**SPRING/SUMMER TRAINING OPPORTUNITIES MAY - JUNE 2019**

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| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 27  NO SCHOOL  Memorial Day | 28  **PHS POOL**  **2:00-4:30PM** | 29  Cardio/Dryland on your own | 30  **PHS POOL**  **2:00-4:30PM** | 31  Cardio/Dryland on your own | 1  Cardio/Dryland on your own |
| 3  Cardio/Dryland on your own | 4  **PHS POOL**  **2:00-4:30PM** | 5  Cardio/Dryland on your own | 6  **PHS POOL**  **2:00-4:30PM** | 7  Cardio/Dryland on your own | 8  Cardio/Dryland on your own |
| 10  Cardio/Dryland on your own | 11  **PHS POOL**  **2:00-4:30PM** | 12  Cardio/Dryland on your own | 13  **PHS POOL**  **2:00-4:30PM** | 14  Cardio/Dryland on your own | 15  Cardio/Dryland on your own |
| 17  Cardio/Dryland on your own | 18  **PHS POOL**  **2:00-4:30PM** | 19  Cardio/Dryland on your own | 20  **PHS POOL**  **2:00-4:30PM** | 21  NO PRACTICE  LAST DAY OF SCHOOL | 22  Cardio/Dryland on your own |
| 24  WEIGHTS/YOGA  PHS 9-11AM  (SEE BELOW) Cardio/Dryland on your own | 25  **PHS POOL**  **9-11AM** | 26  WEIGHTS/YOGA  PHS 9-11AM Cardio/Dryland on your own | 27  **PHS POOL**  **9-11AM** | 28  WEIGHTS/YOGA  PHS 9-11AM Cardio/Dryland on your own | 29  Cardio/Dryland on your own |

**ALL SWIM PRACTICES ARE OPEN TO BOYS AND GIRLS HS SWIMMERS --ALL PRACTICES AT PHS POOL**

\*STARTING JUNE 24TH, PHS WILL BE OFFERING WEIGHTS AND YOGA EVERY MONDAY, WEDNESDAY, AND FRIDAY UNTIL AUGUST 2nd FROM 9-11AM.

COST IS $30 AND IT IS SUPERVISED BY THE SCHOOL STRENGTH/CONDITIONING COACH. **(SWIM PRACTICES ARE FREE!!!)**

SIGN UP FOR THIS PROGRAM IS THROUGH [www.familyid.com](http://www.familyid.com). I HIGHLY ENCOURAGE ALL SWIMMERS TO TAKE ADVANTAGE OF ALL OF THESE OPPORTUNITIES TO GET IN SHAPE BEFORE THE **GIRLS SEASON STARTS ON AUGUST 19TH**. ALL SUMMER SWIM PRACTICES WILL BE ATTENDED BY AT LEAST ONE COACH.

**JULY 2019**

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| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 1  WEIGHTS/YOGA  PHS 9-11AM Cardio/Dryland on your own | 2  **PHS POOL**  **9-11AM** | 3  WEIGHTS/YOGA  PHS 9-11AM  Cardio/Dryland on your own | 4  Happy Birthday USA!  No Practice | 5  WEIGHTS/YOGA  PHS 9-11AM Cardio/Dryland on your own | 6  Cardio/Dryland on your own |
| 8  WEIGHTS/YOGA  PHS 9-11AM Cardio/Dryland on your own | 9  **PHS POOL**  **9-11AM** | 10  WEIGHTS/YOGA  PHS 9-11AM Cardio/Dryland on your own | 11  **PHS POOL**  **9-11AM** | 12  WEIGHTS/YOGA  PHS 9-11AM Cardio/Dryland on your own | 13  Cardio/Dryland on your own |
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| 29  WEIGHTS/YOGA  PHS 9-11AM Cardio/Dryland on your own | 30  **PHS POOL**  **9-11AM** | 31  WEIGHTS/YOGA  PHS 9-11AM Cardio/Dryland on your own | **AUGUST** 1  **PHS POOL**  **9-11AM** | 2  WEIGHTS/YOGA  PHS 9-11AM  **(end of weights program**) | 3  Cardio/Dryland on your own |

**AUGUST 2019**

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| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 5  Cardio/Dryland on your own | 6  **PHS POOL**  **9-11AM** | 7  Cardio/Dryland on your own | 8  **PHS POOL**  **9-11AM** | 9  Cardio/Dryland on your own | 10  Cardio/Dryland on your own |
| 12  Cardio/Dryland on your own | 13  **PHS POOL**  **9-11AM** | 14  Cardio/Dryland on your own | 15  **PHS POOL**  **9-11AM** | 16  Cardio/Dryland on your own | 17  Cardio/Dryland on your own |
| 19  Start of  girls season!!  2-5pm  PHS Pool | 20  girls season!!  2-5pm  PHS Pool | 21  girls season!!  2-5pm  PHS Pool | 22  girls season!!  2-5pm  PHS Pool | 23  girls season!!  2-5pm  PHS Pool | 24  girls season!!  8-11am  PHS Pool |

**\*\*Do EITHER the Weights program OR the Cardio/Dryland on M-W-F\*\***

**Cardio / Dryland Program**

It is expected that you will come into the season in the best shape possible. You owe that to yourself and to your team. To accomplish this, on the days that you are not swimming, engaging in cardio and dryland activities is imperative to your personal success as an athlete. By working on stability in the joints, rotation through the hips, core and shoulders, and lower body power on land, swimmers can shave time off their races in the water. Bigger and stronger does not necessarily make you faster. Building core muscles, becoming strong while remaining lean is a key to fast swimming.

As always, nutrition and hydration are **IMPORTANT!** Lots of proteins, especially after any physical activity, and drink LOTS of water. 3 meals a day is a must. You can have a slice of cake – just don’t eat the whole cake! Be smart about what you put into your body.

**The following are sample activities that you can do throughout the Spring and Summer months:** (**DO NOT** do all of these in one session. Mix it up, do different things each session, each exercise can be tailored to your individual ability and need)

**Stretching!!!** Do this before starting any exercise. Lots of stretching increases your flexibility and makes you a better, stronger swimmer. 10-15 min before AND after training. Flexibility of shoulders, elbows, knees, and ankles make a huge difference in the amount of propulsion that you can generate. Ankles are a good example. To develop a faster flutter and dolphin kick, you must have extreme plantar flexibility in order to get the surface area of the top of the foot to push backward on the down kick. Stretching of these areas can and will increase your flexibility which will result in you becoming a faster, more efficient swimmer.

**Rowing/Biking/Rigorous walk** for 30-60 minutes a day (minimum).

**Crunches** (bent legs – elbows touching opposite knees) 4 X 50 / Day.

**Push Ups** – 5 X 10 / Day

**Leg Raises** (Hands under body, straight legs bring up to perpendicular, lower legs but do not touch ground) 5 X 10 / Day.

**Leg Kicks** (Hands under body, flutter kick with straight legs, feet do not touch ground) 4 X 50 Good for core strengthening which helps underwater dolphin kick.

**Planks**

Support yourself on forearms and toes. Keep your elbows directly below your shoulders. Squeeze your abdominals and your butt to achieve a straight, powerful spine-line. Beginners should aim for a 30 second hold. Increase in time as ability allows. Your mid-section will try to sag towards the floor – don’t allow it! The point of the exercise is to keep your body in a firm line – including your head. Don’t forget to breathe.

**Hip Bridges (good for developing strength in your hip flexors, hamstrings, as well as your lower abdominals.)**

Get on your back, lay your arms down at your side. Keep your feet flat on the floor and raise your trunk towards the sky. Stop when you have achieved a straight spine-line. Don’t over-extend. Hold for a three-count, and slowly descend.

**Superman (fantastic for developing scapular stability (i.e. developing and retaining good posture and helping ward off that pesky swimmer’s shoulder, your glutes and back.)**

Lay face down on the ground, arms straight above your head. Tighten your glutes and pull in your belly button. Lift your left arm while also raising your right leg. Hold for a three-count. Now do the same but with the opposite arm-leg combo. Don’t drop your arms and legs; you want a controlled movement throughout.

**Russian Twists (Excellent for FAST Freestyle swimming)**

Sitting on the ground, raise your ankles off the ground, and lean back a little bit to balance yourself. Using a medicine ball, dumbbell or even without a weight, turn your shoulders 45 degrees. Touch the mat with your hands. Now turn the other way. Repeat. Perform the movement with control, not allowing your legs to flop or slide around.

**Split Squat Lunges**: “opening up the hips is critical to developing more Power”, open up the hip flexors are critical, back leg knee must be behind the hip, can progress to split jumps.

**Track Start Lunge**- toe to heel relation 1 foot forward, touch jump/explode up, reach up.

**Lateral lunge**

**Why you should do it:** It opens up the muscles of the groin and hips, improving hip rotation, which is vital in swimming. **How to do it:** From a standing position, step to the right, keeping your toes pointed straight ahead and feet flat on the ground. Squat onto your right leg, keeping the left leg straight and the weight on the right leg’s midfoot to heel. Squatting as low as possible, keep the left leg straight and hold the position for 2 seconds. Return to standing position, and repeat for 10 reps then switch sides.

**Lateral pillar bridge**

**Why you should do it:** To open up the hips, generating more rotation and power in the water. **How to do it:** Lie on one side with your body in a straight line and your elbow under your shoulder, feet stacked. Push your hip off the ground, creating a straight line from ankle to shoulder. Hold for three seconds. Do 10 on one side and then 10 on the other side. Be sure to keep your head in line with the spine. Don’t sag or bend.

**Physioball leg curl**

**Why you should do it:** Like the glute bridge, this keeps the hips extended and forces the hamstrings to work, ultimately improving leaping ability and posterior strength. **How to do it:** Lie on the ground, face up, with legs straight and heels on a physioball. Brace your shoulders and relax your neck. Squeeze your glutes to raise your hips, and pull the ball toward you. Don’t drop your hips as the ball comes toward you. Extend your legs again, then repeat the leg curl for 10 reps. Make sure your hips never touch the ground.

**Leg cradle**

**Why you should do it:** This is another great exercise to open up the hips, which helps with rotation in the pool. **How to do it:** Lift your right foot off the ground while standing on your left leg. Lift the right knee, placing your right hand under the knee and your left hand under the ankle. Pull your right leg as close as you can to your chest in a stretch while squeezing your left glute. Step forward with your right foot. Switch feet. Do 10 reps per side.

**Alternating dumbbell press**

**Why you should do it:** It promotes shoulder stability without placing undue pressure on the joint, as a barbell press might. **How to do it:** Lie face up on a bench, holding dumbbells at the outside of your shoulders and with palms facing your thighs. Lift both dumbbells over your chest. Keep one dumbbell raised above your chest as you lower the other dumbbell, touch it to the outside of your shoulder, and push it back up. At the top of the movement, push farther with both hands, as if trying to punch the ceiling. Switch sides. Repeat for 10 reps.

**Pullups**

**Why you should do it:** A proper swim stroke generates full extension through the lats, back, shoulders, and wrist. A pullup, done properly, mimics such movement. **How to do it:** Hanging from a bar with either an overhand or reverse (underhand) grip, pull your shoulder blades back and down to lift your body up. Finish by pulling with your arms. The key is to return to the fully extended position after each rep. Otherwise you’re not reaching full extension, the movement you want in the water.

**Mini band external rotation**

**Why you should do it:** To strengthen your hips and glutes, which provide much of your power in swimming. **How to do it:** Wrap a mini band around your legs just above the knees. Get into a half-squat position, with your feet slightly wider than shoulder-width and your back flat. Keeping your left leg stationary, move the right knee in and out for 10 reps. Switch legs and repeat. Be sure to keep your feet flat on the ground. Don’t let the knee of your stationary leg drop inward.

**Goblet squat**

**Why you should do it:** To develop power in the lower body so the swimmer can explode better off the wall. **How to do it:** Hold a kettlebell with two hands against your chest as if preparing to drink from it, goblet-style. Squat by sitting the hips back and down, keeping the weight in the heels of the feet without lifting the toes. Maintain contact between the kettlebell and your chest. Your elbows should touch your knees lightly. Rise and extend powerfully through the hips. Repeat for 10 reps.

**Squat jump**

**Why you should do it:** This works the hips, knees, and ankles. The so-called triple flexion response creates power off the blocks and off the wall. **How to do it:** Stand with feet just outside the shoulders and hangs behind your head. Squat, keeping your knees behind your toes. After holding this position for two seconds, jump vertically. Pull your toes toward your shins in midair to prepare for landing. Land in the starting squat position, hold 3 seconds and repeat for 10 reps. Be sure to land softly—catlike, even—with your hips back and down.

**Medicine ball rotational throw**

**Why you should do it:** This improves a swimmer’s ability to store and release energy from the hips. **How to do it:** Stand facing a concrete block wall about 3 feet away. Hold the ball at waist level. Rotate your trunk away from the wall as you wind up. Initiate the throw by thrusting your hip toward the wall, followed by the trunk, arms and the ball. Throw the ball off the wall, then catch it with your arms slightly bent, one hand under the ball, the other behind it. Repeat for 10 reps, then switch sides.