

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

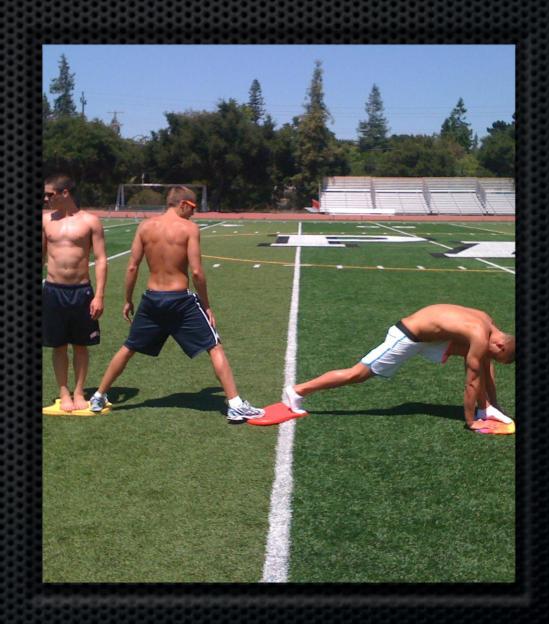
Step 4 @ 14-18 years

Swimmers need to be coordinated athletes with body awareness and control

Less GPP, Develop to Sport Specific Needs

Dryland 5x/week (60min)

Dryland should COMPLIMENT swimming, not keep you from swimming





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

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





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



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)

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

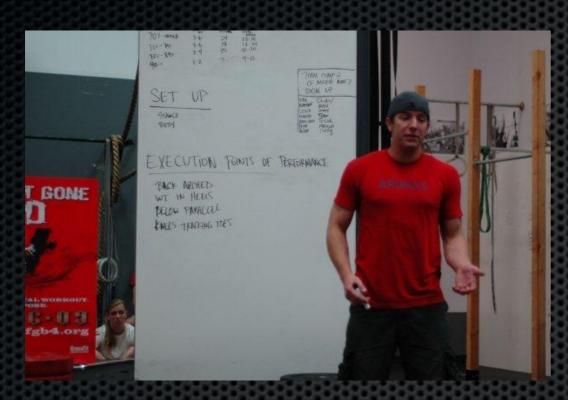
Warm up

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?