

Dryland Workouts for Swimmers

“Although we can’t swim laps, we can use these at home workouts that encompass strength and conditioning exercises to increase power, mobility, and flexibility. The ultimate goal is to become more explosive in the water, increase speed and stroke rate, and improve distance per stroke when we do get back in the water!”

Benefits of dryland workouts:

- Prevent injury
- Increase stroke rate
- Improves distance per stroke

#1 Beginning Dryland Workout (5x Rounds)

- 10x Squats
- 10x Leg Lift
- 10x each side - Basic Swimmer
 - Lie face down with arms extended overhead, palms on the floor, and legs extended behind you. Raise left arm and right leg. Return to starting position, then raise right arm and left leg. Alternating sides
- 10x Hip thrust – bridge (core)

Perform this routine 5x with *30-60s rest* between each round. This workout routine is best for swimmers looking to elevate their swim training and activate their entire body.

#2 Intermediate Dryland Workout (5x Rounds)

- 10x Burpees
- 10x Alternating Jump Lunge
- 10x Russian Twists
- 10x each side - Kneeling like a Swimmer (aka Bird Dog)
 - Get in plank position. Raise left arm to shoulder height in front of you as you raise leg to hip height behind you. Return to starting position. Repeat with opposite arm and leg.

Perform this routine 5x with *30-60s rest* between each round. This workout routine is best for swimmers looking to elevate their swim training and activate their entire body.

#3 Fitness Dryland Workout (5x Rounds)

- Pushups: Regular, Wide, Diamond, Weighted, Clapper
- 10x Donkey Kicks

- 10x Sit To Stand Jumps
- 10x each side - Plank Swimmer
 - Get in plank position. Raise left arm to shoulder height in front of you as you raise right leg to hip height behind you. Return to starting position. Repeat with opposite arm and leg.

Perform this routine 5x with *30-60s rest* between each round. This dryland routine will be very taxing on your body in a short period of time so if you're just getting started, it's best to start with less repetitions or complete only 2-3 rounds rather than 5 rounds.

Swimmer Core Exercises

"A strong core can help with balance, power, and stability in a variety of exercises, including exercises for swimmers. Improving core strength can help swimmers improve their flip turn, their underwater dolphin kicks, and even help them get started with more power. Try these core exercises to enhance your workout plan for swimmers on your team, or use them yourself."

#4 Core Workout

Warmup: 10-15 minute jog/run

The main set: 3-5 rounds for each of the following:

:30 seconds rest between each round

- 15x - Russian Twists
- 15x each leg - Flutter Kicks
- 30-second Plank
- 15x each leg - Donkey Kicks

#5 Core Workout

Warmup: 10-15 minute jog/run

The main set: 3-5 rounds of the 30x reps for each of the following:

:30 seconds rest between each round

- 20x - Lemon squeezes
 - Great for imitating flip turn push
- 20x - Superman
- 15x each side - Oblique crunches
- 20x - Hip thrust -bridges

Streamline Exercises

Streamline is a full-body exercise. When we work our streamlines in this workout, don't just think arms – think fingers-to-toes. In an elite streamline, arms are squeezing the head tight, the head is in line with the shoulders, shoulders in line with the hips, core tight, glutes tight, legs together, feet together, and toes pointed.

#6 Streamline Workout

Warmup: 3x -10 jumping jacks and 3 pushups, no rest between

The main set: 3-5 rounds of the following, which will work your full-body streamline from top to bottom.

:30 seconds rest between each round

- 20-second standing streamline hold
 - squeeze your ears with your arms, hand over hand, tighten your core, point your toes, and keep your whole body in line
- 15x leg raises
 - Lie on your back, arms in a streamline squeezing your head. Keeping your legs as straight as possible, raise them up off the ground to a 90-degree angle, then back down to about six inches off the ground
- 15x streamline squat jumps
 - Squat engaging core and glutes, jump with streamline arms squeezing head with arms
- 30 -seconds streamline flutter kick
 - On your back, arms in streamline above your head but on the ground. Lift your feet and flutter kick fast for 30 seconds

#7 Streamline Workout

Warmup: three rounds of 20 seconds burpees and 10 sit-ups, no rest between

The main set: 3-5 rounds of the following, which will work your full-body streamline from top to bottom.

:30 seconds rest between each round

- 30-second standing streamline hold
 - squeeze your ears with your arms, hand over hand, tighten your core, point your toes, and keep your whole body in line

- 30x streamline Superman
 - Roll over to your stomach. In a streamline position, lift your head, hands, and feet up an inch or two off the ground twenty times
- 15x pushups
 - Keep your core and glutes tight – maintain the streamline of your core
- 30 -second streamline dolphin kick
 - On your back, arms in streamline above your head but on the ground. Keeping your feet together for a small, fast, dolphin kick instead of flutter)

#8 Streamline Workout

Warmup: 3 x -30 seconds jump rope and 5 squats, no rest between

The main set: 3-5 rounds of the following, which will work your full-body streamline from top to bottom.

- 30-second standing streamline hold
 - squeeze your ears with your arms, hand over hand, tighten your core, point your toes, and keep your whole body in line
- 30-second Russian Twists
- 15x Back Streamline Toe-Touches
 - Lie on your back, arms in a streamline squeezing your head. Legs 90 degrees in the air, perpendicular to torso and arms. Keeping arms straight as possible, roll up slowly and engaging the core to touch your toes in the air above. Roll back and engage your core down to home streamline position
- 30-second Planks

Other great dryland workouts for swimmers:

- Burpees
- Jump Lunges
- Planks
- Donkey Kicks
- Leg Lifts
- Pushups
- Pull-ups
- Squats
- Jump Rope
- Medicine Ball
- Flutter Kicks
- Sit-ups

- Plank progression
- Sit to stand jumps