DRYLAND

progressions for team wide success
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Join Strength Training for Swimmers on FB
10 things about me totally unrelated to my talk…

1. METALLICA
2. STAR WARS
3. REPTILES
4. LA KINGS
5. COMICS
6. CRAFT BEER
7. MIDDLE CHILD
8. SOCCER
9. PUNK ROCK SHOWS
10. SPEEDO-DEDEAUX
The biggest problem in the fitness industry is this notion that you need to crush your client with killer workouts that have them crawling out your gym in a puddle of sweat.

“Wow that was a great workout! I couldn't sit down for 3 days!”

That is 3 days that your athlete can’t practice their sport skill or play their game at an optimal level.

-Jason Glass
Trial and Error Success
THINGS TO CONSIDER WHEN CREATING A DRYLAND PROGRAM

➤ First rule: Do no harm. Do No Harm. DO NO HARM.

➤ Risk versus reward

➤ Age & experience level of athlete

➤ What is your purpose?

➤ Time/Space limitations

➤ Creating a season plan (DL) around your season plan (swim)

➤ KISS (Keep It Super Simple)

➤ First and foremost…we are teachers
JOINT BY JOINT APPROACH

Michael Boyle's Joint-By-Joint Approach

<table>
<thead>
<tr>
<th>Joint</th>
<th>Primary Needs</th>
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</thead>
<tbody>
<tr>
<td>Ankle</td>
<td>Mobility (sagittal)</td>
</tr>
<tr>
<td>Knee</td>
<td>Stability</td>
</tr>
<tr>
<td>Hip</td>
<td>Mobility (multi-planar)</td>
</tr>
<tr>
<td>Lumbar Spine</td>
<td>Stability</td>
</tr>
<tr>
<td>Thoracic Spine</td>
<td>Mobility</td>
</tr>
<tr>
<td>Scapula</td>
<td>Stability</td>
</tr>
<tr>
<td>Gleno-humeral</td>
<td>Mobility</td>
</tr>
</tbody>
</table>
Which bucket requires the most attention?
MOVEMENT PATTERNS

Vertical & Horizontal Pushing
Vertical & Horizontal Pulling
Hip & Knee Dominant
Aquatic Posture
Movement Prep

along with carries, ground work, skipping, jumping & climbing
PROGRESSIONS & REGRESSIONS

➤ Not every athlete/person is built the same
➤ How do we compensate for differences in movement literacy
➤ Determine a baseline exercise for your movements
➤ Progress or regress exercises based on abilities/limitations

Seated Cable Row
Standing StretchCordz Row
**TRX Row**
Dumbbell Row
Barbell Bent Over Row
Team Progression - the age groups
10 & UNDER DRYLAND

➤ Gymnastics/Ninja Warrior!

➤ Appropriate to use as a *conditioning* tool

➤ Free-play
  ➤ Playground, open field with a ball, let em loose

➤ Games
  ➤ Obstacle course, Tag, Relays, Nadawar

➤ Intro to strength training & organized movement
  ➤ Squats, lunges, push ups, light band pulling, aquatic posture, jumping, crawling, throwing, etc…
9-10 Movement
Prep & Dynamic
Warm up
10 & Under Workout

1. Movement Prep
   (Warm up)

2. Skill Work
   (Movement Pattern)

3. Conditioning
   (jump rope/running/ground work)

4. Games/Fun
11 & OVER DRYLAND (STRENGTH TRAINING)

➤ Proper Movement Prep!

➤ Use of equipment for complex and dynamic movement
  ➤ TRX, Med Balls, StretchCordz, Stability Balls, Sliders

➤ Training becomes a whole new sport
  ➤ New skills to learn, new limitations to overcome

➤ Consider limiting the aerobic conditioning out of S&C (buckets)

➤ Yoga for Swimmers (swimmersedgeyoga.com) (swimmingspecificyoga.com)
  ➤ Strength, mobility, stability/motor control
11-12 Workout

Circuit
SL-SA Row
SL-E Hip Lift
Skip/Sprint
(3x Through)
[50s per Station]

Conditioning
Pick multiple movement patterns and add to your circuit
What are your BIG (compound) lifts?
- Your main exercises

What are your accessory exercises?
- The complimentary pieces to the puzzle
- Exercises that serve to enhance your BIG lifts

Where does Mobility & Stability fit in?
- Accommodations for movement limitations
- FMS - Other Assessments
IN THE WEIGHT ROOM (13 & OVER)

➤ Is your core work addressing aquatic posture?

➤ A global approach to supporting and defending the spine

➤ Allowing purposeful movement of the limbs without unwanted movement of the spine

➤ Weight Room Culture

➤ “You must unlearn what you have learned” - Yoda

➤ Social media

➤ Other sports

➤ Past experiences
"I saw it on YouTube"
“I Just Want to Lift Heavy”
“I only do FUNCTIONAL TRAINING”
HORIZONTAL PUSHING

PUSHING AWAY FROM YOU

- Push ups
- Bench
- Tall Kneeling Landmine Press

HORIZONTAL PULLING

PULLING TOWARD YOU

- TRX Rows
- Face Pulls
- DB Rows
VERTICAL PUSHING

PUSHING UP (OVERHEAD)
➤ DB Overhead Press
➤ Bottoms up KB Press
➤ Landmine Press (w/lean & upward scapular rotation)

VERTICAL PULLING

PULLING DOWN (OVERHEAD)
➤ Pull ups
➤ Straight Arm Pulldowns
➤ Lat Pulldowns
HIP DOMINANT

Deadlifts
RDL’s
Hip Lifts
KNEE DOMINANT

Squats
Lunges
Step Ups
EXPLOSIVE EXERCISES FOR POWER & QUICKNESS

➤ Cleans
➤ Snatches
➤ Kettlebell Swings
➤ Sleds
➤ Med Balls
➤ Box Jumps
➤ Depth Jumps
➤ Lot’s of Jumping!
GOAL: TRIPLE EXTENSION!
AQUATIC POSTURE

➤ Bird Dogs ➤ Core Stability/Awareness
➤ Dead Bugs
➤ Bear Crawl ➤ Anti Rotation
➤ Anti Rotation Press/Hold
➤ Farmers Carry ➤ Core Strength/Stability
➤ Suitcase Carry
➤ Side Planks ➤ Anti Lateral Flexion
➤ Roll Outs ➤ Anti Extension
➤ Body Saws
“Planks with Moving Parts”
THE FRENCH PRESS

YOU’RE WELCOME!
NUTRITION

➤ Fad Diets vs Sports Nutrition
➤ Role of Carbs
➤ Role of Protein
➤ Nutrient timing
➤ Eat this not that
➤ Refueling
➤ Hydration
➤ Supplements
RECOVERY

➤ Nutrition
➤ Sleep
➤ Soft Tissue & Self Myofascial Release
➤ Warm Down
➤ Diaphragmatic Breathing (CNS Recovery Switch)
➤ Stretching & Mobility work
DRYLAND AT YOUR FINGER TIPS!

https://trello.com/dryland
# MVN TEAM DRYLAND

## Aquatic Posture (Core)

### 8 & Under
- **Body Weight**
  - Quadruped Progression
- **Body Weight**
  - Planks
- **Body Weight**
  - Hollow Hold Progression #1

### 9-10
- **Body Weight**
  - Planks w/Moving Parts
- **Body Weight**
  - Hollow Hold Progression #2
- **Body Weight**
  - Swimmers/Supermans
- **Body Weight**
  - Bird Dog Progression
- **Body Weight**
  - Dead Bugs
- **Stretch Cordz**
  - Half Kneeling Anti Rotation
  - Hold/Press

### 11-12
- **Body Weight**
  - Stability Ball Progression

### 13-14
- **Ab Wheel**
  - Ab Wheel Rollout
- **Sliders**
  - Body Saw
- **Suspension Trainer**
  - Suspended Rotational Rows

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