Dryland Training - 5-18 years old

Palo Alto Stanford Aquatics

Coach Scott Shea
Identify Needs
Every team needs Athletes

Step 1  @ 5-8 years
Swimmers need to be coordinated athletes with body awareness and control
encourage multi sport play -swim 3x/week
Dryland 3x/week (10-20min)
Identify Needs - Step 1 - 5-8 year old Athletes

- Create necessary motor coordination - Play, Play, Play
  Running, Jumping, Crawling, Tumbling (Gymnastics)

  Level 1 - Forward Roll
  Standing
  Legs Crossed
  Roll to Stand
  Roll Leap turn Repeat

  Level 2 - Shoulder/Dive Roll
  Rolling Alternate Shoulders
  Walk into roll
  Run into roll
  Dive over object
  Run jump roll

Additional Gymnastic Movements
Side Rolls, Leap Frog, Wheel Barrows, Head Stands, Cartwheels, Round off, Handstands, Walking Handstands
Every team needs Athletes

Step 2 @ 8-10 years

Swimmers need to be coordinated athletes with body awareness and control.

Encourage multi sport play - swim 3-4x/week.

Best athletes we get ‘later’ in our sport come from BMX, Skateboarding, Gymnastics, Ballet.

Dryland 4x/week (15-30min)

General Physical Preparedness (GPP)
Identify Needs - Step 2 - 8-10 year old Athletes

At this stage we are continuing the development of body awareness and now we are starting to build general fitness and body strength. GPP!

Body weight - no equipment needed
Plank - work to holding proper position for up to a minute
Push-up - can progress - wall/box/knees/plank
Pull-up - can progress - row/invert/jump/kip/strict
Jump Rope - singles/double under/backwards/running
Run - no shoes... promote proper form

Kettle-bell - Teaching movements keep KB light
Goblet Squat, Sumo Squat, Swing, Farmers Walk,
Bottom up walk, Waiters walk, ‘Batwing’ row, One arm bench
Every team needs Athletes

Step 3  @ 10-14 years

Swimmers need to be coordinated athletes with body awareness and control

Prepare Movements for Senior Training

Lots of GPP!

Dryland 4-5x/week (20-40min)
Identify Needs - Step 3 - 10-14 year old Athletes

What is General Physical Preparedness?

GPP's focus is on eliminating weaknesses from athletes and creating people are more prepared to go after their Sport Specific Training (SST) goal. GPP is there to build overall general conditioning and minimize weaknesses.

Athlete goal is to increase physical capabilities in EVERY area
Identify Needs - Step 3 - 10-14 year old Athletes - Junior Group

Teach Lifts - Zero or Very Light
Deadlift
Clean
Press
Front Squat

Dryland Schedule
Monday - GPP
Tuesday - Yoga
Wednesday - Game/Off
Thursday - GPP
Friday - Game/GPP
Every team needs Athletes

Step 4  @ 14-18 years

Swimmers need to be coordinated athletes with body awareness and control

Less GPP, Develop to Sport Specific Needs

Dryland 5x/week (60min)

Dryland should COMPLIMENT swimming, not keep you from swimming
Identify Needs - Step 4 - 14-18 year old Senior Swimming Athletes

Senior Group Dryland
Monday - GPP @ specific time domain
Tuesday - Pilates (Core/Balance/Strength)
Wednesday - GPP @ specific time domain
Thursday - Game Day
Friday - Yoga
Saturday - Dryland off

Senior Group Weight Supplement
3x/Week of additional - HS Sr/Jr swimmers as needed
- Keep movements simple
Identify Needs - Step 4 - 14-18 year old Senior Swimming Athletes

GPP examples
Long 12-25min

5 rounds for time of...
5 HSPU
5 Thrusters
5 knees to elbows
5 burpees
5 DBS
5 pull ups
5 Physio Ball Passover

‘Fight Gone Bad’
3 x (5 min rounds, 1min rest)
1min of each exercise
Wall Ball
Row (for Calories)
Push Press
Box Jumps
Sumo Deadlift

GPP examples
Short 5-12min

5 Rounds
10 Walking lunges (25-60 lbs)
3 Max Distance Broad Jumps
40m sprint (20 out touch/20 back
 90 Sec Rest

Max Rounds in 11min
(2min work 1min rest)
5 pull ups
5 push ups
10 squats

‘Fran’ 21-15-9
Thrusters/Pull ups
Identify Needs - Step 4 - 14-18 year old Senior Swimming Athletes

Yoga
Stretches and Strengthens muscles
Muscle length will allow for more growth and recovery.
Works Strength, Connection, and Balance

Pilates
Strengthens and Lengthens muscles
Ideal for connection - center to extremities
Works Strength, Connection, Coordination, Balance
Identify Needs - Step 4 - 14-18 year old Senior Swimming Athletes

Game Day

One of the most important days of the week!

Games should incorporate athleticism, fun, and lots of activity

Games of Choice

Sofa
Round Ball
Capture the Flag
Tag (various)
# Identify Needs - Step 4 - 14-18 year old Senior Swimming Athletes

**Supplemental Weights**
All movements are learned in regular dryland and must be done correctly BEFORE SW

**Warm up**
15min - row/jog/jump, mobility
Work in 2 sets of lighter weight movement
Full recovery between sets

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<th>Week</th>
<th>Monday</th>
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<td>Squat 3x5 +5lbs Bench 3x5 +5</td>
<td>Squat 3x5 +5 Press 3x5 +5</td>
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**Warm up**
15min - row/jog/jump, mobility
Work in 2 sets of lighter weight movement
Full recovery between sets
Acknowledge your strengths and weaknesses

In Case of Weakness

- Take seminars or get certified if you can. AXIS, Crossfit (Football, Kids), Starting Strength, etc.
- Find local professionals that can help. We use Pilates, Yoga, and other Training Professionals
- Do the movements and, at least, a little of the training yourself (you can still do this).

Most Professionals will welcome the exposure
Define Your Time Parameters

- 5-8 Years Old 10-20min, 3x/week
- 8-10 Years Old 15-30min, 3x/week
- 10-14 Years Old 20-40min, 4x/week
- 14-18 Years Old 60min+, 5x/week

There is an idea of adding dryland work to pool work during warmup to add connectivity
Proprioception
Connecting Mind and Body for Swim tasks

If you don’t have time in the pool, Dryland is a great supplement

If you do have time in the pool, focus on skill building
Dryland - Palo Alto Stanford Aquatics
Questions?