

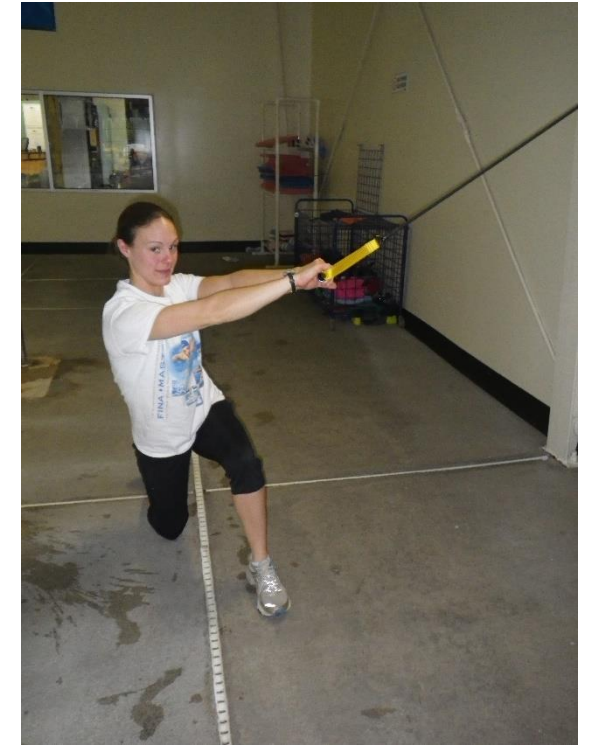
Masters Swimming Dryland Training Program

November-December

Staggered Stance High Kneeling Chop with Theraband (1 minute each side)

- Engage core.
- Pull Theraband down toward knee that is on the ground keeping hips facing in forward direction.
- Keep elbows straight.
- Key muscles:
 - Oblique abdominals
 - Shoulder and scapula stabilisers
 - Trains strength or shoulder movement with stability of trunk alignment

Beginning Position



Ending Position



Scapular Push-ups (1 minute) and Push-ups (1 minute)

- Scapular push-ups
 - Keeping gaze at the floor, elbows straight and low back in neutral position, move shoulder blades out and in towards spine
 - Key Muscles:
 - Serratus anterior! Controls those “winging” shoulder blades and their position on your thorax
- Push-ups (on knees or toes)
 - Gaze at the floor, shoulder blades (scapulae!) squeezed towards spine, spine in neutral position, maintain all this while completing push-ups!
 - Key Muscles:
 - Shoulder, trunk and hip stabilisers
 - Chest muscles (pectorals) for wide push-up
 - Tricep muscles (back of upper arms) for narrow push-ups with arms tight to sides



Beginning Position scapular push ups



Ending Position scapular push ups

Prone on Bench

- “W” (1 minute)

- Elbows tight to sides, forearms out to form W
- Keep gaze down (NOT like picture!) with forehead on bench and chin tucked
- Squeeze shoulder blades together
- Key Muscles:
- Middle and lower trapezius & rhomboids (between shoulder blades)
- Counteracts the swimmers’ overuse of front of chest (pectorals) and internal rotators (arm turning in during pull phase of freestyle)



- “L” (1 minute) 2 parts

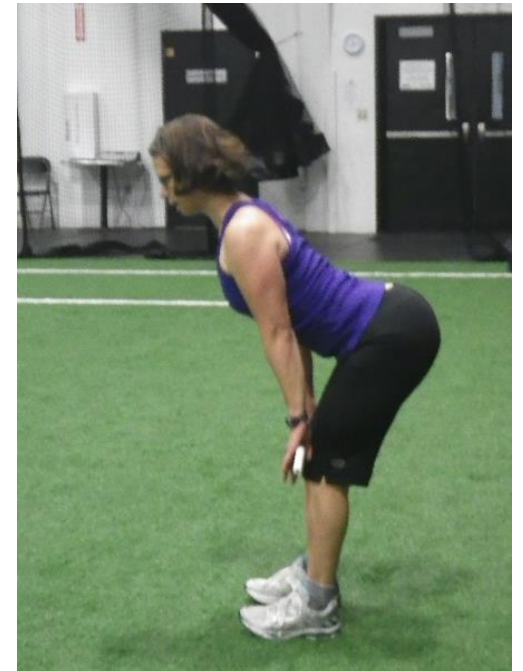
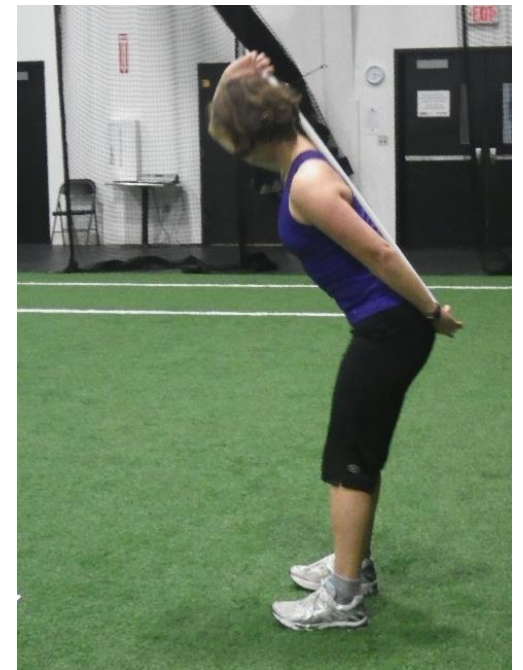
1. Squeeze shoulder blades together in wide row position
 2. Rotate forearms up to ceiling
- Key Muscles:
 - Middle and lower trapezius & rhomboids (between shoulder blades)
 - Rotator cuff (especially external rotators)
 - Counteracts the swimmers’ overuse of front of chest (pectorals) and internal rotators (arm turning in during pull phase of freestyle)



Romanian Deadlifts

(if single leg, 1 minute each side)

- Knees soft, back straight, abdominals “on” to stabilize spine in neutral, gaze about 6 feet in front of you.
- Bend over at HIPS only, stop when feel stretch in hamstrings (back of thigh). Think, “stick your butt out the back”!!
- Rise through hips maintaining knee and back position.
- Modifications
 - Use stick held along spine to be sure spine stays in neutral alignment
 - Once alignment is perfected, progress to holding 10-15 lb weight in hands, slide hands down and up thighs as you tip over and stand up
 - Perform single leg, reaching toward ground with opposite hand maintaining above positioning
- Key Muscles:
 - Abdominals and Back extensors to stabilize spine
 - Buttock (gluteals) and hamstrings (back of thigh) to bend over and stand up
 - Trains core strength and spine alignment while moving at hips, also gluteals and hamstrings for flutter kicking



Hallow Hold (1 minute)

Flutter Kick (1 minute)

- Hallow hold:
 - in streamline position
 - raise head and shoulders off from floor
 - HOLD!!
- Flutter kick:
 - hands placed under tailbone
 - raise legs off from ground
 - HOLD!! Or perform flutter kick from hips
- Key Muscles:
 - Abdominals!
 - Streamline practice!



Lateral Raises (1 minute)

Scaption (1 minute each)

- Scaption:

- With light weights lift from hips to shoulders
- Keep thumbs up
- Arms at 45° angle from hips
- Do not raise higher than 90° (parallel to ground)

- Lateral Raises:

- With light weights lift from hips to shoulders
- Keep thumbs up
- Arms in line with trunk, shoulders & hips
- Do not raise higher than 90° (parallel to ground)

- Key Muscles:

- Deltoid (outside shoulder muscles)
- Trains shoulder strength for free and fly recovery

Scaption
with arms
raised at
45° angle



Lateral Raises
with arms raised
in line with
trunk, shoulders
& hips



Close Row on Discs

- Stand with knees softened, core engaged to hold neutral spine alignment
- Keeping elbows close to body, lead with elbows and squeeze shoulder blades together pulling against rubber band
- Options:
 - Step closer to loosen the band (less challenge)
 - Step away to tighten the band (more challenge)
 - Stand on discs (balance and core challenge)
 - Stand on floor (less balance challenge)
 - Stand on one leg (asymmetrical balance challenge)
 - Stand on one leg on disc (MORE balance challenge!)
- Key Muscles:
 - Scapula squeezers! (middle trapezius and rhomboids, between shoulder blades), counteracts swimmers' overuse of front of chest (pectorals)



Squats with Bar

- Knees and feet hip distance apart
- Hold bar across top of shoulder blades, squeeze shoulder blades together and hold
- Lower into squat position, think “sit down on a chair”
- Keep spine in neutral
- Aim for thighs parallel to floor
- Variations:
 - Quick lower (1 count), hold bottom position (2 counts), push to stand (2 counts)
 - Plyometric squat: slowly lower to squat, explosive push to stand or explosive jump and land again in squat. This builds power and speed in starts and turns
- Key Muscles:
 - Front of thighs (quadriceps)
 - Buttocks (gluteals)
 - Abdominals and back muscles to stabilize spine alignment



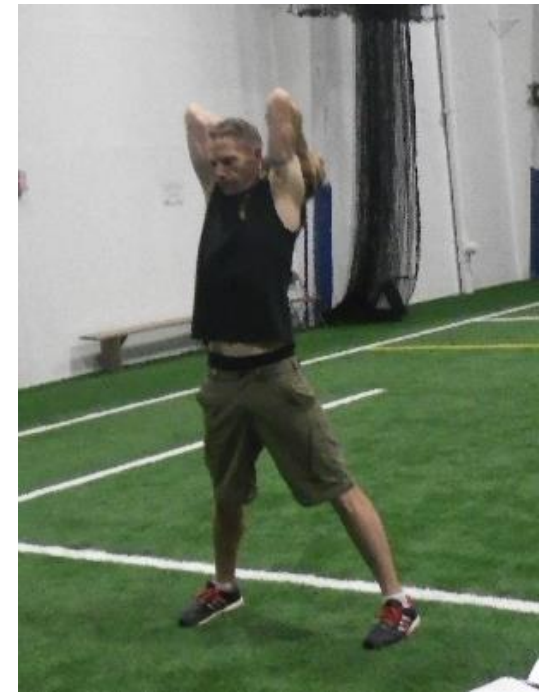
Plank on Elbows with Row and Reach

- Hold plank position.
- Perform single arm close row followed by a reach into forward arm position as in “catch phase” of freestyle stroke
- Variations:
 - Plank on toes or knees
 - Plank on hands or elbows
- Key Muscles:
 - Shoulder, trunk and hip stabilisers
 - Training core stability with shoulder movement



Medicine Ball Throw Down

- Bring medicine ball behind head for full elbow bend, keep elbows pointed forward (not out to sides)
- 2 steps to throw down:
- Straighten elbows (works triceps on back of upper arms)
- Throw medicine ball down with force (works latissimus on back and abdominals on front or trunk)
- Key Muscles:
 - Triceps (back of upper arm when straightening elbows, and when controlling to speed of elbow bending)
 - Latissimus (on back when pushing arms straight down and back)
 - Abdominals when bending over to add force to throw down
 - Increases power in free and fly pull



Pull Strap Stretch for Lumbar Extension (back arching)

- Begin with heels pressed together and gaze to floor, arms in T position, draw naval towards spine to turn “on” abdominals. **Maintain** this position throughout exercise.
- Rise toward ceiling using back muscles, squeeze shoulder blades together and raise chest off floor (keep lowest ribs on floor).
- Return to start position.
- Variations:
 - Increased challenge, also use buttocks (gluteals) to raise straight legs off floor while raising chest
 - Reduced challenge, squeeze between shoulder blades but do not lift chest off floor
- Key Muscles:
 - Shoulder blade squeezers (middle trapezius and rhomboids), counteracts the swimmer’s over work of front of chest (pectorals)
 - All back extensors (back arching muscles), helps with streamline position, counteracts swimmers’ over use of front of chest



Barbell Bicep Curls

- Hold dumbbells in each hand
- Arms at side, palms facing thighs
- Bend elbows and turn palms to face upwards
- Return to start
- Variations:
 - Stand on 1 leg (1 minute each leg)
 - Curl alternate arms for added balance challenge
 - Stand on disc for added balance challenge
- Key Muscles:
 - Biceps (front of arm)
 - Core muscles if adding balance challenges



Lunge with Twist

- Lunge bending both knees to comfortable angle keeping trunk and pelvis straight, knees and feet aligned with hips.
- Twist torso over forward leg then return to face front, think “twist right when right leg forward”
- Variations:
 - Perform alternate leg lunges “on the spot”
 - Perform alternate leg lunges while “walking” forward
 - Perform the same leg lunges 1 minute each
 - Perform while holding a medicine ball in front of waist or dumbbell weight in both hands in front of waist
- Key Muscles:
 - Trunk and hip stabilisers to maintain neutral spine alignment and pelvis position while trunk rotates
 - Trunk rotator muscles (oblique abdominals)
 - Shoulder stabilisers if holding weight



Bilateral Shoulder External Rotation

- Keep elbows glued to sides to isolate rotator cuff muscles in shoulders.
- Pull band creating 45° forearm to torso angle while squeezing shoulder blades together
- Variations:
 - Stand on 1 leg (1 minute each leg)
 - Stand on disc on both feet or 1 leg (1 minute each leg)
 - Loosen or tighten the band for more or less work
- Key Muscles:
 - Rotator cuff muscles (especially external rotators), counteracts the repetitive internal rotation of swimming
 - Shoulder blade squeezers (middle trapezius and rhomboids), counteracts the swimmers over work of front of chest (pectorals)

