 s | **2 × 6 / side** |
| Band face pull<br>Rest 30-60 s | **2 × 12** |
| Prone Y raise<br>Rest 30-60 s | **2 × 8** |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | **Quality first** |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: strength step-up. One small load change on one major lift, never all lifts in one session. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 65. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 06C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Pallof press<br>Rest 30-60 s | 2 × 10 / side |
| Front plank<br>Rest 30-60 s | 2 × 25 sec |
| Mini-band side steps<br>Rest 30-60 s | 2 × 10 / side |
| Suitcase carry<br>Rest 30-60 s | 3 × 15 m / side |
| Easy walk<br>Rest 30-60 s | 8-12 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: strength step-up. One small load change on one major lift, never all lifts in one session. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 66. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 06D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Pogo hop<br>Full recovery | 3 × 8 |
| Medicine-ball scoop toss<br>Full recovery | 3 × 4 / side |
| DB push press<br>Full recovery | 2 × 5 |
| Lateral bound stick<br>Full recovery | 2 × 3 / side |
| Easy mobility<br>Full recovery | 4 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: strength step-up. One small load change on one major lift, never all lifts in one session. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 67. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 07A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | **Warm-up** |

## MAIN SESSION

| | |
|---|---|
| Box squat<br>Rest 75-120 s | **3 × 5** |
| DB Romanian deadlift<br>Rest 75-120 s | **3 × 6** |
| Reverse lunge<br>Rest 75-120 s | **2 × 7 / leg** |
| Calf raise<br>Rest 30-60 s | **2 × 12** |
| Suitcase carry<br>Rest 30-60 s | **2 × 20 m / side** |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 8 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | **Quality first** |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: consolidate force. Maintain controlled tempo and end every set with clean reps in reserve. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 69. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 07B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Chest-supported row<br>Rest 75-120 s | 3 × 6 |
| Incline DB press<br>Rest 75-120 s | 3 × 6 |
| Lat pulldown<br>Rest 75-120 s | 2 × 8 |
| Band external rotation<br>Rest 30-60 s | 2 × 12 |
| Wall slide<br>Rest 30-60 s | 2 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 8 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: consolidate force. Maintain controlled tempo and end every set with clean reps in reserve. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 70. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 07C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Hollow hold regression<br>Rest 30-60 s | 2 × 15 sec |
| Bird dog<br>Rest 30-60 s | 2 × 8 / side |
| Side plank<br>Rest 30-60 s | 2 × 25 sec / side |
| Single-leg balance<br>Rest 30-60 s | 2 × 20 sec / leg |
| Easy bike<br>Rest 30-60 s | 8-10 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 8 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: consolidate force. Maintain controlled tempo and end every set with clean reps in reserve. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 71. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 07D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Countermovement jump<br>Full recovery | 3 × 3 |
| Medicine-ball overhead slam<br>Full recovery | 3 × 4 |
| Step-up drive<br>Full recovery | 2 × 5 / leg |
| Medicine-ball chest pass<br>Full recovery | 2 × 4 |
| Easy mobility<br>Full recovery | 4 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 8 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: consolidate force. Maintain controlled tempo and end every set with clean reps in reserve. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 72. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 08A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Goblet squat<br>Rest 75-120 s | 2 × 6 |
| Hip bridge<br>Rest 75-120 s | 2 × 8 |
| Reverse lunge<br>Rest 75-120 s | 2 × 6 / leg |
| Dead bug<br>Rest 30-60 s | 2 × 6 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 45-60% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: strength deload. Reduce lifting sets and keep short technique-focused accessory work. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 74. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 08B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| One-arm DB row<br>Rest 75-120 s | 2 × 8 / side |
| Incline push-up<br>Rest 75-120 s | 2 × 8 |
| Band face pull<br>Rest 75-120 s | 2 × 10 |
| Band external rotation<br>Rest 30-60 s | 2 × 10 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 45-60% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: strength deload. Reduce lifting sets and keep short technique-focused accessory work. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 75. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 08C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Dead bug<br>Rest 30-60 s | 2 × 6 / side |
| Pallof press<br>Rest 30-60 s | 2 × 8 / side |
| Hip bridge<br>Rest 30-60 s | 2 × 10 |
| Easy walk<br>Rest 30-60 s | 8 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 45-60% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: strength deload. Reduce lifting sets and keep short technique-focused accessory work. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 76. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / STRENGTH BUILD

# WEEK 08D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Snap-down landing<br>Full recovery | 2 × 3 |
| Medicine-ball chest pass<br>Full recovery | 2 × 3 |
| Countermovement jump<br>Full recovery | 2 × 2 |
| Breathing reset<br>Full recovery | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 45-60% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: strength deload. Reduce lifting sets and keep short technique-focused accessory work. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 77. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 09A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Countermovement jump<br>Rest 75-120 s | 3 × 3 |
| Trap-bar deadlift<br>Rest 75-120 s | 3 × 4 |
| Reverse lunge<br>Rest 75-120 s | 2 × 6 / leg |
| Calf raise<br>Rest 30-60 s | 2 × 10 |
| Pallof press<br>Rest 30-60 s | 2 × 8 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 60-75% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: fast without fatigue. Pair modest strength work with low-volume crisp jumps or throws. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 79. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 09B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Medicine-ball chest pass<br>Rest 75-120 s | 3 × 3 |
| Chest-supported row<br>Rest 75-120 s | 3 × 6 |
| Half-kneeling landmine press<br>Rest 75-120 s | 2 × 5 / side |
| Band face pull<br>Rest 30-60 s | 2 × 10 |
| Band external rotation<br>Rest 30-60 s | 2 × 10 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 60-75% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: fast without fatigue. Pair modest strength work with low-volume crisp jumps or throws. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 80. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 09C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Dead bug<br>Rest 30-60 s | 2 × 8 / side |
| Bird dog<br>Rest 30-60 s | 2 × 6 / side |
| Side plank<br>Rest 30-60 s | 2 × 20 sec / side |
| Glute bridge march<br>Rest 30-60 s | 2 × 8 / side |
| Easy bike<br>Rest 30-60 s | 8-12 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 60-75% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: fast without fatigue. Pair modest strength work with low-volume crisp jumps or throws. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 81. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 09D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Snap-down landing<br>Full recovery | 3 × 3 |
| Low box jump<br>Full recovery | 3 × 3 |
| Medicine-ball chest pass<br>Full recovery | 3 × 4 |
| KB deadlift<br>Full recovery | 2 × 6 |
| Breathing reset<br>Full recovery | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 60-75% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: fast without fatigue. Pair modest strength work with low-volume crisp jumps or throws. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 82. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 10A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Low box jump<br>Rest 75-120 s | 3 × 3 |
| Box squat<br>Rest 75-120 s | 3 × 4 |
| DB Romanian deadlift<br>Rest 75-120 s | 2 × 6 |
| Step-up<br>Rest 30-60 s | 2 × 6 / leg |
| Dead bug<br>Rest 30-60 s | 2 × 6 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-80% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: transfer to starts. Focus on unilateral leg force and controlled rapid extension. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 84. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 10B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Medicine-ball scoop toss<br>Rest 75-120 s | 3 × 3 / side |
| Assisted pull-up<br>Rest 75-120 s | 3 × 4 |
| DB floor press<br>Rest 75-120 s | 2 × 6 |
| Serratus wall slide<br>Rest 30-60 s | 2 × 8 |
| Prone Y raise<br>Rest 30-60 s | 2 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-80% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: transfer to starts. Focus on unilateral leg force and controlled rapid extension. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 85. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 10C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Pallof press<br>Rest 30-60 s | 2 × 10 / side |
| Front plank<br>Rest 30-60 s | 2 × 25 sec |
| Mini-band side steps<br>Rest 30-60 s | 2 × 10 / side |
| Suitcase carry<br>Rest 30-60 s | 3 × 15 m / side |
| Easy walk<br>Rest 30-60 s | 8-12 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-80% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: transfer to starts. Focus on unilateral leg force and controlled rapid extension. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 86. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 10D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Pogo hop<br>Full recovery | 3 × 8 |
| Medicine-ball scoop toss<br>Full recovery | 3 × 4 / side |
| DB push press<br>Full recovery | 2 × 5 |
| Lateral bound stick<br>Full recovery | 2 × 3 / side |
| Easy mobility<br>Full recovery | 4 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-80% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: transfer to starts. Focus on unilateral leg force and controlled rapid extension. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 87. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 11A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Lateral bound stick<br>Rest 75-120 s | 2 × 3 / side |
| Goblet squat<br>Rest 75-120 s | 3 × 5 |
| Front-foot elevated split squat<br>Rest 75-120 s | 2 × 6 / leg |
| Tibialis raise<br>Rest 30-60 s | 2 × 10 |
| Suitcase carry<br>Rest 30-60 s | 2 × 15 m |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 8 on demanding sets; written load band 65-80% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: fast coordination. Reduce accessory clutter; keep the primary lifts quick. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 89. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 11B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Medicine-ball overhead slam<br>Rest 75-120 s | 3 × 3 |
| One-arm DB row<br>Rest 75-120 s | 3 × 6 / side |
| Incline push-up<br>Rest 75-120 s | 2 × 6 |
| Band face pull<br>Rest 30-60 s | 2 × 10 |
| Wall slide<br>Rest 30-60 s | 2 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 8 on demanding sets; written load band 65-80% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: fast coordination. Reduce accessory clutter; keep the primary lifts quick. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 90. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 11C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Hollow hold regression<br>Rest 30-60 s | 2 × 15 sec |
| Bird dog<br>Rest 30-60 s | 2 × 8 / side |
| Side plank<br>Rest 30-60 s | 2 × 25 sec / side |
| Single-leg balance<br>Rest 30-60 s | 2 × 20 sec / leg |
| Easy bike<br>Rest 30-60 s | 8-10 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 8 on demanding sets; written load band 65-80% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: fast coordination. Reduce accessory clutter; keep the primary lifts quick. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 91. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 11D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Countermovement jump<br>Full recovery | 3 × 3 |
| Medicine-ball overhead slam<br>Full recovery | 3 × 4 |
| Step-up drive<br>Full recovery | 2 × 5 / leg |
| Medicine-ball chest pass<br>Full recovery | 2 × 4 |
| Easy mobility<br>Full recovery | 4 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 8 on demanding sets; written load band 65-80% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: fast coordination. Reduce accessory clutter; keep the primary lifts quick. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 92. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 12A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Countermovement jump<br>Rest 75-120 s | 2 × 2 |
| Trap-bar deadlift<br>Rest 75-120 s | 2 × 4 |
| Hip bridge<br>Rest 75-120 s | 2 × 6 |
| Pallof press<br>Rest 30-60 s | 2 × 6 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 50-60% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: power deload. Reduce contacts and sets; prepare for the final race-specific block. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 94. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 12B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Medicine-ball chest pass<br>Rest 75-120 s | 2 × 3 |
| Chest-supported row<br>Rest 75-120 s | 2 × 6 |
| Band external rotation<br>Rest 75-120 s | 2 × 10 |
| Serratus wall slide<br>Rest 30-60 s | 2 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 50-60% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: power deload. Reduce contacts and sets; prepare for the final race-specific block. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 95. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 12C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Dead bug<br>Rest 30-60 s | 2 × 6 / side |
| Pallof press<br>Rest 30-60 s | 2 × 8 / side |
| Hip bridge<br>Rest 30-60 s | 2 × 10 |
| Easy walk<br>Rest 30-60 s | 8 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 50-60% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: power deload. Reduce contacts and sets; prepare for the final race-specific block. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 96. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / POWER CONVERSION

# WEEK 12D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Snap-down landing<br>Full recovery | 2 × 3 |
| Medicine-ball chest pass<br>Full recovery | 2 × 3 |
| Countermovement jump<br>Full recovery | 2 × 2 |
| Breathing reset<br>Full recovery | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 50-60% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: power deload. Reduce contacts and sets; prepare for the final race-specific block. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 97. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 13A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Countermovement jump<br>Rest 75-120 s | 2 × 2 |
| Goblet squat<br>Rest 75-120 s | 2 × 5 |
| DB Romanian deadlift<br>Rest 75-120 s | 2 × 5 |
| Dead bug<br>Rest 30-60 s | 2 × 5 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: maintain what matters. One or two quality sets can maintain the pattern in a busy swim week. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 99. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 13B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Medicine-ball chest pass<br>Rest 75-120 s | 2 × 3 |
| Chest-supported row<br>Rest 75-120 s | 2 × 6 |
| DB floor press<br>Rest 75-120 s | 2 × 5 |
| Band external rotation<br>Rest 30-60 s | 2 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: maintain what matters. One or two quality sets can maintain the pattern in a busy swim week. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 100. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 13C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Dead bug<br>Rest 30-60 s | 2 × 8 / side |
| Bird dog<br>Rest 30-60 s | 2 × 6 / side |
| Side plank<br>Rest 30-60 s | 2 × 20 sec / side |
| Glute bridge march<br>Rest 30-60 s | 2 × 8 / side |
| Easy bike<br>Rest 30-60 s | 8-12 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: maintain what matters. One or two quality sets can maintain the pattern in a busy swim week. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 101. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 13D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Snap-down landing<br>Full recovery | 3 × 3 |
| Low box jump<br>Full recovery | 3 × 3 |
| Medicine-ball chest pass<br>Full recovery | 3 × 4 |
| KB deadlift<br>Full recovery | 2 × 6 |
| Breathing reset<br>Full recovery | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 7 on demanding sets; written load band 65-75% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: maintain what matters. One or two quality sets can maintain the pattern in a busy swim week. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 102. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 14A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Snap-down landing<br>Rest 75-120 s | 2 × 2 |
| Trap-bar deadlift<br>Rest 75-120 s | 2 × 3 |
| Reverse lunge<br>Rest 75-120 s | 1 × 5 / leg |
| Pallof press<br>Rest 30-60 s | 2 × 5 / side |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 55-70% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: keep speed, lose volume. Reduce sets first; avoid delayed-onset soreness. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 104. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 14B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| One-arm DB row<br>Rest 75-120 s | 2 × 5 / side |
| Incline push-up<br>Rest 75-120 s | 2 × 5 |
| Band face pull<br>Rest 75-120 s | 2 × 8 |
| Wall slide<br>Rest 30-60 s | 1 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 55-70% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: keep speed, lose volume. Reduce sets first; avoid delayed-onset soreness. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 105. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 14C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Pallof press<br>Rest 30-60 s | 2 × 10 / side |
| Front plank<br>Rest 30-60 s | 2 × 25 sec |
| Mini-band side steps<br>Rest 30-60 s | 2 × 10 / side |
| Suitcase carry<br>Rest 30-60 s | 3 × 15 m / side |
| Easy walk<br>Rest 30-60 s | 8-12 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 55-70% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: keep speed, lose volume. Reduce sets first; avoid delayed-onset soreness. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 106. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 14D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Pogo hop<br>Full recovery | 3 × 8 |
| Medicine-ball scoop toss<br>Full recovery | 3 × 4 / side |
| DB push press<br>Full recovery | 2 × 5 |
| Lateral bound stick<br>Full recovery | 2 × 3 / side |
| Easy mobility<br>Full recovery | 4 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 6 on demanding sets; written load band 55-70% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: keep speed, lose volume. Reduce sets first; avoid delayed-onset soreness. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 107. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 15A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Countermovement jump<br>Rest 75-120 s | 2 × 2 |
| Goblet squat<br>Rest 75-120 s | 1-2 × 4 |
| Hip bridge<br>Rest 75-120 s | 1 × 8 |
| Breathing reset<br>Rest 30-60 s | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 40-60% of estimated 1RM is optional on familiar primary lifts only. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: championship approach. Two brief low-fatigue reminders; omit extra conditioning. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 109. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 15B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Medicine-ball chest pass<br>Rest 75-120 s | 2 × 2 |
| Chest-supported row<br>Rest 75-120 s | 1-2 × 5 |
| Band face pull<br>Rest 75-120 s | 1 × 8 |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 40-60% of estimated 1RM is optional on familiar primary lifts only. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: championship approach. Two brief low-fatigue reminders; omit extra conditioning. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 110. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 15C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Dead bug<br>Rest 30-60 s | 1-2 × 6 / side |
| Side plank<br>Rest 30-60 s | 1 × 15 sec / side |
| Easy walk<br>Rest 30-60 s | 5-8 min optional |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 40-60% of estimated 1RM is optional on familiar primary lifts only. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: championship approach. Two brief low-fatigue reminders; omit extra conditioning. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 111. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 15D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Optional jump<br>Full recovery | 2 × 2 |
| Medicine-ball chest pass<br>Full recovery | 2 × 2 |
| Breathing reset<br>Full recovery | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Use RPE 5 on demanding sets; written load band 40-60% of estimated 1RM is optional on familiar primary lifts only. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: championship approach. Two brief low-fatigue reminders; omit extra conditioning. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 112. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 16A · LOWER BODY

Lower Body · 35–45 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 bodyweight squats; 5 unloaded hinges; 5 step-ups/leg; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Optional primer: snap-down<br>Rest 75-120 s | 1 × 2 |
| Optional primer: squat<br>Rest 75-120 s | 1 × 3 light |
| Optional primer: breathing<br>Rest 75-120 s | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Keep very light; optional primer only if familiar and confirmed helpful. Race readiness outweighs the worksheet. Keep knees tracking over feet and torso quiet; heavy-legged swimmers can lower squat or hinge volume, not force reps. | Quality first |

## SCALE & PROTECT QUALITY

Swap squat for supported box squat, hinge for hip bridge, and lunge for low step-up as needed.

## COACHING PURPOSE & SWIM TRANSFER

LOWER BODY / START + TURN FORCE. Weekly emphasis: competition week. A short optional primer only if it has proved helpful; race readiness wins. Race transfer: block stance, force against the wall, streamline hold following push-off.

Adapted from EST High School Strength & Conditioning Program, p. 114. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 16B · UPPER BODY

Upper Body · 30–40 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 1-2 min easy movement; 8 band rows; 6 wall slides; 6 incline push-ups; 2 technique warm-up sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Optional primer: easy row<br>Rest 75-120 s | 1 × 6 |
| Optional primer: wall slide<br>Rest 75-120 s | 1 × 6 |
| Optional primer: breathing<br>Rest 75-120 s | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Keep very light; optional primer only if familiar and confirmed helpful. Race readiness outweighs the worksheet. Use comfortable pain-free shoulder range. Maintain pulling quality; avoid shrugging on rows, pulldowns and press variants. | Quality first |

## SCALE & PROTECT QUALITY

Swap loaded push for incline push-up, pull-up for band pulldown, and any provocative shoulder action for safe isometrics only with clinician direction.

## COACHING PURPOSE & SWIM TRANSFER

UPPER BODY / SHOULDER CAPACITY. Weekly emphasis: competition week. A short optional primer only if it has proved helpful; race readiness wins. Race transfer: stable catch support and upper-body force without excessive shoulder fatigue.

Adapted from EST High School Strength & Conditioning Program, p. 115. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 16C · CORE + CONDITIONING

Core + Conditioning · 20–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 5 cat-camel cycles; 5 bird dogs/side; 3 slow breaths with full exhale. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Dead bug<br>Rest 30-60 s | 1-2 × 6 / side |
| Side plank<br>Rest 30-60 s | 1 × 15 sec / side |
| Easy walk<br>Rest 30-60 s | 5-8 min optional |

## INTENSITY & VOLUME

| | |
|---|---|
| Keep very light; optional primer only if familiar and confirmed helpful. Race readiness outweighs the worksheet. Keep breathing relaxed and the aerobic dose easy. Optional “engine” work should not become an extra swim threshold set. | Quality first |

## SCALE & PROTECT QUALITY

Delete aerobic finish after a demanding pool set; retain 1-2 brief anti-rotation or stability drills.

## COACHING PURPOSE & SWIM TRANSFER

CORE + CONDITIONING. Weekly emphasis: competition week. A short optional primer only if it has proved helpful; race readiness wins. Race transfer: quiet bodyline, controlled rotation and force transfer from hips through trunk.

Adapted from EST High School Strength & Conditioning Program, p. 116. Exact workout sequencing is coaching practice, not a validated research protocol.

HIGH SCHOOL SEASON / RACE PREP + TAPER

# WEEK 16D · TOTAL-BODY POWER

Total-Body Power · 18–30 min

Equipment: Dumbbells, resistance bands, mat; track-specific equipment as listed.

## MOVEMENT PREPARATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 2 min easy movement; 3 snap-downs; 3 low jumps; 3 easy throws. Full rest between all power sets. | Warm-up |

## MAIN SESSION

| | |
|---|---|
| Optional jump<br>Full recovery | 2 × 2 |
| Medicine-ball chest pass<br>Full recovery | 2 × 2 |
| Breathing reset<br>Full recovery | 2 min |

## INTENSITY & VOLUME

| | |
|---|---|
| Keep very light; optional primer only if familiar and confirmed helpful. Race readiness outweighs the worksheet. Explode, stick the landing and rest. Stop power exercises when velocity or coordination decreases. | Quality first |

## SCALE & PROTECT QUALITY

If an intense race-pace set or meet occurs within 48 hours, do only easy mobility or omit Track D.

## COACHING PURPOSE & SWIM TRANSFER

TOTAL-BODY POWER / COORDINATION. Weekly emphasis: competition week. A short optional primer only if it has proved helpful; race readiness wins. Race transfer: coordination and speed; short high-quality contacts resemble the intent of a start or turn.

Adapted from EST High School Strength & Conditioning Program, p. 117. Exact workout sequencing is coaching practice, not a validated research protocol.

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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**<br>**Ages 18–25**<br><br>Load: 80–90% 1RM, contrast training<br>Emphasis: Max strength & power | 4 / week | 60 min |
| **Mid / Distance**<br>**Ages 18–25**<br><br>Load: 70–85% 1RM, strength-endurance<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>Stiff ankles, quiet landings | 2 × 10 |

### CIRCUIT · 30 S ON / 30 S OFF × 3

| | |
|---|---|
| Band double-arm pull (catch → finish)<br>High elbow, finish past hip | 30 s |
| Streamline squat jumps | 30 s |
| Med ball rotational throw<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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<br>Elbow to instep, rotate open, chest tall | 3/side |
| Leg swings front/lateral | 10/side |
| Inchworm to push-up | 5 |
| Pogo hops<br>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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THE EST SYSTEM

# EXERCISE LIBRARY

08

## MOVEMENT TECHNIQUE

Movement instructions, coaching cues and common errors adapted from The Ultimate Age Group Dryland Program — Short Course Edition, exercise library (PDF pages 112–119). Scale by movement skill; these notes do not prescribe additional training volume. (Lloyd et al., 2016; Faigenbaum et al., 2009)

### MOVEMENT PREP & MOBILITY

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| A-March<br>March tall with one knee to hip height and the opposite arm forward; place the foot directly under the body. Cue: Stay tall and strike down under the hips. Avoid: Leaning back or reaching the foot out in front. | Technique |
| Arm Circles + Reach<br>Use controlled circles through a comfortable shoulder range, then reach long overhead without arching. Cue: Ribs stay down while the shoulder moves. Avoid: Forcing range or shrugging into the neck. | Technique |
| Squat-To-Stand<br>From a standing fold, hold the toes or shins, lift the hips, then sit back into a controlled squat. Cue: Keep the whole foot connected to the floor. Avoid: Heels lifting or knees collapsing inward. WORLD'S GREATEST STRETCH HOW Step into a long lunge, place the inside hand down, and rotate the other arm toward the ceiling. CUE Long spine; rotate through the upper back. AVOID Front knee collapsing or forcing the rotation. | Technique |
| Quadruped Thoracic Rotation<br>From hands and knees, place one hand near the head and rotate the elbow toward the ceiling. Cue: Keep the hips square and move through the upper back. Avoid: Shifting the pelvis to create fake range. | Technique |
| Plank To Downward Dog<br>Move from a strong plank into a hips-high position while keeping the shoulders controlled. Cue: Push the floor away in both positions. Avoid: Sagging through the shoulders or low back. | Technique |
| Half-Kneeling Hip Flexor Stretch<br>Kneel with one foot forward, tuck the pelvis slightly, squeeze the rear glute, and shift forward gently. Cue: Pelvis tucked before moving forward. Avoid: Arching the low back to create more range. CHILD'S POSE WITH SIDE REACH HOW Sit the hips back and reach both hands slightly to one side to open the lats and side body. CUE Breathe into the side ribs. AVOID Forcing the shoulder or twisting aggressively. | Technique |

## LOWER-BODY FOUNDATIONS

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Bodyweight Squat<br>Sit the hips down and back between the feet while maintaining a tall, stacked trunk. Cue: Tripod foot and knees over middle toes. Avoid: Heel lift, knee collapse, or butt-wink from excessive depth. | Technique |
| Goblet Squat With Light Medicine Ball<br>Hold a light ball at the chest and squat through a comfortable range while keeping posture tall. Cue: Drive the floor away to stand. Avoid: Using a heavy ball or letting the ribs flare. | Technique |
| Tempo Squat 3-Sec Lower<br>Lower into the squat over three controlled seconds, pause briefly, then stand smoothly. Cue: Own every inch of the descent. Avoid: Dropping quickly through the bottom or shifting to the toes. | Technique |
| Calf Raise<br>Rise onto the balls of the feet, pause tall, then lower slowly with ankles staying straight. Cue: Finish through the first two toes. Avoid: Rolling the ankles outward or bouncing. | Technique |
| Glute Bridge<br>Lie on the back with knees bent, brace lightly, and extend the hips until the body forms a straight line. Cue: Squeeze glutes, not the low back. Avoid: Over-arching or pushing mostly through the toes. | Technique |
| Glute Bridge March<br>Hold a bridge and alternately lift one foot a few inches while keeping the pelvis level. Cue: Keep both hip bones facing the ceiling. Avoid: Hips dropping or rotating as the foot lifts. | Technique |
| Lateral Squat Shift<br>Start in a wide stance and shift the hips toward one side while keeping both feet planted. Cue: Move from the hips, not the shoulders. Avoid: Foot rolling or knee collapsing inward. | Technique |

## SINGLE-LEG & LATERAL STRENGTH

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Single-Leg Balance Reach<br>Stand on one leg and reach the free foot or hand in a controlled direction while maintaining balance. Cue: Pelvis level and stance foot rooted. Avoid: Reaching farther than the knee and foot can control. | Technique |
| Single-Leg Rdl Reach<br>Hinge at one hip as the free leg extends back and the torso tips forward as one unit. Cue: Square hips and a soft stance knee. Avoid: Opening the hip or rounding the back. | Technique |
| Reverse Lunge + Reach<br>Step one foot back into a reverse lunge while reaching the arms long, then return through the front leg. Cue: Front foot stays heavy and stable. Avoid: Pushing off the back foot or twisting the pelvis. | Technique |
| Lateral Lunge<br>Step or shift laterally, sit into the working hip, and keep the other leg long before returning to center. Cue: Whole foot down on the working side. Avoid: Knee collapsing inward or heel lifting. | Technique |
| Split Squat<br>Use a stationary split stance and lower the back knee vertically before standing through the front leg. Cue: Drop straight down; drive through the front foot. Avoid: Narrow stance, front heel lift, or wobbling knee. | Technique |
| Step-Back Split Squat<br>Step back into a split stance, lower under control, then return to standing through the front leg. Cue: Quiet step and stable front knee. Avoid: Rushing the step or pushing off the back foot. | Technique |
| Step-Up<br>Place the full foot on a stable box or step and stand tall by driving through the working leg. Cue: Control both the ascent and descent. Avoid: Jumping from the trail leg or letting the knee cave inward. | Technique |

## CORE & TRUNK CONTROL

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Front Plank<br>Support the body on forearms or hands with a straight line from shoulders through heels. Cue: Squeeze glutes and stack ribs over pelvis. Avoid: Sagging hips, rib flare, or breath holding. | Technique |
| Side Plank<br>Support the body on one forearm or hand with shoulders, ribs, hips, and feet stacked. Cue: Push the floor away and keep hips tall. Avoid: Rolling backward or letting the hips drop. | Technique |
| Side Plank Reach-Through<br>From side plank, reach the top arm under the torso, then rotate back to a stacked position. Cue: Pelvis stays controlled while the upper trunk rotates. Avoid: Collapsing the shoulder or rolling the whole body. | Technique |
| Bird Dog<br>From hands and knees, reach one arm and the opposite leg long, then return without shifting the trunk. Cue: Reach long, not high. Avoid: Pelvis rotation or low-back arching. | Technique |
| Dead Bug<br>Lie on the back with hips and knees bent; extend opposite arm and leg while keeping the trunk still. Cue: Exhale and keep the low back quiet. Avoid: Reaching farther than the ribs and pelvis can control. | Technique |
| Dead Bug With Light Medicine Ball<br>Create light pressure into a medicine ball while alternating the opposite arm/leg extension. Cue: Use the ball to create tension, not strain. Avoid: Rib flare or losing back contact. | Technique |
| Bear Hover<br>From hands and knees, lift the knees slightly while maintaining a flat back and even pressure through all limbs. Cue: Knees low; spine quiet. Avoid: Hips rising or shoulders collapsing. | Technique |
| Bear Crawl<br>Crawl forward or backward with opposite hand and foot moving together while the knees stay low. Cue: Small steps and level hips. Avoid: Long steps, trunk rotation, or rushing. | Technique |
| Plank Shoulder Tap<br>From a plank, lift one hand to tap the opposite shoulder while minimizing movement through the hips. Cue: Move slowly enough to keep the pelvis square. Avoid: Feet too narrow for control or hips rocking side to side. | Technique |
| Hollow Body Tuck Hold<br>Lie on the back, bring ribs toward pelvis, and hold a tucked position with the low back gently connected to the floor. Cue: Choose the easiest version that stays perfect. Avoid: Neck tension or low-back arching. | Technique |
| Hollow Rock<br>Hold a small hollow shape and rock gently from shoulders toward hips without changing body shape. Cue: Rock as one unit. Avoid: Creating motion by kicking the legs or arching the back. | Technique |
| Tall-Kneeling Anti-Rotation Press<br>Kneel tall perpendicular to a band, press the hands away from the chest, pause, then return. Cue: Ribs over pelvis; do not let the band turn you. Avoid: Leaning, twisting, or losing glute tension. | Technique |
| Half-Kneeling Chop With Band<br>In a half-kneeling stance, guide the band diagonally across the body while keeping the lower body stable. Cue: Rotate through the trunk without shifting the pelvis. Avoid: Pulling only with the arms or twisting the front knee. | Technique |

## SHOULDER & UPPER-BODY SUPPORT

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| **Wall Slide**<br>Stand against a wall and slide the forearms upward while keeping the trunk stacked and shoulders relaxed. Cue: Stop before the ribs pop or shoulders shrug. Avoid: Forcing overhead range. | **Technique** |
| **Prone Y-T Raise**<br>Lie face down and lift the arms into Y and T shapes using the shoulder blades with very light or no load. Cue: Thumbs up and neck relaxed. Avoid: Shrugging or using momentum. | **Technique** |
| **Band Row**<br>Pull a resistance band toward the ribs while keeping the torso still and the shoulders away from the ears. Cue: Set the shoulder blades, then row. Avoid: Leaning back or shrugging. | **Technique** |
| **Standing Band Row**<br>Perform a band row from an athletic standing position with the trunk stacked over the pelvis. Cue: Stay still from hips to head. Avoid: Rocking backward to finish the pull. | **Technique** |
| **Tall-Kneeling Band Row**<br>Row from a tall-kneeling position while squeezing the glutes and maintaining a long spine. Cue: No lean - let the back do the work. Avoid: Arching the low back or shrugging. | **Technique** |
| **Band Face Pull**<br>Pull the band toward eye level with elbows slightly high and finish with controlled shoulder-blade movement. Cue: Pull to the face, not behind the head. Avoid: Excessive arching or aggressive pinching. | **Technique** |
| **Band Pulldown**<br>Pull the band down from overhead while keeping the trunk stable and the shoulders moving away from the ears. Cue: Ribs stay down as the arms pull. Avoid: Turning the movement into a backbend. | **Technique** |
| **Band External Rotation**<br>With the elbow supported near the side, rotate the forearm outward against light band tension. Cue: Keep the elbow quiet. Avoid: Twisting the trunk or using too much resistance. | **Technique** |
| **Half-Kneeling Band Press**<br>Press a band forward from a half-kneeling stance while resisting rotation through the trunk. Cue: Own the kneeling position before pressing. Avoid: Pelvis shifting or ribs flaring. | **Technique** |
| **Push-Up**<br>Lower the body as one unit toward the floor and press back up while the shoulder blades move naturally. Cue: Long body line from head to heels. Avoid: Hips sagging or elbows flaring excessively. | **Technique** |
| **Incline Push-Up**<br>Perform a push-up with hands on a stable elevated surface to reduce load while preserving body position. Cue: Use the incline to make every rep clean. Avoid: Bending at the hips or losing shoulder control. | **Technique** |
| **Scapular Push-Up**<br>From a plank or quadruped position, keep elbows straight and move only the shoulder blades in and out. Cue: Push the floor away at the top. Avoid: Bending the elbows or shrugging. | **Technique** |
| **Scapular Push-Up + Reach**<br>After pressing the shoulder blades apart, add a controlled reach without rotating through the trunk. Cue: Reach from the shoulder blade, not the low back. Avoid: Rushing or losing the plank position. | **Technique** |

## JUMP & LANDING MECHANICS

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Snap-Down To Athletic Stance<br>Rise tall, then drop quickly into an athletic stance and freeze the position. Cue: Fast down, quiet finish. Avoid: Knees collapsing or weight landing only on the toes. | Technique |
| Snap-Down + Stick<br>Drop quickly into a landing stance and hold the finish for one to two seconds. Cue: Own the landing before the next rep. Avoid: Extra steps, noisy feet, or uncontrolled depth. | Technique |
| Low Squat Jump + Stick<br>Use a shallow squat to jump vertically, then land softly and freeze the same athletic position. Cue: Jump tall and land quiet. Avoid: Deep fatigue squats or knee collapse. | Technique |
| Standing Long Jump + Stick<br>Use an arm swing and hip extension to jump forward, then land with both feet under control. Cue: Project forward, then absorb through hips and knees. Avoid: Stiff landing or falling forward. | Technique |
| Broad Jump + Stick<br>Jump forward for distance while maintaining a long body through takeoff and a controlled two-foot landing. Cue: Push the floor back and finish balanced. Avoid: Reaching the feet forward without controlling the trunk. | Technique |
| Countermovement Jump + Stick<br>Use a quick dip and explosive extension to jump vertically, then land and hold. Cue: Fast dip, tall extension, quiet landing. Avoid: Long countermovement or repeated bouncing. | Technique |
| Streamline Jump + Stick<br>Set the arms in streamline before jumping vertically, then maintain the long line through takeoff and landing. Cue: Arms tight to ears before the feet leave the floor. Avoid: Rib flare or losing streamline at landing. | Technique |
| Skater Bound + Stick<br>Push laterally from one leg to the other and freeze the single-leg landing. Cue: Push from the hip and land on the whole foot. Avoid: Knee collapse or immediate rebound before balance is shown. | Technique |
| Pogo Hops<br>Use quick ankle-driven hops with minimal knee bend and consistent vertical posture. Cue: Tall body, quick ground contacts. Avoid: Deep knee bend or loud contacts. | Technique |
| Pogo Prep<br>Practice low, rhythmic ankle bounces to learn elastic stiffness before faster hopping. Cue: Small and quiet. Avoid: Turning it into a squat jump. | Technique |
| Skip + Stick<br>Perform a powerful skip, then hold the landing before continuing. Cue: Drive knee and opposite arm; freeze the finish. Avoid: Rushing before balance is established. | Technique |

### MEDICINE-BALL POWER

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Medicine-Ball Chest Pass<br>From an athletic stance, throw a light medicine ball straight forward from the chest with speed. Cue: Drive through the floor and release fast. Avoid: Using a ball too heavy to move quickly. | Technique |
| Split-Stance Medicine-Ball Chest Pass<br>Throw from a stable split stance while transferring force forward without losing front-leg alignment. Cue: Stable feet, fast hands. Avoid: Front knee collapse or torso falling forward. | Technique |
| Medicine-Ball Scoop Toss<br>Load through the hips with the ball low, then extend the legs and hips to launch the ball forward or upward. Cue: Use the hips to create speed. Avoid: Curling or muscling the ball with the arms. | Technique |
| Medicine-Ball Rotational Throw<br>Load into the rear hip, rotate from the floor up, and release a light ball toward a wall or partner area. Cue: Hips lead; trunk and arms follow. Avoid: Spinning on an unstable front knee or throwing with only the arms. | Technique |
| Medicine-Ball Slam<br>Reach a light ball overhead without arching, then drive it toward the floor and fully reset. Cue: Fast down, controlled reset. Avoid: Backbend at the top or rapid fatigue reps. | Technique |

### ATHLETIC MOVEMENT & RECOVERY

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Lateral Shuffle<br>Move laterally in an athletic stance without crossing the feet, pushing from the outside leg. Cue: Push the floor away and stay square. Avoid: Feet crossing or posture rising as speed increases. | Technique |
| Backpedal To Athletic Stance<br>Backpedal with short steps, then stop under control in a balanced athletic stance. Cue: Short steps into a strong stop. Avoid: Leaning back or needing extra steps to stop. | Technique |
| Carioca Walk-Through<br>Use a controlled crossover pattern to move laterally while rotating smoothly through the hips. Cue: Smooth rhythm before speed. Avoid: Forcing the twist or tripping over the feet. | Technique |
| Quick-Feet Line Taps<br>Tap both feet quickly across a line with small contacts while the trunk remains quiet. Cue: Fast feet, calm upper body. Avoid: Large jumps, noisy feet, or loss of rhythm. | Technique |
| Easy Walk + Nasal Breathing<br>Walk slowly and breathe comfortably through the nose to reduce arousal after training. Cue: Relax shoulders and lengthen the exhale. Avoid: Treating the cooldown as extra conditioning. | Technique |

01

# STRETCHING & ACTIVATION

Static stretching after training; short activation before. Long static holds (>60 s) right before power work can reduce output. (Behm & Chaouachi, 2011)

### PRE-SWIM ACTIVATION

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Glute bridge march | 2 × 10 |
| Side-lying clam | 2 × 12/side |
| Scap push-up | 2 × 10 |
| Thoracic open books | 8/side |
| Ankle rocks (plantarflexion focus) | 10/side |

**POST-SESSION STATIC**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Lat / child's pose reach | 2 × 30 s |
| Sleeper stretch (gentle) | 2 × 30 s/side |
| Hamstring strap stretch | 2 × 30 s |
| Quad / hip flexor couch stretch | 2 × 30 s/side |
| Ankle plantarflexion kneel | 2 × 30 s |

02

# DYNAMIC WARM-UPS

Raise, activate, mobilize, potentiate — 8–12 minutes before every session. (McGowan et al., 2015)

**WARM-UP A · GENERAL**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Jumping jacks | 30 s |
| Arm circles | 10 each way |
| World's greatest stretch | 3/side |
| Leg swings | 10/side |
| Inchworm | 5 |
| Pogo hops | 2 × 10 |

**WARM-UP B · SWIM PREP**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Band pull-apart | 15 |
| Band ER | 12/side |
| Streamline squat | 10 |
| Reverse lunge + overhead reach | 6/side |
| Bear crawl | 2 × 10 m |
| Squat jump | 2 × 3 |

**POOL-DECK PRE-RACE**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Arm swings & crossovers | 20 |
| Band pulls (catch) | 10 |
| Squat jumps | 3 |
| Streamline reach & hold | 3 × 5 s |

03

# EST BAND SERIES

Rotator cuff and scapular endurance to protect the most-loaded joint in swimming. (Wanivenhaus et al., 2012; Lauersen et al., 2014)

**JUNIOR (10&U – 12)**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Pull-apart | 15 |
| ER at side | 12/side |
| IR at side | 12/side |
| Y-raise | 10 |

**FULL (13–18)**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| ER at 90° | 12/side |
| Y-T-W | 8 each |
| Diagonal D2 flexion | 10/side |
| Straight-arm pulldown | 15 |
| Face pull | 12 |

**ELITE (18+)**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| 90/90 ER iso | 3 × 20 s |
| Band catch → finish pull | 3 × 15 |
| Single-arm high-elbow catch | 3 × 10/side |
| Serratus wall slide | 3 × 10 |

04

# FITNESS ASSESSMENTS

Test at the start of each season and before each taper. Same time of day, same warm-up. (West et al., 2011; Lloyd et al., 2016)

**POWER**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Countermovement jump<br>Predicts start performance | Best of 3 |
| Standing broad jump | Best of 3 |
| Seated med ball chest throw (2–3 kg) | Best of 3 |

**STRENGTH & ENDURANCE**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Max pull-ups (strict) | 1 set |
| Push-ups in 60 s | 1 set |
| Plank / streamline hollow hold | Max time |
| 3RM trap bar deadlift (HS/College) | Technique-approved |

### MOBILITY & SCREEN

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Shoulder flexion (back to wall) | Pass / fail |
| Overhead squat | Scored 0–3 |
| Ankle plantarflexion | Degrees |
| Shoulder ER/IR ratio (dynamometer if available) | Ratio |

05

# SWIM TRANSFER

Dryland that moves the clock: starts, turns, streamline, and pulling power. (Crowley et al., 2017; Amaro et al., 2019; West et al., 2011)

### STARTS

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Block-start simulation to mat | 5 × 1 |
| Broad jump → sprint 5 m | 4 |
| Trap bar jump | 4 × 3 |

### TURNS & UNDERWATERS

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Horizontal push-off squat jump | 4 × 3 |
| Streamline dolphin kick on back (dry) | 3 × 20 s |
| Tuck-to-extension V-ups | 3 × 10 |

### PULL

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Band freestyle pull | 3 × 30 s |
| Band butterfly pull | 3 × 15 |
| Med ball rotational throw | 3 × 6/side |

06

# STRENGTH & CONDITIONING

Dryland strength improves start, turn and sprint performance; prioritise maximal strength and power. (Crowley et al., 2017; Faigenbaum et al., 2009; Issurin, 2010)

### CORE LIFTS

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Trap bar deadlift | 3–5 × 3–6 |
| Front / goblet squat | 3–5 × 3–8 |
| Pull-up | 3–5 × 3–8 |
| DB bench / push-up | 3–4 × 6–10 |
| Row variations | 3–4 × 8–10 |

**CONDITIONING**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Assault bike 10 × 15 s / 45 s | **Sprint** |
| Med ball complex: slam, chest, rotational | **4 rounds** |
| Burpee-to-streamline | **EMOM 8 × 6** |

07

# INJURY PREVENTION

Strength training reduces sports injuries to under one-third; stretching alone does not. Manage load spikes. (Lauersen et al., 2014; Gabbett, 2016; Wanivenhaus et al., 2012)

**SHOULDER**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| EST Band Series (level-appropriate) | **3–4×/week** |
| Prone Y/T/W | **2 × 8** |
| Serratus punch | **2 × 12** |

**KNEE (BREASTSTROKERS)**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| Copenhagen plank | **3 × 15–20 s** |
| Lateral band walk | **2 × 10 m** |
| Single-leg glute bridge | **2 × 10/side** |

**LOW BACK**

| MOVEMENT / COACHING CUE | DOSE |
|---|---|
| McGill curl-up | **3 × 8 s holds** |
| Bird dog | **2 × 8/side** |
| Side plank | **2 × 30 s** |

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