EST DRYLAND

14 & OVER

HIGH SCHOOL WORKOUT PROGRAM

Ages 14–18 · 16 weeks (4 months)

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

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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 **Ages 14–16** Load: Technique-first barbell/DB; RPE 6–8 Emphasis: Strength base, landing, pull-ups	3 / week	45–55 min
Junior / Senior **Ages 17–18** Load: RPE 7–9 compound lifts 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 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 Elbow to instep, rotate open, chest tall	3/side
Leg swings front/lateral	10/side
Inchworm to push-up	5
Pogo hops Stiff ankles, quiet landings	2 × 10

STRENGTH

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

CIRCUIT · 30 S ON / 30 S OFF × 3

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

COOL-DOWN · STATIC & BREATH

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

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

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

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

PRIMER

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

STRENGTH

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

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

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

STRENGTH

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

PRIMER

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

PRIMER

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 Rest 75-120 s	3 × 8
DB Romanian deadlift Rest 75-120 s	3 × 8
Reverse lunge Rest 75-120 s	2 × 8 / leg
Calf raise Rest 30-60 s	2 × 12
Dead bug 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 Rest 75-120 s	3 × 10
Incline push-up Rest 75-120 s	2 × 8
Band pulldown Rest 75-120 s	2 × 10
Band external rotation Rest 30-60 s	2 × 10 / side
Wall slide 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 Rest 30-60 s	2 × 8 / side
Bird dog Rest 30-60 s	2 × 6 / side
Side plank Rest 30-60 s	2 × 20 sec / side
Glute bridge march Rest 30-60 s	2 × 8 / side
Easy bike 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 Full recovery	3 × 3
Low box jump Full recovery	3 × 3
Medicine-ball chest pass Full recovery	3 × 4
KB deadlift Full recovery	2 × 6
Breathing reset 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 Rest 75-120 s	3 × 8
Hip bridge Rest 75-120 s	3 × 10
Step-up Rest 75-120 s	2 × 8 / leg
Tibialis raise Rest 30-60 s	2 × 12
Side plank 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 Rest 75-120 s	3 × 8 / side
DB floor press Rest 75-120 s	2 × 8
Assisted pull-up Rest 75-120 s	2 × 5
Band face pull Rest 30-60 s	2 × 12
Serratus wall slide 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 Rest 30-60 s	2 × 10 / side
Front plank Rest 30-60 s	2 × 25 sec
Mini-band side steps Rest 30-60 s	2 × 10 / side
Suitcase carry Rest 30-60 s	3 × 15 m / side
Easy walk 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 Full recovery	3 × 8
Medicine-ball scoop toss Full recovery	3 × 4 / side
DB push press Full recovery	2 × 5
Lateral bound stick Full recovery	2 × 3 / side
Easy mobility 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 Rest 75-120 s	3 × 6
DB Romanian deadlift Rest 75-120 s	3 × 8
Split squat Rest 75-120 s	2 × 8 / leg
Calf raise Rest 30-60 s	2 × 12
Pallof press 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 Rest 75-120 s	3 × 8
Half-kneeling landmine press Rest 75-120 s	2 × 8 / side
Lat pulldown Rest 75-120 s	2 × 8
Band external rotation Rest 30-60 s	2 × 12 / side
Prone Y raise 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 Rest 30-60 s	2 × 15 sec
Bird dog Rest 30-60 s	2 × 8 / side
Side plank Rest 30-60 s	2 × 25 sec / side
Single-leg balance Rest 30-60 s	2 × 20 sec / leg
Easy bike 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 Full recovery	3 × 3
Medicine-ball overhead slam Full recovery	3 × 4
Step-up drive Full recovery	2 × 5 / leg
Medicine-ball chest pass Full recovery	2 × 4
Easy mobility 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 Rest 75-120 s	2 × 6
Hip bridge Rest 75-120 s	2 × 8
Step-up Rest 75-120 s	1-2 × 6 / leg
Dead bug 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 Rest 75-120 s	2 × 8 / side
Incline push-up Rest 75-120 s	2 × 6
Band face pull Rest 75-120 s	2 × 10
Wall slide 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 Rest 30-60 s	2 × 6 / side
Pallof press Rest 30-60 s	2 × 8 / side
Hip bridge Rest 30-60 s	2 × 10
Easy walk 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 Full recovery	2 × 3
Medicine-ball chest pass Full recovery	2 × 3
Countermovement jump Full recovery	2 × 2
Breathing reset 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 Rest 75-120 s	3 × 6
DB Romanian deadlift Rest 75-120 s	3 × 8
Rear-foot-supported split squat Rest 75-120 s	2 × 6 / leg
Calf raise Rest 30-60 s	2 × 12
Pallof press 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 Rest 75-120 s	3 × 8
DB floor press Rest 75-120 s	3 × 6
Lat pulldown Rest 75-120 s	2 × 8
Band external rotation Rest 30-60 s	2 × 12
Serratus wall slide 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 Rest 30-60 s	2 × 8 / side
Bird dog Rest 30-60 s	2 × 6 / side
Side plank Rest 30-60 s	2 × 20 sec / side
Glute bridge march Rest 30-60 s	2 × 8 / side
Easy bike 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 Full recovery	3 × 3
Low box jump Full recovery	3 × 3
Medicine-ball chest pass Full recovery	3 × 4
KB deadlift Full recovery	2 × 6
Breathing reset 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 Rest 75-120 s	3 × 5
Front-foot elevated split squat Rest 75-120 s	3 × 7 / leg
Step-up Rest 75-120 s	2 × 8 / leg
Tibialis raise Rest 30-60 s	2 × 12
Dead bug 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 Rest 75-120 s	3 × 5
One-arm DB row Rest 75-120 s	3 × 8 / side
Half-kneeling landmine press Rest 75-120 s	2 × 6 / side
Band face pull Rest 30-60 s	2 × 12
Prone Y raise 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 Rest 30-60 s	2 × 10 / side
Front plank Rest 30-60 s	2 × 25 sec
Mini-band side steps Rest 30-60 s	2 × 10 / side
Suitcase carry Rest 30-60 s	3 × 15 m / side
Easy walk 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 Full recovery	3 × 8
Medicine-ball scoop toss Full recovery	3 × 4 / side
DB push press Full recovery	2 × 5
Lateral bound stick Full recovery	2 × 3 / side
Easy mobility 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 Rest 75-120 s	3 × 5
DB Romanian deadlift Rest 75-120 s	3 × 6
Reverse lunge Rest 75-120 s	2 × 7 / leg
Calf raise Rest 30-60 s	2 × 12
Suitcase carry 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 Rest 75-120 s	3 × 6
Incline DB press Rest 75-120 s	3 × 6
Lat pulldown Rest 75-120 s	2 × 8
Band external rotation Rest 30-60 s	2 × 12
Wall slide 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 Rest 30-60 s	2 × 15 sec
Bird dog Rest 30-60 s	2 × 8 / side
Side plank Rest 30-60 s	2 × 25 sec / side
Single-leg balance Rest 30-60 s	2 × 20 sec / leg
Easy bike 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 Full recovery	3 × 3
Medicine-ball overhead slam Full recovery	3 × 4
Step-up drive Full recovery	2 × 5 / leg
Medicine-ball chest pass Full recovery	2 × 4
Easy mobility 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 Rest 75-120 s	2 × 6
Hip bridge Rest 75-120 s	2 × 8
Reverse lunge Rest 75-120 s	2 × 6 / leg
Dead bug 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 Rest 75-120 s	2 × 8 / side
Incline push-up Rest 75-120 s	2 × 8
Band face pull Rest 75-120 s	2 × 10
Band external rotation 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 Rest 30-60 s	2 × 6 / side
Pallof press Rest 30-60 s	2 × 8 / side
Hip bridge Rest 30-60 s	2 × 10
Easy walk 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 Full recovery	2 × 3
Medicine-ball chest pass Full recovery	2 × 3
Countermovement jump Full recovery	2 × 2
Breathing reset 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 Rest 75-120 s	3 × 3
Trap-bar deadlift Rest 75-120 s	3 × 4
Reverse lunge Rest 75-120 s	2 × 6 / leg
Calf raise Rest 30-60 s	2 × 10
Pallof press 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 Rest 75-120 s	3 × 3
Chest-supported row Rest 75-120 s	3 × 6
Half-kneeling landmine press Rest 75-120 s	2 × 5 / side
Band face pull Rest 30-60 s	2 × 10
Band external rotation 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 Rest 30-60 s	2 × 8 / side
Bird dog Rest 30-60 s	2 × 6 / side
Side plank Rest 30-60 s	2 × 20 sec / side
Glute bridge march Rest 30-60 s	2 × 8 / side
Easy bike 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 Full recovery	3 × 3
Low box jump Full recovery	3 × 3
Medicine-ball chest pass Full recovery	3 × 4
KB deadlift Full recovery	2 × 6
Breathing reset 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 Rest 75-120 s	3 × 3
Box squat Rest 75-120 s	3 × 4
DB Romanian deadlift Rest 75-120 s	2 × 6
Step-up Rest 30-60 s	2 × 6 / leg
Dead bug 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 Rest 75-120 s	3 × 3 / side
Assisted pull-up Rest 75-120 s	3 × 4
DB floor press Rest 75-120 s	2 × 6
Serratus wall slide Rest 30-60 s	2 × 8
Prone Y raise 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 Rest 30-60 s	2 × 10 / side
Front plank Rest 30-60 s	2 × 25 sec
Mini-band side steps Rest 30-60 s	2 × 10 / side
Suitcase carry Rest 30-60 s	3 × 15 m / side
Easy walk 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 Full recovery	3 × 8
Medicine-ball scoop toss Full recovery	3 × 4 / side
DB push press Full recovery	2 × 5
Lateral bound stick Full recovery	2 × 3 / side
Easy mobility 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 Rest 75-120 s	2 × 3 / side
Goblet squat Rest 75-120 s	3 × 5
Front-foot elevated split squat Rest 75-120 s	2 × 6 / leg
Tibialis raise Rest 30-60 s	2 × 10
Suitcase carry 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 Rest 75-120 s	3 × 3
One-arm DB row Rest 75-120 s	3 × 6 / side
Incline push-up Rest 75-120 s	2 × 6
Band face pull Rest 30-60 s	2 × 10
Wall slide 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 Rest 30-60 s	2 × 15 sec
Bird dog Rest 30-60 s	2 × 8 / side
Side plank Rest 30-60 s	2 × 25 sec / side
Single-leg balance Rest 30-60 s	2 × 20 sec / leg
Easy bike 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 Full recovery	3 × 3
Medicine-ball overhead slam Full recovery	3 × 4
Step-up drive Full recovery	2 × 5 / leg
Medicine-ball chest pass Full recovery	2 × 4
Easy mobility 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 Rest 75-120 s	2 × 2
Trap-bar deadlift Rest 75-120 s	2 × 4
Hip bridge Rest 75-120 s	2 × 6
Pallof press 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 Rest 75-120 s	2 × 3
Chest-supported row Rest 75-120 s	2 × 6
Band external rotation Rest 75-120 s	2 × 10
Serratus wall slide 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 Rest 30-60 s	2 × 6 / side
Pallof press Rest 30-60 s	2 × 8 / side
Hip bridge Rest 30-60 s	2 × 10
Easy walk 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 Full recovery	2 × 3
Medicine-ball chest pass Full recovery	2 × 3
Countermovement jump Full recovery	2 × 2
Breathing reset 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 Rest 75-120 s	2 × 2
Goblet squat Rest 75-120 s	2 × 5
DB Romanian deadlift Rest 75-120 s	2 × 5
Dead bug 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 Rest 75-120 s	2 × 3
Chest-supported row Rest 75-120 s	2 × 6
DB floor press Rest 75-120 s	2 × 5
Band external rotation 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 Rest 30-60 s	2 × 8 / side
Bird dog Rest 30-60 s	2 × 6 / side
Side plank Rest 30-60 s	2 × 20 sec / side
Glute bridge march Rest 30-60 s	2 × 8 / side
Easy bike 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 Full recovery	3 × 3
Low box jump Full recovery	3 × 3
Medicine-ball chest pass Full recovery	3 × 4
KB deadlift Full recovery	2 × 6
Breathing reset 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 Rest 75-120 s	2 × 2
Trap-bar deadlift Rest 75-120 s	2 × 3
Reverse lunge Rest 75-120 s	1 × 5 / leg
Pallof press 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 Rest 75-120 s	2 × 5 / side
Incline push-up Rest 75-120 s	2 × 5
Band face pull Rest 75-120 s	2 × 8
Wall slide 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 Rest 30-60 s	2 × 10 / side
Front plank Rest 30-60 s	2 × 25 sec
Mini-band side steps Rest 30-60 s	2 × 10 / side
Suitcase carry Rest 30-60 s	3 × 15 m / side
Easy walk 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 Full recovery	3 × 8
Medicine-ball scoop toss Full recovery	3 × 4 / side
DB push press Full recovery	2 × 5
Lateral bound stick Full recovery	2 × 3 / side
Easy mobility 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 Rest 75-120 s	2 × 2
Goblet squat Rest 75-120 s	1-2 × 4
Hip bridge Rest 75-120 s	1 × 8
Breathing reset 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 Rest 75-120 s	2 × 2
Chest-supported row Rest 75-120 s	1-2 × 5
Band face pull 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 Rest 30-60 s	1-2 × 6 / side
Side plank Rest 30-60 s	1 × 15 sec / side
Easy walk 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 Full recovery	2 × 2
Medicine-ball chest pass Full recovery	2 × 2
Breathing reset 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 Rest 75-120 s	1 × 2
Optional primer: squat Rest 75-120 s	1 × 3 light
Optional primer: breathing 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 Rest 75-120 s	1 × 6
Optional primer: wall slide Rest 75-120 s	1 × 6
Optional primer: breathing 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 Rest 30-60 s	1-2 × 6 / side
Side plank Rest 30-60 s	1 × 15 sec / side
Easy walk 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 Full recovery	2 × 2
Medicine-ball chest pass Full recovery	2 × 2
Breathing reset 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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