



the  
**Dryland  
Training**

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# Coaching Background

- High School Swimming Coach – 26 years.
- Health, Physical Education Teacher – 22 years, retired.
- Peak Performance Business/Director – 18 years.
- Track Coach, Shotput and Discus – 14 years.
- YMCA Swimming Coach – 16 years, 11 as Head Coach, Director of Competitive Swimming
- RKC Kettlebell Instructor (Certified)

# Dryland Training: Components Needed In Every Program

- Basic Movement Patterns- Pull, Push, Squat, Lunge, Hinge-Hip, Rotation, Gait.
- Pull – Weight toward body or body toward hands- pull-ups, rows, etc.
- Push – Weight away from body or body away from object- push-ups, shoulder press, etc.
- Squat – Most complex movement- do correctly! Eyes on target, horizon. Chest up.
- Lunge – Unsafe is done incorrectly. Chest up, eyes on target – step ups, Bulgarian split squats, etc.

# Components Needed Cont.

- Hinge – Hip with neutral spine! Deadlifts, builds posterior chain (hamstring, glutes, back)
- Rotation – Unique plane, twisting from core. Essential to swimming! Twists, wood chops, etc.
- Gait – Technique of walking and running. Combines lunging, rotating and pulling. Teach swimmers how to run correctly! Jumping included in this movement.

# What do you want to improve? Look at your team, what do they need the most?

## General Guidelines

- 15+ Repetitions = Muscular Endurance
- 12 – 15 Repetitions = Endurance and Muscle Building (Hypertrophy)
- 6 – 12 Repetitions = Muscle Building and Strength
- 1 – 6 Repetitions = Strength Building

# How to Change Workouts to Progress and Avoid Boredom

- Change the number of repetitions and sets.
- Change your base of support – stand on one leg, exercise in sand, change levels with a step.
- Change the tempo – 3 elements – Eccentric (muscle lengthens), Concentric (muscle shortens), Isometric (combination of both). Changing the tempo of any part will add difficulty.
- Combining movement patterns/progressions- Example: Push-up to burpee to a star-jack.
- Changing the rest periods- constant, decrease, increase.
- Exercise combinations- similar to progressions but change set patterns.

# What Do Swimmers Need?

- Core and rotational strength and stability- no power transfer if core is weak (22 muscles)
- Powerful quads and hamstrings
- Balanced strength and connection between Deltoids (shoulders), Tricep/Bicep and Pecs (chest). Big reason for shoulder damage. 30 years- no shoulder damage.
- Powerful Lats (back).
- Unique cardio and strength combinations. 1 fails, system fails.

# So... What do we do (DCY Swim)

- Dryland Training on deck 2 times per week, 30 minutes, 3 minutes per station.
- Stations Include:
  - Push-up Station
  - Core Station
  - Med Ball Vertical Kick in H2O
  - Stretch Bands Station
  - Running in H2O
  - Squat Station
  - Pull-up Station
  - Swiss Ball Station
  - Shoulder Complex with light weight



# What We Do Cont.

- Modified for all levels by weight allowed and specific movements.
- Test sets: Army Combat Push-up Test (record: 61, 8 year-old girl), 3-Minute Squat Test on cadence, Pull-up or Arm Hang Test, 1:00 V-sit Test.
- Older swimmers: Weight lifting 2 times per week, modified BFS system training.
- Summer: Sprint Training, 10 x 10, 10 x 20, 10 x 30, 10 x 40 yard dash with rest interval changing.
- Peak Performance Training.

# Family Fitness Plan, Oddities

- Get parents involved! Great for swimmers to teach parents how to do movements correctly, sells your program.
- 50 PUSH-UPS, any combination, sets, etc.
- 50 SQUATS, any combinations.
- 50 CORE MOVEMENTS, any combinations.
- Machine Mike, Recon Ron Pull-up Programs. I can send to you- email me.
- Stretching – 40 second hold or probably damaging.
- Protein/Carb mix within 30 minutes after practice, improves muscle recovery up to 80%!!!