



Dryland Training - 5-18 years
old

Palo Alto Stanford Aquatics

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Choosing your Dryland

- Identify your dryland needs - 4 Step Plan
- Acknowledge your strengths and weaknesses
- Define your time parameters



Identify Needs

Every team needs
Athletes

Step 1 @ 5-8 years

Swimmers need to be coordinated athletes
with body awareness and control

encourage multi sport play -swim 3x/week

Dryland 3x/week (10-20min)



Identify Needs - Step 1 - 5-8 year old Athletes

- Create necessary motor coordination - Play, Play, Play
Running, Jumping, Crawling, Tumbling (Gymnastics)

Level 1 - Forward Roll

Standing

Legs Crossed

Roll to Stand

Roll Leap turn Repeat

Level 2 - Shoulder/Dive Roll

Rolling Alternate Shoulders

Walk into roll

Run into roll

Dive over object

Run jump roll



Additional Gymnastic Movements

Side Rolls, Leap Frog, Wheel

Barrows, Head Stands,

Cartwheels, Round off,

Handstands, Walking

Handstands

Every team needs Athletes

Step 2 @ 8-10 years

Swimmers need to be coordinated athletes
with body awareness and control

encourage multi sport play - swim 3-4x/week

Best athletes we get 'later' in our sport come
from BMX, Skateboarding, Gymnastics,
Ballet

Dryland 4x/week (15-30min)

General Physical Preparedness (GPP)



Identify Needs - Step 2 - 8-10 year old Athletes



At this stage we are continuing the development of body awareness and now we are starting to build general fitness and body strength. GPP!

Body weight - no equipment needed

Plank - work to holding proper position for up to a minute

Push-up - can progress - wall/box/knees/plank

Pull-up - can progress - row/invert/jump/kip/strict

Jump Rope - singles/double under/backwards/running

Run - no shoes... promote proper form



Kettle-bell - Teaching movements keep KB light

Goblet Squat, Sumo Squat, Swing, Farmers Walk,

Bottom up walk, Waiters walk, 'Batwing' row, One arm bench



Every team needs Athletes

Step 3 @ 10-14 years

Swimmers need to be coordinated athletes
with body awareness and control

Prepare Movements for Senior Training

Lots of GPP!

Dryland 4-5x/week (20-40min)

Identify Needs - Step 3 - 10-14 year old Athletes

What is General Physical Preparedness?

GPP's focus is on eliminating weaknesses from athletes and creating people are more prepared to go after their Sport Specific Training (SST) goal. GPP is there to build overall general conditioning and minimize weaknesses.

Athlete goal is to increase physical capabilities in EVERY area



Identify Needs - Step 3 - 10-14 year old Athletes - Junior Group

Teach Lifts - Zero or Very Light
Deadlift
Clean
Press
Front Squat



Dryland Schedule
Monday - GPP
Tuesday - Yoga
Wednesday - Game/Off
Thursday - GPP
Friday - Game/GPP

Every team needs Athletes

Step 4 @ 14-18 years

Swimmers need to be coordinated athletes
with body awareness and control

Less GPP, Develop to Sport Specific Needs

Dryland 5x/week (60min)

Dryland should COMPLEMENT swimming,
not keep you from swimming



Identify Needs - Step 4 - 14-18 year old Senior Swimming Athletes



Senior Group Dryland

Monday - GPP @ specific time domain

Tuesday - Pilates (Core/Balance/Strength)

Wednesday - GPP @ specific time domain

Thursday - Game Day

Friday - Yoga

Saturday - Dryland off

Senior Group Weight Supplement

3x/Week of additional - HS Sr/Jr swimmers as needed

- Keep movements simple

Identify Needs - Step 4 - 14-18 year old Senior Swimming Athletes

GPP examples Long 12-25min

- 5 rounds for time of...
- 5 HSPU
- 5 Thrusters
- 5 knees to elbows
- 5 burpees
- 5 DBS
- 5 pull ups
- 5 Physio Ball Passover

- 'Fight Gone Bad'
- 3 x (5 min rounds, 1min rest)
- 1min of each exercise
- Wall Ball
- Row (for Calories)
- Push Press
- Box Jumps
- Sumo Deadlift



GPP examples Short 5-12min

- 5 Rounds
- 10 Walking lunges (25-60 lbs)
- 3 Max Distance Broad Jumps
- 40m sprint (20 out touch/20 back)
- 90 Sec Rest

- Max Rounds in 11min
- (2min work 1min rest)
- 5 pull ups
- 5 push ups
- 10 squats

- 'Fran' 21-15-9
- Thrusters/Pull ups

Identify Needs - Step 4 - 14-18 year old Senior Swimming Athletes



Yoga

Stretches and Strengthens muscles
Muscle length will allow for more growth and recovery.
Works Strength, Connection, and Balance



Pilates

Strengthens and Lengthens muscles
Ideal for connection - center to extremities
Works Strength, Connection, Coordination, Balance

Identify Needs - Step 4 - 14-18 year old Senior Swimming Athletes

Game Day

One of the most important days of the week!

Games should incorporate athleticism, fun, and lots of activity

Games of Choice

Sofa

Round Ball

Capture the Flag

Tag (various)



Identify Needs - Step 4 - 14-18 year old Senior Swimmers Athletes

Supplemental Weights

All movements are learned in regular dryland and must be done correctly BEFORE SW

Warm up

15min - row/jog/jump, mobility
Work in 2 sets of lighter weight movement
Full recovery between sets

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oct 8	Squat 3x5 +5lbs Bench 3x5 +5		Squat 3x5 +5 Press 3x5 +5	PWR CL 5x3 PR Strict Pull Up - 3xMax Rep r1min			
Oct 15	Squat 3x5 +5lbs Bench 3x5 +5		Squat 3x5 +5 Press 3x5 +5	Deadlift 5RM +10lbs			
Oct 22		Squat 3x5 +5lbs Bench 3x5 +5		Squat 3x5 +5 Press 3x5 +5	PWR CL 5x3 PR Strict Pull Up - 3xMax Rep r3min		Squat 3x5 +5lbs Bench 3x5 +5
Oct 29		Squat 3x5 +5 Press 3x5 +2.5	Deadlift 5RM +10lbs		Squat 3x5 +5lbs Bench 3x5 +5		
Nov 5		Squat 3x5 +5 Press 3x5 +2.5	PWR CL 5x3 PR Strict Pull Up - 3xMax Rep r2min		squat 3x5 +5lbs Bench 3x5 +5		

Acknowledge your strengths and weaknesses



Most Professionals will welcome the exposure

In Case of Weakness

- Take seminars or get certified if you can. AXIS, Crossfit (Football, Kids), Starting Strength, etc.
- Find local professionals that can help. We use Pilates, Yoga, and other Training Professionals
- Do the movements and, at LEAST, a little of the training yourself (you can still do this).

Define Your Time Parameters

- 5-8 Years Old 10-20min, 3x/week
- 8-10 Years Old 15-30min, 3x/week
- 10-14 Years Old 20-40min, 4x/week
- 14-18 Years Old 60min+, 5x/week



There is an idea of adding dryland work to pool work
During Warm up to add connectivity
Proprioception
Connecting Mind and Body for Swim tasks

If you don't have time in the pool Dryland is a great supplement

If you do have time in the pool. Focus on skill building



Dryland - Palo Alto Stanford Aquatics
Questions?