

RULES:

ALWAYS exercise with a buddy

Have your buddy help spot so that your form stays correct during the exercise

NEVER play around

NEVER lift weight that is too heavy. If you cannot easily do 15 reps with a weight, than it's too heavy to start with

Most free weight exercises have compliment Nautilus exercise that can be used instead of free weights

Upper Body

Chest

Incline chest press -because in freestyle the upper chest and shoulders are important which this exercises utilizes. The lower chest and middle chest do not get used in freestyle like the upper chest.

<http://www.bodybuilding.com/exercises/main/popup/name/barbell-incline-bench-press-medium-grip>

Back

Back muscles are the most important to help prevent shoulders from "hunching" forward

Lat pull downs with a wide grip

<http://www.bodybuilding.com/exercises/main/popup/name/wide-grip-lat-pulldown>

Seated row with a narrow grip

<http://www.bodybuilding.com/exercises/main/popup/name/seated-cable-rows>

Standing pull downs -This one is the best exercise for swimming since it is similar to the actual stroke.

<http://www.bodybuilding.com/exercises/main/popup/name/straight-arm-pulldown>

Triceps

Standing triceps exercise with a curved bar or rope.

<http://www.bodybuilding.com/exercises/detail/view/name/cable-rope-overhead-triceps-extension>

Another method is to stand with your elbows at your side and your arms at a 90 degree bend (out in front of you). Using a rope or curved bar allow your hands to come up to your shoulders then push back down to 90 degrees

Biceps

Seated independent free weight curls.

<http://www.bodybuilding.com/exercises/main/popup/name/seated-dumbbell-curl>

Shoulders

Standing shoulder extensions -You get plenty of work on the shoulder in the pool so be careful about how much weight you do on this exercise. The most common swimming injury is the shoulder. This can be done with just a barbell and no weight.

<http://www.bodybuilding.com/exercises/main/popup/name/standing-front-barbell-raise-over-head>

Lower Body

Quads

Seated quad extensions.

<http://www.bodybuilding.com/exercises/main/popup/name/leg-extensions>

Hamstrings

Hamstring machine on your stomach that is slightly curved in the middle.

<http://www.bodybuilding.com/exercises/main/popup/name/lying-leg-curls>

Calves

Seated independent calf machine to ensure you work each side equally.

<http://www.bodybuilding.com/exercises/main/popup/name/seated-calf-raise>

Another option is standing up straight on a flat ground with light weights in your hand. Lift both heels of the ground and hold. Return to starting position

The Leg Press

Seated leg press -the one that is probably the most beneficial for swimming is a instead of a laying down machine. When you push off the wall after a flip turn you are in a seated position so by trying to mimic that in the weight room is the best way to increase your power off the wall.

<http://www.bodybuilding.com/exercises/main/popup/name/leg-press>

Step Ups

One legged step ups on a plyometric box that is tall enough to bring your leg to a 90-degree angle. This should be done without weights initially

<http://www.bodybuilding.com/exercises/main/popup/name/barbell-step-ups>

Early Season-Endurance Lifting, Mon-Wed-Fri

First off you need to find two exercises that are close by each other because you are going to superset back and forth between each one.

For example you would start off with bicep curls, then go to tricep extensions, and repeat that set of each exercise 2 more times. There would be no more than 15 seconds rest between each set. Only the time it takes to finish one and walk over to the other is your rest.

You do the same thing for every exercise making sure you pair up with a different muscle group. For example you wouldn't want to do lat pull downs and seated rows together.

You would start the first week at 12 reps, second week 15 reps, third week 20 reps and fourth week doing 25 reps. The goal is to be able to keep the same weight throughout the whole month as the reps increase. You should be fatigued almost at failure by the last set of each exercise.

Superset Exercises Grouped Together With Only 15 Seconds Between Sets Goal Is To Keep Weight The Same As Reps Increase

Exercise	Week 1	Week 2	Week 3	Week 4
Incline Hammer Strength Chest Press	3x12	3x15	3x20	3x25
Standing Pull Downs	3x12	3x15	3x20	3x25
Narrow Grip Seated Row	3x12	3x15	3x20	3x25
Seated Shoulder Raises	3x12	3x15	3x20	3x25
One Arm Standing Tricep Press	3x12	3x15	3x20	3x25
Seated One Arm Curls	3x12	3x15	3x20	3x25
Wide Grip Lat Pull Downs	3x12	3x15	3x20	3x25
Step Ups	3x12	3x15	3x20	3x25
Seated Quad Extensions	3x12	3x15	3x20	3x25
Hamstring Curls	3x12	3x15	3x20	3x25
Seated Independent Calf Press	3x12	3x15	3x20	3x25
Seated Leg Press	3x12	3x15	3x20	3x25

Middle Season-Power Lifting, Mon-Wed-Fri

The second and fourth month should consist of heavier lifting to gain strength and power. During this stage of training you want to superset as well but take a little more rest in between sets. Anywhere from 45 seconds to 1 minute is a good amount of time to rest.

The reps for the first week should be 3 sets of 12. The second week should consist of 12, 10, 8. The third and fourth week should consist of 10, 8, 6. Obviously with the number of reps decreasing the amount of weight should increase. Each set should be hard to finish and the last set should be or come close to failure

Superset Exercises Grouped Together With About 45 Seconds Between Sets Increase Weights As Reps Decrease

Exercise	Week 1	Week 2	Week 3	Week 4
Incline Hammer Strength Chest Press	3x12	12,10,8	10,8,6	10,8,6
Standing Pull Downs	3x12	12,10,8	10,8,6	10,8,6
Narrow Grip Seated Row	3x12	12,10,8	10,8,6	10,8,6
Seated Shoulder Raises	3x12	12,10,8	10,8,6	10,8,6
One Arm Standing Tricep Press	3x12	12,10,8	10,8,6	10,8,6
Seated One Arm Curls	3x12	12,10,8	10,8,6	10,8,6
Wide Grip Lat Pull Downs	3x12	12,10,8	10,8,6	10,8,6
Step Ups	3x12	12,10,8	10,8,6	10,8,6
Seated Quad Extensions	3x12	12,10,8	10,8,6	10,8,6
Hamstring Curls	3x12	12,10,8	10,8,6	10,8,6
Seated Independent Calf Press	3x12	12,10,8	10,8,6	10,8,6
Seated Leg Press	3x12	12,10,8	10,8,6	10,8,6

Speed Lifting, Mon-Wed-Fri

This cycle involves supersets as well with only about 30 seconds rest between lifts. The goal each week is to increase the weight and still be able to get the same amount of reps in the same amount of time.

During each exercise as you feel the lactic acid set in you need to be able to push yourself with losing speed. If you can keep the speed in the weights you will be able to learn to keep the speed and tempo in the end of your race. In the 100 it can be won or lost in the last 10 meters.

Superset Exercises Grouped Together Increasing Rest Each Week.

Week 1-30 Seconds Rest

Weeks 2 And 3 are 1 minute Rest

Week 4 is 2 Minutes Rest. Goal Is To Keep Speed At 1 Rep Per Second

Exercise	Week 1	Week 2	Week 3	Week 4
Incline Hammer Strength Chest Press	3x21	3x10	2x10	10
Standing Pull Downs	3x21	3x10	2x10	10
Narrow Grip Seated Row	3x21	3x10	2x10	10
Seated Shoulder Raises	3x21	3x10	2x10	10
One Arm Standing Tricep Press	3x21	3x10	2x10	10
Seated One Arm Curls	3x21	3x10	2x10	10
Wide Grip Lat Pull Downs	3x21	3x10	2x10	10
Step Ups	3x21	3x10	2x10	10
Seated Quad Extensions	3x21	3x10	2x10	10
Hamstring Curls	3x21	3x10	2x10	10
Seated Independent Calf Press	3x21	3x10	2x10	10
Seated Leg Press	3x21	3x10	2x10	10

Middle Season-Power Lifting, Mon-Wed-Fri

The second and fourth month should consist of heavier lifting to gain strength and power. During this stage of training you want to superset as well but take a little more rest in between sets. Anywhere from 45 seconds to 1 minute is a good amount of time to rest.

The reps for the first week should be 3 sets of 12. The second week should consist of 12, 10, 8. The third and fourth week should consist of 10, 8, 6. Obviously with the number of reps decreasing the amount of weight should increase. Each set should be hard to finish and the last set should be or come close to failure

Superset Exercises Grouped Together With About 45 Seconds Between Sets Increase Weights As Reps Decrease

Exercise	Week 1	Week 2	Week 3	Week 4
Incline Hammer Strength Chest Press	3x12	12,10,8	10,8,6	10,8,6
Standing Pull Downs	3x12	12,10,8	10,8,6	10,8,6
Narrow Grip Seated Row	3x12	12,10,8	10,8,6	10,8,6
Seated Shoulder Raises	3x12	12,10,8	10,8,6	10,8,6
One Arm Standing Tricep Press	3x12	12,10,8	10,8,6	10,8,6
Seated One Arm Curls	3x12	12,10,8	10,8,6	10,8,6
Wide Grip Lat Pull Downs	3x12	12,10,8	10,8,6	10,8,6
Step Ups	3x12	12,10,8	10,8,6	10,8,6
Seated Quad Extensions	3x12	12,10,8	10,8,6	10,8,6
Hamstring Curls	3x12	12,10,8	10,8,6	10,8,6
Seated Independent Calf Press	3x12	12,10,8	10,8,6	10,8,6
Seated Leg Press	3x12	12,10,8	10,8,6	10,8,6

Tapering Off, Mon-Wed-Fri

To finish off it is necessary to learn how to taper in the weight room.

The last month of the cycle should be similar to month number 3 but less reps. Start off the first week exactly the same as month 3. Then the second week you cut the number of reps to 10 in 10 seconds with 1-minute rest between sets.

Week 3 should be the same, 10 reps but only 2 sets instead of 3. Week 4 should consist of only 2 lifting days with at least 3 days between, and the same reps but only 1 set of everything with as much rest as necessary for maximum speed. Then you take one week off completely and you are ready to swim faster than ever.

Superset Exercises Grouped Together Increasing Rest Each Week.

Week 1-30 Seconds Rest

Week 2 -10 reps at 1 rep per second. 1 min rest in between sets

Week 3 -10 reps at 1 rep per second. 1 min rest in between sets. Only 2 sets

Week 4 -10 reps at 1 rep per second. 1 min rest in between sets. Only 1 set

Exercise	Week 1	Week 2	Week 3	Week 4
Incline Hammer Strength Chest Press	3x21	3x10	2x10	10
Standing Pull Downs	3x21	3x10	2x10	10
Narrow Grip Seated Row	3x21	3x10	2x10	10
Seated Shoulder Raises	3x21	3x10	2x10	10
One Arm Standing Tricep Press	3x21	3x10	2x10	10
Seated One Arm Curls	3x21	3x10	2x10	10
Wide Grip Lat Pull Downs	3x21	3x10	2x10	10
Step Ups	3x21	3x10	2x10	10
Seated Quad Extensions	3x21	3x10	2x10	10
Hamstring Curls	3x21	3x10	2x10	10
Seated Independent Calf Press	3x21	3x10	2x10	10
Seated Leg Press	3x21	3x10	2x10	10