



swimming
australia

DRY LAND EXERCISES FOR SWIMMERS

When: These exercises are the perfect WARM UP to be performed before swimming training.

- Why:**
- Prepare for training physically - by increasing muscle blood flow and activating the nervous system, both of which will assist in injury prevention
 - Prepare for training mentally - by getting the swimmers to focus on training with commitment and preparing to train well
 - Part of your long term physical development

How: Each sequence has exercises of increasing difficulty. Perform 1 exercise from each sequence for a full routine. Start with 10 repetitions for each exercise, increasing in increments of 2 over time, to a maximum of 20. (For the Front and side plank start with a hold of 30 seconds increasing by 10 seconds until can hold for a minute). Only progress onto the more difficult exercises once mastering the easier levels. Most importantly, perform the exercise well and without discomfort.

Where: The aim of the program is that it is easy for coaches to implement, and is designed to be performed on pool-deck with minimal equipment.

What: The exercises included have been selected for their simplicity and safety so can be performed by all swimmers, from as young as 10. While junior swimmers may make some strength gains using this program, the focus is on skill acquisition rather than aiming for gross strength changes, which may be developed once the swimmer is more mature.

BEGINNER | INTERMEDIATE | ADVANCED



1 Skipping 5-10 mins



2 Half squats

- stand with feet shoulder width apart
- keep arms out in front, a tall back and weight on the heels
- squat down till thighs are horizontal



3 Full squats

- stand with feet shoulder width apart
- keep arms out in front, a tall back and weight on the heels
- squat down as far as you can maintaining a strong back position



4 Jump squats to streamline

- stand with feet shoulder width apart
- keep arms out in front, a tall back and weight on the heels
- squat down till thighs are horizontal and explode up, as jumping up push the arms into streamline



5 2 arm push

- affix band securely at about shoulder height
- stand with feet in split stance with opposite foot to punching arm forward
- step away to tension the band with hands at shoulder levels
- press both arms forward keeping a strong pelvis/core position



6 Single arm punch

- affix band securely at about shoulder height
- stand with feet in split stance with opposite foot to punching arm forward
- punch one arm forward to full extension then return arm to level with the body
- perform a small amount of body rotation in combination with the punch



7 Internal rotation punch

- affix band securely at about shoulder height
- stand with feet in split stance and strong pelvis/core position
- start with band on tension and arm in externally rotated position in line with the body
- initial movement is to rotate the arm inwards, to be followed by a single arm punch



8 2 arm rows

- affix band securely at about shoulder height
- step away to tension band with hands at shoulder level
- pull arms back from fully extended position to elbows at 90° keeping a strong pelvis/core position



9 Single arm rows

- affix band securely at about shoulder height
- stand with feet in split stance with opposite foot to pulling arm forward
- pull one arm back to level with the body
- perform a small amount of body rotation in combination with the row



10 Single arm rows to external rotation

- affix band securely at about shoulder height
- stand with feet in split stance and strong pelvis/core position
- start with band on tight tension only and arm fully extended
- pull with the arm to level with the body and then perform external rotation to 90°/“kick up” position



11 Front plank

- while prone on the ground have shoulders and elbows fixed to 90° with forearms on the forearm on the ground
- come up onto the toes
- hold position maintaining good shoulder blade position and a flat body, with head and neck in neutral position in line with the body



12 Side plank

- while facing to one side about the arm with elbow fixed to 90°, and have the forearm on the ground
- have one foot on top of the other
- lift the hips off the ground making the body straight, ensuring no bend at the hips, and head and neck are in neutral position in line with the body



13 Front to side

- start with hands on the ground, elbows straight, with shoulders and legs held off the body flat
- lift one hand off the ground and rotate the upper body to take the arm into an abducted position, while trying to keep the hips as flat and still as possible
- rotate down and repeat on the other side



14 Initial prone retractions

- lie prone with arms by the sides
- lift the shoulders and arms off the ground by pulling the shoulder blades back toward each other
- keep the head and neck in neutral position in line with the body



15 WYT

- lie prone with shoulder blades drawn back toward each other, and head and neck in neutral position
- abduct the arms out to 90° then draw the elbows down to make a W shape, then move the hands to above the head to make a Y shape
- lower the arms to 90° making a T shape open and repeat



16 Abduct to streamline

- lie prone with shoulder blades drawn back toward each other, arms by the side, and head and neck in neutral position
- with palms initially facing the sky and elbows straight, slowly abduct the arms keeping them just off the ground, to a stream line position, with palms facing the ground
- slowly lower the arms to the side again maintaining good scapular position



17 Dead bug

- begin in supine in an extended position with arm straight above the head and legs out straight with toes pointed
- maintain strong abdominal position without allowing the back to arch up
- raise the right arm and the left leg up toward each other
- lower down and repeat on the opposite side



18 Supine trunk rotation

- begin supine with arms 45 degrees out to the side
- bend the hip and knees up to a 90/90 position
- lower your legs to the right halfway to the floor
- rotate back to the middle and then over to the left



19 Alternate crunches

- begin supine with hands behind head, legs straight, with shoulders and legs held off the ground
- bend the left knee up while rotating the upper body to bring the right elbow toward that knee
- return to the start position
- repeat moving the opposite elbow and knee toward each other



20 Lunges

- standing tall take a step forward
- lunge forward onto the forward knee
- lower the back knee to the ground
- return to stand
- repeat on the other side



21 Lunge with streamline

- same lunge as previously
- as you step forward take the arms up into streamline



22 Lunge with rotation

- same lunge as previously
- as you step forward hands clasped together out in front rotate your upper body towards the front leg side while keeping your hips facing the front



23 Knee push-ups

- lie prone with the hands on the ground at shoulder height
- push up keeping the knees on the ground
- keep the upper body straight and strong
- lower so upper arms parallel with the ground



24 Full push-ups

- lie prone with the hands on the ground at shoulder height
- push up with weight on the toes
- keep the upper body straight and strong
- lower down so upper arms parallel with the ground



25 Push-ups one leg

- lie prone with the hands on the ground at shoulder height
- push up with weight on the toes of only one leg
- keep the upper body straight and strong
- lower down so upper arms parallel with the ground
- return to press and swap legs



26 Supermans

- begin prone with arms extended above the head, head in neutral and legs out straight with pointed toes
- raise the arms and legs only slightly off the ground, pressing up into streamline with the arms and shoulders, and making the spine as long as possible
- hold for 2-4 seconds
- do not over extend the lower back



27 Alternate supermans

- begin prone with arms extended above the head, head in neutral and legs out straight with pointed toes
- raise the arms and legs only slightly off the ground, pressing up into streamline with the arms and shoulders, and making the spine as long as possible
- perform small movements up and down with opposing arm and leg while maintaining good body position



28 Bird dog

- begin in 4-point kneeling, with hands under shoulders and knees under hips, while maintaining a neutral head and lower back position, good scapular position, and keeping the abdominals activated
- raise the right arm up to horizontal and straightens the left leg out
- do not over extend the lower back
- lower the arm and leg, and repeat on the opposite side



29 Cobra to child

- begin lying prone with arms in the press up position
- gently lift head and progressively push up into an extended position being careful not to just pivot in the low back
- move backwards back onto heels, keep hands forward and drop chest between shoulders
- return to prone



30 Cow to cat

- begin in 4-point kneeling, with hands under shoulders and knees under hips
- round the spine up toward the ceiling, dropping the head, and drawing the abdominals toward the spine
- then lower down to arch the spine, lifting the chest and looking forward



31 Downward dog to upward dog

- begin in 4-point kneeling with hands forward
- lift knees up, try to straighten legs and drop heels to the floor
- keep the back in a strong position and push the chest towards the feet
- let the hips drop to the ground
- press the shoulders up to the back goes into even extension
- return to 4-point kneel