

Battlefield High School Swim Team

2007 – 2008 Dryland Workout

The following training should take 30 – 40 minutes to complete. It is expected that all swimmers will complete the entire dryland workout a minimum of 4 days per week. Ideally, this routine will be followed every day, with the exception of meet days and Sundays.

You should give yourself approximately 10 seconds between each exercise and approximately 30 seconds between sets. This will be challenging the first few times you complete the exercises; however, as the season progresses the exercises will become easier. When you feel that you are consistently performing the sets, increase the repetitions in small increments (i.e. 10 more crunches, 5 more push-ups, etc.).

If you need additional guidance, please contact Coach Karri.

Stretch 5 minutes

Set 1

3 times { 1 x 50 crunches
1 x 50 scissor kicks (legs straight, hands under hips, cross over)
1 x 50 leg lifts }

Set 2

3 x 15 push-ups

Set 3

2 times { 1 x 20 rows (bring chest and knees together at same time, arms across chest)
1 x 40 crunches to left side (cross left leg over right, with knees bent)
1 x 20 rows (same as above)
1 x 40 crunches to right side (cross right leg over left, with knees bent) }

Set 4

2 x 20 push-ups

Set 5

2 x 20 frog jumps
(bend down so that arms are almost reaching the ground, jump as high as possible, picking up your head to look forward and arms up in tight streamline)

Stretch 5 minutes

