Dryland –

1. Develop and use a 25 minute dryland/stretching/strengthening/focusing routine, to be used before practices and meets.
2. Develop a second dryland specifically in cases where weather is a factor to be done in social hall or team room.

25 Min Dryland – Include warm up, stretch, balance, strength, flexibility

Intended to be full body, fun, get heart rate up, develop team unity and bonding through commitment.

WARM UP - 2/3 minute jog/run through cones/skip/gallop/grapevine/JUMP ROPE (depending on ceiling height)

10/20/30/40/50/60 second intervals (Level 1, 2 , 3 ,4 , 5, 6)

Swimmers on their back

Bicycle Riding is easiest and can be used as active rest. Continuously remind swimmers that this kick is detrimental to their swimming and shouldn't be encouraged with the Mini's.

10/20/30/40/50/60/seconds of: Flutter kick, double leg raises, criss cross, double leg raise, flutter

Vary this depending on group, age or ability as well as time.

S T R E T C H E S -Hold most stretches 20-30 Seconds

Work from Bottom up. Swimmers are sitting. Hip stretch Cross L knee over right thigh. R thigh should be bent and foot flat on ground. Bring right thigh towards chest further to increase stretch. Switch and repeat.

Use towel and wrap midpoint around foot or heel, while lying on your back, use towel to lift up leg one at a time as far as you can without bending your knee. Switch and repeat.

While sitting, cross one leg over the other, using your knee as an "anchor" place your opposite elbow behind knee and press off of this "anchor" to twist and rotate backwards. Switch and repeat.

Level 4/5/6 done during long dryland sessions only. Lying on your back take your foot and cross it over your body. Reach out as far as comfortable with your foot, rotate across and then bring other foot across as well. Balance is a key here. 10 R x 10 L

STRETCHING AND CORE STRENGTH TOGETHER - Roll body over on last rotation to a plank position

10/20/30 seconds switching between hands with extended arms, and bent elbows with forearms on the floor in the shape of a triangle.

With hands in full extension, keeping hands still try and rotate body in small circles 10 in each direction clockwise, and counter clockwise.

Keeping this plank base, point one hand to the sky and hold for 2-3 seconds, go back to the plank. Switch and repeat. Bring one leg under your body, bring your knee up under your arm-pit or chest, and try to press your hips back to increase the stretch. Pressing the knee outside arms may help breaststrokers to stretch the groin area.

Move body into "cobra" stretch and then "downward dog", and then into "child's pose". Repeat 2-3 x

SHOULDER SPECIFIC STRETCHING -Arm Swings (Used extensively on long sessions for muscle memory)

Shoulder slaps – (A Mike Phelps favorite) 30 standing straight up, then 30 more looking straight down bent at waist, as if you were on the blocks.

Alternate which hand is on top each slap, shake out when done.

ROTATOR CUFF STRETCH -Elbows out to sides at 90% angles hands up, rotate down, and then back up. Start SLOWLY then do 2 sets each of 12 "rotator cuff up down" "THRILLER" stretch

"Get mad at Mom" stretch place hands on hips and bring elbows towards one another.

Bend elbow to 90% and place on wall or flat even surface.

Additional Dryland For inclement weather

As stations, teaching, demonstration, explanation.

       1. Mountain Climbers

       2. Jump Rope

       3. Push ups- Advanced can use "perfect push ups" or a medicine ball.

       4. Sit ups / various crunches, sit ups, leg lifts

       5. *Advanced Leg throws -w Partner (pad under heels on younger kids)

       6. Med Balls Various "cherry pickers", partner toss, wall throws.

       7. Survivor Runs

       8. Soup can/water bottle/Gatorade bottle weight/dumbbell activity

       9. Simulating strokes using arm swings. 20 fly strokes, 20 back etc.

       10. $$$$$ Stretch Cords

       11. VCR/DVD Monitor needed Video Sessions -either dryland imitation or water repetition.

       12. Standing Broad jumps w & w/O med ball

       13. Box jumps -Forwards, backwards, left, right then repeat X amount or for time.