



Swimming Canada

Day 1 Strength

Technical / Activation 2x10E



A1. Streamline Overhead Raise

Head Position* and stay Long, arms should reach ear height



A2. Single Leg Pistol squats

Elevate back foam pad for increased ease. Stabilize on front foot and keep torso tall and knee in alignment

Main Lifts 3-5 sets of 6-8



Hip Hinge variation (choose 1)

B1. Deadlift or Single leg Deadlift

B1. Kneeling Deadlift

B1. Band Resisted Hip Extension

Emphasis on all exercises : Straight spine, shoulders packed, load gluts and engage core at top of extension. Ensure there is no low back rounding or arching.



B2. Single arm Row

(Band, Dumbbell, Kettlebell, Water Jug)

If possible, set up in a 1/2 kneeling position. Arm presses opposite to foot forward. Straight line head to knee is emphasized. When pressing, press through ear and keep a tall torso/ribs down by engaging the-core. Hemi Athletes: Double arm press, or use sound arm to support affected arm into extension



C1. Single arm Lat Pulldown

Straight line head to knee, drive elbow towards hip and roll the shoulder back and down. Try to keep the torso tall and neck long. There should be no forward shifting of the humeral head/shoulder



Hip Extensions (choose 1)

C2. Streamline Extension on GHR or physio ball

C2. Reverse Hyper extensions

C2. Supermans / Cobras

Emphasis is on the hip hinge, flex at the hip with a straight spine then extend at the hips without any change in the straight spine.



Swimming Canada

Day 2 - Strength

Technical / Activation 2x10E



A1. Prone Row (high elbow position)

Could try: 3x 5reps with 5" holds
Form a 90deg angle at the elbow and to torso.



A2. Hamstring Curls on Physio ball or Towel

Try to keep hips elevated, and work through full ROM. If double leg is easy, try single leg.

Main Lifts 3-5 sets of 6-8



B1. Split Squat or Pistol Squats

B1. Alternative leg or core exercise

Ensure there is no low back rounding or arching - tall spine.



B2. 1/2 Kneeling Overhead Press

(Band, Dumbbell, Barbell, Kettlebell, Waterjug)

Keep a tall torso and keep ribs down by engaging the core. Possible to do a Double arm press, or use one side to support the other.



C1. TRX Rows Or Vertical Pullups

Straight line head to toe, think about pull shoulders blades together at the top. The more parallel with the ground the more difficult.



C2. Hip Thrusts (Floor or shoulders elevated)

C2. Blackburns (Floor or on physio ball)

Emphasis is on the hip hinge, flex at the hip with a straight spine then extend at the hips without any change in the straight spine.

Accessory Abs (Spend 10min or more post strength workouts; 3-4 sets of 8-12; vary exercises often)



Physio ball Knee Tucks or Ab Pikes

Tall Torso, Long neck needs to be emphasized. Ensure when reaching into extension, low back remains stable (core and hips engaged)



Overhead Pullovers

Tall Torso, Long neck needs to be emphasized. Ensure when reaching into extension, low back remains stable (core and hips engaged). Can increase difficulty by engaging lower legs.



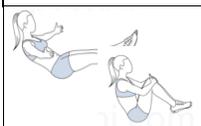
Physio ball Ab rollouts (or towel slides)

Try to keep hips extended, using lats and abs to pull the ball back towards you. While extending, only extend as far as you can without losing a tall posture and rib cage down.



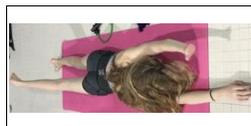
Woodchoppers

Can be done seated, kneeling or standing. Ensure rotation is coming from the middle back (t-spine).



V-sit or Side V-sits

Tall Spine, no crunching!



Supermans or Swimmers

Extend into a streamline position, ensure all movement is coming from gluts and shoulders (keep core engaged, head position stays neutral - look at bottom of pool)

