



SOLO AQUATICS

Virtual Training

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Overview

On this page, you will find resources connected to an effective Dryland Program. Athletes do NOT need to buy any additional equipment; however, if you already have some equipment, the workouts indicate which exercises have equipment-based substitutes.

Parameters:

National - 6 Workouts
Senior-Elite - 5 Workouts
Senior - 4 Workouts
Junior - 4 Workouts
AG2 - 3 Workouts
AG1 - 2 Workouts
High School - 3 Workouts

Suggested Workout Format:

Warm-Up = 5-10 minutes
Mobility = 5-10 Minutes
Strength/Conditioning = 15-20 Minutes
Core = 5-10 Minutes
Warm-Down = 5-10 Minutes

Warm-Up

Warming Up for exercise should be dynamic: raising the body's temperature, increasing blood flow, and preparing muscles for the stress of a workout. Taking 5-10 minutes at the beginning of each workout to do the following exercises will dynamically warm up your body.

Jumping Jacks
[High Knees](#)
Seal Jacks
"Taylor" Burpees
Butterfly Jacks

[Walkout Push-Ups](#)
Leg Swings
4-Point Squats
Arm Circles
Knee-Hug into Forward Lunge

Phelps Swings
Backward Lunge with Twist
Prone Arm Skates
Heel-Plant and Scoop
High Kick

Mobility and Stability

Mobility and stability are the cornerstones of functional movement. The goal of mobility and stability is that the parts of the body that should be stable are stable, and the parts of the body that should move are moving correctly. Mobility is the range of uninhibited movement. Stability is the ability to maintain or control movement.

[Please watch this informational presentation regarding Mobility \(the first 30 minutes will suffice\)](#)

Taking 10-15 minutes at the beginning of each workout to do the following exercises will assist in developing mobility and stability. All of the exercises have a link to a video as a visual aid.

[Thoracic Rotations](#)
[Streamline Squats](#)
[Scapular Push-Ups](#)
[Glute-Bridge Hip Raise](#)
[Around-The-Worlds](#)

[Fire-Hydrants](#)
[Supine Internal/External Rotations](#)
[Spiderman Openers](#)
[Alternating Superman](#)
[Prone Lift-Offs](#)

Strength & Conditioning

Strength & Conditioning exercises specifically improve performance in athletic competition, help with injury prevention, and develop proper mechanics. S&C exercises will provide a strong foundation in developing the necessary skills to enjoy any chosen sport or activity.

This section is divided into Strength Exercises and Conditioning Exercises, all of which we have done at Dryland during the season. It is suggested that you alternate days of each group.

For example: Strength on Monday, Wednesday, Friday; Conditioning on Tuesday, Thursday, Saturday.

Strength Exercises:

[Push-Ups](#)
[Squats](#)
[Chair Dips](#)
[Split Squats](#)
[I-T-W-Y Circuit](#)
[Calf Raise](#)

Conditioning Exercises:

[Get-Ups w/Push-Ups](#)
[Squat Jumps](#)
[Burpees](#)
[Split Squat Jumps](#)
[Shoulder Taps](#)
[Calf Jumps](#)

Core

All workouts have been designed with the assumption that Athletes have no access to equipment. Take 5-10 minutes at the end of each workout to do the following exercises in the order presented will sufficiently work your abdominals and posterior core muscles.

[Toe Touches](#)
[Leg Raise w/Heel Pulse](#)
[Russian Twists](#)
[Dead Bug](#)
[Front Plank](#)

[Streamline Sit-Ups](#)
[Streamline Flutter-Kicks](#)
[Penguins](#)
[Mountain Climbers](#)
[Side Planks](#)

[Cross Toe Touches](#)
[Slow Bicycle Kick](#)
[Cross Crunches](#)
[Tuck-and-Reach](#)
[Front Plank w/Leg Raise](#)

Warm-Down

After each workout, it is important to begin recovering with static stretching, and USA Swimming has created one (use the link below).

[USA Swimming Post-Workout Static Stretching Routine](#)

Yoga

Yoga has been proven to increase flexibility; increase muscle strength and tone; improve respiration, energy, and vitality; maintain a balanced metabolism; promote cardio and circulatory health; improve athletic performance; and protect from injury.

[Shoulder Opener](#)

[Session 1](#)

[Session 2](#)

[Power Functional Vinyasa](#)

[Swim Specific Yoga](#)

[Jeff Grace Yoga for Swimmers](#)

Resources

If you would like to further explore Dryland training, the links below provide a variety of options.

[Fitter&Faster Webinar \(13&Over\)](#)

[Fitter&Faster Webinar \(12&Under\)](#)

[SkillsNT Dryland Playlist](#)

[The Race Club Dryland Playlist](#)

[MySwimPro Dryland Playlist](#)

[Phlex Swimming](#)

[SwimSmart](#)

[The Ready State](#)

[PSE Fundamentals](#)

[PSE Movements](#)

[StrongFit Openers and Warm-Ups](#)

[StrongFit Animals](#)

[How To Do A Pull-Up](#)