

## **Dryland training program**

Here in this program, there are examples of exercises you can do to strengthen the main muscles (and muscle groups) you use for swimming: core, arms and legs. Before you start exercises, always warm up with mobilization and stretches, when you finish stretch again to help prevent future injuries.

### **Warm up**

mobilize arms: forward and reverse circles/arm swings

mobilize legs: leg lift circles/leg swings

mobilize core: hip rotation

### **Main exercises**

arms: push ups/pull ups/triceps' dips

legs: burpees/lunges/squats/skipping

core: sit ups/crunches/plank/Russian twist/superman/leg lifts

### **Stretches**

stretch areas that you have been working on for minimal 30 sec each

Workouts should be an average 15 to 20 min (3 x a week) + stretching. Try to exercise at same time of day to set as a routine for your body.

Your exercise should be set up something like this:

warm up for 3 to 5 min

main exercises for 10 to 15 min

stretch for 3 to 5 min

Music is a big motivator when exercising.

Make a plan of what you are going to do. When setting a plan for the main set you should think about rest and working in sets for example push ups – 3 x 10 reps (15 s rest). Don't overdo it when getting started and gradually increase number of reps or amount of weight (if using weights), if needed, every 3 to 4 weeks. If you are unsure of how to do an exercise, or want to add a different one, then either use trusted sources on the internet or ask one of the coaches and we will be happy to help.