



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

A Swim Specific Strength Training Sequence

Warm-up:

- 5min ez run
- “hang” 3 x 30sec.
- swim-stretches

Core/Balance:

- static front bridge (2 x 30sec working up to 2 then 3 x 90sec)
- static side left-bridge (2 x 30sec working up to 2 then 3 x 90sec)
- static side right-bridge (2 x 30sec working up to 2 then 3 x 90sec)
- elevated sit-up (for kick-specific hip-flexion strength, 1 x 20reps.....working to 2 then 3 sets)
- single legged dumbbell dead-lifts (for lumbar strength/balance, 1 x 20reps.....working to 2 then 3 sets)
- Russian twist (feet elevated w/ medicine ball.....1 x 20 reps.....working to 2 then 3 sets)
- Rotation-throws (w/ medicine ball to wall OR w/ cable-pull.....1 x 30 reps.....working to 2 then 3 sets)

Propulsive strength:

- Dumbbell-pullovers.....single-foot up (1 x 15reps..... working up to 2 then 3 x 15reps)
- Wide-grip push-ups w/ feet elevated on ball (1 x 15reps..... working up to 2 then 3 x 15reps)
- Dumbbell-shoulder-press...leaving the weight high (1 x 15reps..... working up to 2 then 3 x 15reps)
- Cable-cross pulls (1 x 15reps..... working up to 2 then 3 x 15reps) {Can be done w/ tubing.}
- Cable-cross Lifts (1 x 15reps..... working up to 2 then 3 x 15reps) {Can be done w/ tubing.}
- underhanded Lat pulls (1 x 15reps..... working up to 2 then 3 x 15reps)
- “Swimmer” tricep press (1 x 15reps..... working up to 2 then 3 x 15reps) {Can be done w/ tubing.}
- Bar Dip (1 x 15reps..... working up to 2 then 3 x 15reps)
- Bench Dip (1 x 15reps..... working up to 2 then 3 x 15reps)

Off-the-Blocks Plyometrics:

- Scissor-jumps (1 x 6reps..... working up to 2 then 3 x 6reps)

Cool-down:

- 5min ez bike-spin
- “hang” 3 x 30sec.
- swim-stretches

Sample dry-land training week:

mon	tues	wed	thur	fri	sat	sun
S3TS-lift	Run 10min-20min (w/ 5-10min @ tempo)	S3TS-lift	Run 15min-30min (w/ 10-20min @ 60-seconds ‘on’, 20-30-45-60)	S3TS-lift	Endurance Run 20-40minutes @ aerobic pace	off