

EST BLUEPRINT · PREMIUM TRAINING GUIDE

STRENGTH & DRYLAND · SENIOR / COLLEGIATE TRACK

+3 BONUSES INCLUDED

30-DAY PROGRAM

# SWIMMING MOBILITY & FLEXIBILITY

Range of motion

BONUS · PRINTABLE LIFT CARDS

BONUS · DAILY 10 MOBILITY ROUTINE

BONUS · INJURY-PREVENTION SCREEN

| 4 | 12 | 28 | 4 |
|---|---|---|---|
| WEEK PLAN | FULL WORKOUTS | PAGES | PHASES |

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| 4 | 12 | 600 | 3 |
|---|---|---|---|
| WEEKS | WORKOUTS | MIN IN PACK | BONUSES |

**YOUR BONUSES**

Printable Lift Cards · Daily 10 Mobility Routine · Injury-Prevention Screen — exclusive tools included with every EST Blueprint.

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COACH'S INTRODUCTION

# Program Guide

Swimming Mobility & Flexibility is a 30 days Blueprint built for the Senior / Collegiate Track athlete. It applies the same periodization principles used by NCAA Division I programs: a polarized aerobic base, progressive threshold density, and race-specific speed timed to peak on championship day.

Focus: Range of motion. Every week is written with clear objectives, an intensity target, and coached workouts so the athlete always knows why a set exists, not just what it is.

*"Train the system, then trust the system. Champions are made in the boring middle of the season."*

## What the athlete will achieve

| Outcome | How it's measured | Target |
|---|---|---|
| **Aerobic capacity** | T-30 or 10 x 100 test | +3-6% distance / -1.5 s avg |
| **Race-pace control** | Broken 200 at goal pace | ±0.5 s per 50 |
| **Stroke efficiency** | Stroke count @ pace | -1 to -2 strokes / 25 |
| **Underwater skill** | 15 m breakout time | -0.3 to -0.6 s |
| **Consistency** | Attendance + log | 90%+ sessions |

## The weekly microcycle

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
| Aerobic + skills | Threshold + dryland | Recovery + technique | Race pace | Speed + dryland | Test / long aerobic | Rest & reflect |

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SPORTS SCIENCE

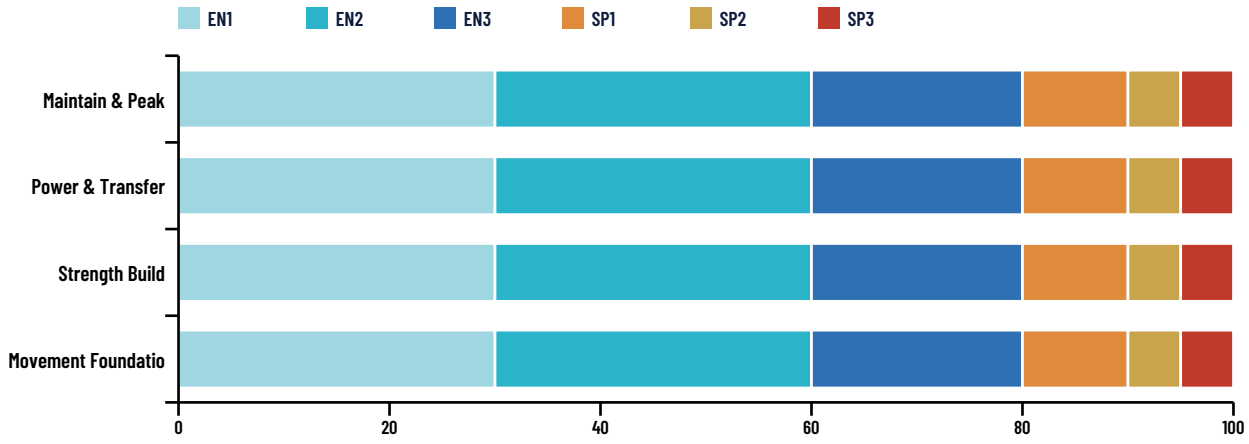
# Energy Systems & Training Zones

Swimming races from 22 seconds to 15 minutes draw on all three energy systems. The zone system below — used by most collegiate staffs — tells the athlete exactly how hard each repeat should feel.

| Zone | Name | Heart rate | % max effort | Feel | Typical sets |
|---|---|---|---|---|---|
| EN1 | Aerobic Recovery | 120-140 | 50-60% | Easy, conversational | Warm-up, recovery, drill |
| EN2 | Aerobic Endurance | 140-160 | 60-75% | Steady, sustainable | Long aerobic repeats |
| EN3 | Threshold | 160-175 | 75-85% | Comfortably hard | Threshold / CSS sets |
| SP1 | VO2 Max / Lactate Tolerance | 175-190 | 85-95% | Very hard | Heart-rate and broken race sets |
| SP2 | Race Pace | Max | 95-100% | Goal race speed | Broken swims at target pace |
| SP3 | Sprint / Alactic | n/a (short) | 100%+ | All-out, full rest | Starts, 12.5s, 25s from a dive |

| System | Duration | Fuel | Trained by |
|---|---|---|---|
| **ATP-PC (alactic)** | 0-10 s | Creatine phosphate | Dive 12.5s / 25s, full rest |
| **Glycolytic (lactic)** | 10 s - 2 min | Glycogen  lactate | 75s / 100s all-out, lactate sets |
| **Aerobic (oxidative)** | 2 min + | Fat + carbohydrate | EN2 / EN3 volume |

## Intensity distribution by phase

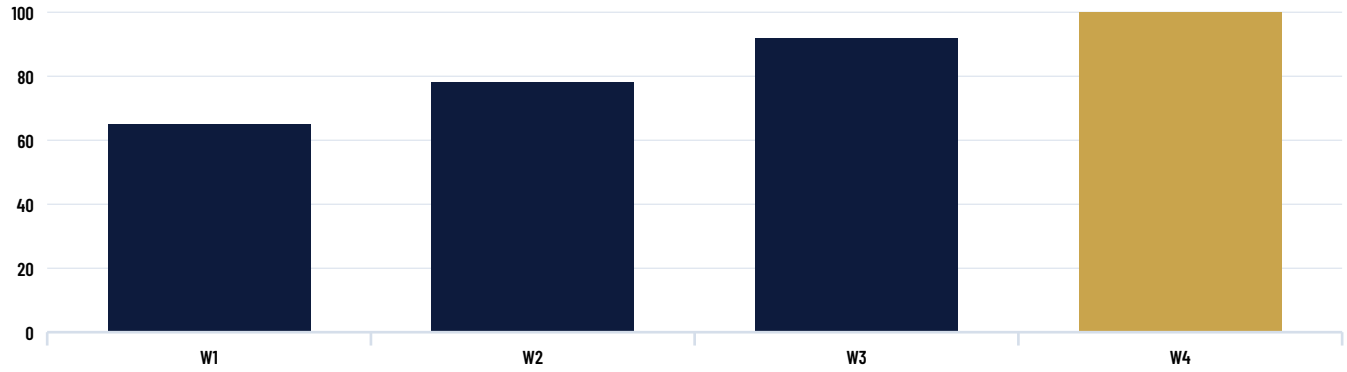



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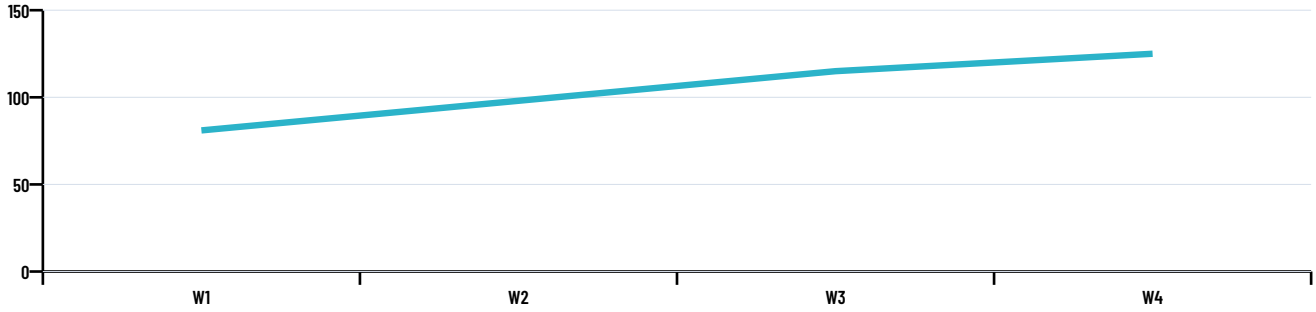
THE PLAN

# Season Periodization

RELATIVE TRAINING LOAD (% OF PEAK WEEK)




WEEKLY VOLUME (MINUTES)




| Phase | Weeks | Objective | Key performance indicator |
|---|---|---|---|
| **Movement Foundations** | Week 1 | Master movement patterns and body control. | Aerobic test baseline |
| **Strength Build** | Week 2 | Progress load and volume gradually. | Threshold pace -1 s |
| **Power & Transfer** | Week 3 | Convert strength into explosive, swim-specific power. | Race-pace hold |
| **Maintain & Peak** | Week 4 | Maintain strength while staying fresh for the pool. | Season best |

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EXECUTION

# Week-by-Week Plan

| Wk | Phase | Theme | Load | Volume | Sessions |
|---|---|---|---|---|---|
| 1 | Movement Foundations | Movement Foundations | 65% | 81 | Day 1 / Day 2 / Day 3 |
| 2 | Strength Build | Strength Build | 78% | 98 | Day 1 / Day 2 / Day 3 |
| 3 | Power & Transfer | Power & Transfer | 92% | 115 | Day 1 / Day 2 / Day 3 |
| 4 | Maintain & Peak | Maintain & Peak | 100% | 125 | Day 1 / Day 2 / Day 3 |

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12 COMPLETE SESSIONS

# The Workout Pack

Each workout is written at full collegiate detail: every set, interval, intensity zone and distance. Intervals are starting points — adjust ±5 s per 100 to keep each repeat inside its zone.

| # | Workout | Primary zone | Time | Best used in |
|---|---|---|---|---|
| 1 | Power & Starts | RPE 7-8 | 45 min | Movement Foundations |
| 2 | Total-Body Strength | RPE 7-8 | 50 min | Movement Foundations |
| 3 | Core & Stability | RPE 7-8 | 55 min | Movement Foundations |
| 4 | Shoulder Resilience | RPE 7-8 | 45 min | Strength Build |
| 5 | Power & Starts | RPE 7-8 | 50 min | Strength Build |
| 6 | Total-Body Strength | RPE 7-8 | 55 min | Strength Build |
| 7 | Core & Stability | RPE 7-8 | 45 min | Power & Transfer |
| 8 | Shoulder Resilience | RPE 7-8 | 50 min | Power & Transfer |
| 9 | Power & Starts | RPE 7-8 | 55 min | Power & Transfer |
| 10 | Total-Body Strength | RPE 7-8 | 45 min | Maintain & Peak |
| 11 | Core & Stability | RPE 7-8 | 50 min | Maintain & Peak |
| 12 | Shoulder Resilience | RPE 7-8 | 55 min | Maintain & Peak |

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WORKOUT 1 OF 12 · RPE 7-8

# Power & Starts

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Power** | Squat jump — 4 x 5 · tempo Explosive · Streamline arms on take-off | 90s | RPE 7-8 | [ ] |
| **Power** | Med-ball overhead slam — 3 x 8 · tempo Explosive · Full extension to slam | 60s | RPE 7-8 | [ ] |
| **Strength** | Pull-up (weighted if 10+) — 4 x 6-8 · tempo 2-1-1 · Full hang to chin over bar | 90s | RPE 7-8 | [ ] |
| **Strength** | Incline DB press — 3 x 8 · tempo 3-0-1 · Shoulder blades set | 90s | RPE 7-8 | [ ] |
| **Core** | Streamline flutter on bench — 3 x 40s · tempo Fast · Kick from hips | 45s | RPE 5-6 | [ ] |
| **Core** | Pallof press — 3 x 12/side · tempo 2-2-2 · Resist rotation | 45s | RPE 5-6 | [ ] |
| **Finisher** | Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min) | 6 min | RPE 2 | [ ] |

**COACHING POINTS**

Quality reps, controlled tempo, full range. Stop a set when technique breaks — never grind through bad reps.

## Load guidance

| Athlete | Load | Progression rule |
|---|---|---|
| **Developing (10-14)** | Bodyweight, bands, light DB | Master 3 x 12 with perfect form before adding load |
| **High school** | 65-80% of tested max | +2.5-5% when all reps hit at RPE 7 |
| **College / advanced** | 75-88% 1RM on main lifts | Wave loading, deload every 4th week |

Why this session: Builds swim-specific strength, power and resilience that transfers to the start, the wall and the back half of every race.

| Date | Pool | Best rep | Average | RPE (1-10) | Notes |
|---|---|---|---|---|---|
| | | | | | |

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WORKOUT 2 OF 12 · RPE 7-8

# Total-Body Strength

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Strength** | Incline DB press — 3 x 8 · tempo 3-0-1 · Shoulder blades set | 90s | RPE 7-8 | [ ] |
| **Strength** | Front squat — 4 x 6 @ 70% · tempo 3-1-X · Elbows high, knees out | 2:00 | RPE 7-8 | [ ] |
| **Strength** | Bulgarian split squat — 3 x 8/side · tempo 3-0-1 · Vertical shin on front leg | 90s | RPE 7-8 | [ ] |
| **Strength** | Pull-up (weighted if 10+) — 4 x 6-8 · tempo 2-1-1 · Full hang to chin over bar | 90s | RPE 7-8 | [ ] |
| **Prehab** | Y-T-W raises — 2 x 10 each · tempo 2-1-2 · Thumbs up, squeeze blades | 30s | RPE 5-6 | [ ] |
| **Prehab** | 90/90 hip switch — 2 x 10 · tempo Slow · Tall chest | - | RPE 5-6 | [ ] |
| **Finisher** | Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min) | 6 min | RPE 2 | [ ] |

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|---|---|---|---|---|---|
| | | | | | |

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WORKOUT 3 OF 12 · RPE 7-8

# Core & Stability

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Core** | Hollow body hold — 4 x 30s · tempo Hold · Streamline arms, ribs down | 45s | RPE 5-6 | [ ] |
| **Core** | Side plank w/ reach — 3 x 30s/side · tempo Hold · Stacked hips | 45s | RPE 5-6 | [ ] |
| **Prehab** | Thoracic open book — 2 x 10/side · tempo Slow · Follow hand with eyes | - | RPE 5-6 | [ ] |
| **Prehab** | 90/90 hip switch — 2 x 10 · tempo Slow · Tall chest | - | RPE 5-6 | [ ] |
| **Power** | Box jump — 3-4 x 5 · tempo Explosive · Land soft, hips back | 90s | RPE 7-8 | [ ] |
| **Power** | Broad jump to stick — 4 x 4 · tempo Explosive · Mimic block start angle | 90s | RPE 7-8 | [ ] |
| **Finisher** | Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min) | 6 min | RPE 2 | [ ] |

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| Date | Pool | Best rep | Average | RPE (1-10) | Notes |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |

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WORKOUT 4 OF 12 · RPE 7-8

# Shoulder Resilience

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Prehab** | 90/90 hip switch — 2 x 10 · tempo Slow · Tall chest | - | RPE 5-6 | [ ] |
| **Prehab** | Scap push-up — 3 x 12 · tempo Controlled · Protract fully | 30s | RPE 5-6 | [ ] |
| **Strength** | Trap-bar deadlift — 4 x 5 @ 75-82% · tempo 2-0-X · Neutral spine, push floor away | 2:00 | RPE 7-8 | [ ] |
| **Strength** | Single-arm DB row — 3 x 10/side · tempo 2-1-1 · Pull to hip, no twist | 60s | RPE 7-8 | [ ] |
| **Core** | Hollow body hold — 4 x 30s · tempo Hold · Streamline arms, ribs down | 45s | RPE 5-6 | [ ] |
| **Core** | Side plank w/ reach — 3 x 30s/side · tempo Hold · Stacked hips | 45s | RPE 5-6 | [ ] |
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| Date | Pool | Best rep | Average | RPE (1-10) | Notes |
|---|---|---|---|---|---|
| | | | | | |

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WORKOUT 5 OF 12 · RPE 7-8

# Power & Starts

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Power** | Rotational med-ball throw — 3 x 6/side · tempo Explosive · Drive from hips | 60s | RPE 7-8 | [ ] |
| **Power** | Box jump — 3-4 x 5 · tempo Explosive · Land soft, hips back | 90s | RPE 7-8 | [ ] |
| **Strength** | Front squat — 4 x 6 @ 70% · tempo 3-1-X · Elbows high, knees out | 2:00 | RPE 7-8 | [ ] |
| **Strength** | Incline DB press — 3 x 8 · tempo 3-0-1 · Shoulder blades set | 90s | RPE 7-8 | [ ] |
| **Core** | Pallof press — 3 x 12/side · tempo 2-2-2 · Resist rotation | 45s | RPE 5-6 | [ ] |
| **Core** | Dead bug — 3 x 10/side · tempo Slow · Low back glued to floor | 45s | RPE 5-6 | [ ] |
| **Finisher** | Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min) | 6 min | RPE 2 | [ ] |

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|---|---|---|---|---|---|
| | | | | | |
| | | | | | |

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WORKOUT 6 OF 12 · RPE 7-8

# Total-Body Strength

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Strength** | Single-arm DB row — 3 x 10/side · tempo 2-1-1 · Pull to hip, no twist | 60s | RPE 7-8 | [ ] |
| **Strength** | Pull-up (weighted if 10+) — 4 x 6-8 · tempo 2-1-1 · Full hang to chin over bar | 90s | RPE 7-8 | [ ] |
| **Strength** | Bulgarian split squat — 3 x 8/side · tempo 3-0-1 · Vertical shin on front leg | 90s | RPE 7-8 | [ ] |
| **Strength** | Trap-bar deadlift — 4 x 5 @ 75-82% · tempo 2-0-X · Neutral spine, push floor away | 2:00 | RPE 7-8 | [ ] |
| **Prehab** | Scap push-up — 3 x 12 · tempo Controlled · Protract fully | 30s | RPE 5-6 | [ ] |
| **Prehab** | Y-T-W raises — 2 x 10 each · tempo 2-1-2 · Thumbs up, squeeze blades | 30s | RPE 5-6 | [ ] |
| **Finisher** | Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min) | 6 min | RPE 2 | [ ] |

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| Date | Pool | Best rep | Average | RPE (1-10) | Notes |
|---|---|---|---|---|---|
| | | | | | |

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WORKOUT 7 OF 12 · RPE 7-8

# Core & Stability

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Core** | Dead bug — 3 x 10/side · tempo Slow · Low back glued to floor | 45s | RPE 5-6 | [ ] |
| **Core** | Hollow body hold — 4 x 30s · tempo Hold · Streamline arms, ribs down | 45s | RPE 5-6 | [ ] |
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|---|---|---|---|---|---|
| | | | | | |

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WORKOUT 8 OF 12 · RPE 7-8

# Shoulder Resilience

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Prehab** | Band external rotation — 3 x 15 · tempo 2-1-2 · Elbow pinned to side | 30s | RPE 5-6 | [ ] |
| **Prehab** | Y-T-W raises — 2 x 10 each · tempo 2-1-2 · Thumbs up, squeeze blades | 30s | RPE 5-6 | [ ] |
| **Strength** | Front squat — 4 x 6 @ 70% · tempo 3-1-X · Elbows high, knees out | 2:00 | RPE 7-8 | [ ] |
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|---|---|---|---|---|---|
| | | | | | |

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WORKOUT 9 OF 12 · RPE 7-8

# Power & Starts

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
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| **Power** | Broad jump to stick — 4 x 4 · tempo Explosive · Mimic block start angle | 90s | RPE 7-8 | [ ] |
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|---|---|---|---|---|---|
| | | | | | |

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WORKOUT 10 OF 12 · RPE 7-8

# Total-Body Strength

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Strength** | Bulgarian split squat — 3 x 8/side · tempo 3-0-1 · Vertical shin on front leg | 90s | RPE 7-8 | [ ] |
| **Strength** | Single-arm DB row — 3 x 10/side · tempo 2-1-1 · Pull to hip, no twist | 60s | RPE 7-8 | [ ] |
| **Strength** | Incline DB press — 3 x 8 · tempo 3-0-1 · Shoulder blades set | 90s | RPE 7-8 | [ ] |
| **Strength** | Trap-bar deadlift — 4 x 5 @ 75-82% · tempo 2-0-X · Neutral spine, push floor away | 2:00 | RPE 7-8 | [ ] |
| **Prehab** | Band external rotation — 3 x 15 · tempo 2-1-2 · Elbow pinned to side | 30s | RPE 5-6 | [ ] |
| **Prehab** | Scap push-up — 3 x 12 · tempo Controlled · Protract fully | 30s | RPE 5-6 | [ ] |
| **Finisher** | Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min) | 6 min | RPE 2 | [ ] |

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| **Developing (10-14)** | Bodyweight, bands, light DB | Master 3 x 12 with perfect form before adding load |
| **High school** | 65-80% of tested max | +2.5-5% when all reps hit at RPE 7 |
| **College / advanced** | 75-88% 1RM on main lifts | Wave loading, deload every 4th week |

Why this session: Builds swim-specific strength, power and resilience that transfers to the start, the wall and the back half of every race.

| Date | Pool | Best rep | Average | RPE (1-10) | Notes |
|---|---|---|---|---|---|
| | | | | | |

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WORKOUT 11 OF 12 · RPE 7-8

# Core & Stability

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Core** | Streamline flutter on bench — 3 x 40s · tempo Fast · Kick from hips | 45s | RPE 5-6 | [ ] |
| **Core** | Hollow body hold — 4 x 30s · tempo Hold · Streamline arms, ribs down | 45s | RPE 5-6 | [ ] |
| **Prehab** | Scap push-up — 3 x 12 · tempo Controlled · Protract fully | 30s | RPE 5-6 | [ ] |
| **Prehab** | 90/90 hip switch — 2 x 10 · tempo Slow · Tall chest | - | RPE 5-6 | [ ] |
| **Power** | Rotational med-ball throw — 3 x 6/side · tempo Explosive · Drive from hips | 60s | RPE 7-8 | [ ] |
| **Power** | Med-ball overhead slam — 3 x 8 · tempo Explosive · Full extension to slam | 60s | RPE 7-8 | [ ] |
| **Finisher** | Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min) | 6 min | RPE 2 | [ ] |

**COACHING POINTS**

Quality reps, controlled tempo, full range. Stop a set when technique breaks — never grind through bad reps.

## Load guidance

| Athlete | Load | Progression rule |
|---|---|---|
| **Developing (10-14)** | Bodyweight, bands, light DB | Master 3 x 12 with perfect form before adding load |
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Why this session: Builds swim-specific strength, power and resilience that transfers to the start, the wall and the back half of every race.

| Date | Pool | Best rep | Average | RPE (1-10) | Notes |
|---|---|---|---|---|---|
| | | | | | |

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WORKOUT 12 OF 12 · RPE 7-8

# Shoulder Resilience

| Part | Set | Interval / rest | Zone | Done |
|---|---|---|---|---|
| **Activation** | Dynamic warm-up: arm circles, leg swings, inchworms, band pull-aparts (8 min) | 8 min | RPE 3 | [ ] |
| **Prehab** | 90/90 hip switch — 2 x 10 · tempo Slow · Tall chest | - | RPE 5-6 | [ ] |
| **Prehab** | Scap push-up — 3 x 12 · tempo Controlled · Protract fully | 30s | RPE 5-6 | [ ] |
| **Strength** | Trap-bar deadlift — 4 x 5 @ 75-82% · tempo 2-0-X · Neutral spine, push floor away | 2:00 | RPE 7-8 | [ ] |
| **Strength** | Bulgarian split squat — 3 x 8/side · tempo 3-0-1 · Vertical shin on front leg | 90s | RPE 7-8 | [ ] |
| **Core** | Pallof press — 3 x 12/side · tempo 2-2-2 · Resist rotation | 45s | RPE 5-6 | [ ] |
| **Core** | Hollow body hold — 4 x 30s · tempo Hold · Streamline arms, ribs down | 45s | RPE 5-6 | [ ] |
| **Finisher** | Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min) | 6 min | RPE 2 | [ ] |

**COACHING POINTS**

Quality reps, controlled tempo, full range. Stop a set when technique breaks — never grind through bad reps.

## Load guidance

| Athlete | Load | Progression rule |
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Why this session: Builds swim-specific strength, power and resilience that transfers to the start, the wall and the back half of every race.

| Date | Pool | Best rep | Average | RPE (1-10) | Notes |
|---|---|---|---|---|---|
| | | | | | |

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RESOURCE

# Exercise Demonstrations

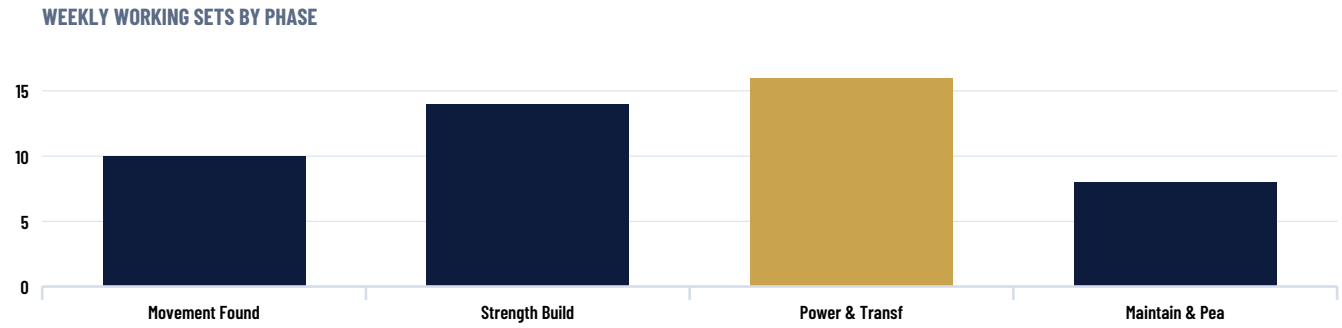
| Checkpoint | Camera angle | Pass standard | Done |
|---|---|---|---|
| **Head position** | Side, above water | Waterline at hairline | [ ] |
| **Entry & extension** | Front, underwater | Shoulder-width entry | [ ] |
| **Catch** | Side, underwater | Forearm vertical by shoulder | [ ] |
| **Rotation** | Front, underwater | 35-45° each side | [ ] |
| **Kick amplitude** | Side, underwater | Within body shadow | [ ] |
| **Breakout** | Side, deck | First stroke at surface | [ ] |
| **Turn** | Deck, 5 m mark | Feet planted < 0.3 s | [ ] |

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RESOURCE

# Progressions & Training Volume

| Phase | Sets / week | Intensity | Reps | Rest | Goal |
|---|---|---|---|---|---|
| **Movement Foundations** | 10 | 60-70% | 10-12 | 60s | Master movement patterns and body control. |
| **Strength Build** | 14 | 70-80% | 6-8 | 90s | Progress load and volume gradually. |
| **Power & Transfer** | 16 | 80-88% | 3-5 | 2-3 min | Convert strength into explosive, swim-specific power. |
| **Maintain & Peak** | 8 | Maintain | 3-5 | 2 min | Maintain strength while staying fresh for the pool. |



RESOURCE

# Recovery Guidance

| Tool | When | Dose | Evidence |
|---|---|---|---|
| **Sleep** | Nightly | 8-10 h (teens), 7-9 h (adults) | Strong |
| **Protein feed** | < 60 min post | 0.3 g/kg | Strong |
| **Active recovery swim** | Day after hard | 1,500-2,500 EN1 | Moderate |
| **Mobility flow** | Daily | 10 min | Moderate |
| **Cold water** | Post meets only | 10 min @ 10-15°C | Mixed |

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RESOURCE

# Modifications by Age & Level

| Exercise | 10-12 | 13-14 | High school | College |
|---|---|---|---|---|
| **Squat** | Bodyweight | Goblet | Front squat 70% | Back squat 80-85% |
| **Pull** | Band-assisted | Bodyweight pull-up | Pull-up x 8 | Weighted pull-up |
| **Power** | Skips & hops | Box jump low | Box jump + MB | Loaded jumps |
| **Core** | Plank 20s | Hollow 30s | Pallof + hollow | Anti-rotation complexes |
| **Volume / wk** | 2 x 30 min | 2-3 x 40 min | 3 x 50 min | 3-4 x 60 min |

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MEASURE WHAT MATTERS

# Benchmark Testing

| Test | Protocol | Week 1 | Mid-point | Final | Change |
|---|---|---|---|---|---|
| **T-30** | 30 min continuous free, count yards | | | | |
| **10 x 100 @ 1:30** | Average time | | | | |
| **Dive 50 best stroke** | Electronic or hand time | | | | |
| **15 m breakout** | Push, time to head at 15 m | | | | |
| **Stroke count** | 25 @ 200 pace | | | | |
| **Vertical jump** | Best of 3 | | | | |
| **Pull-ups** | Max strict reps | | | | |

## Race pace reference chart

| 100 goal | 25 | 50 | 75 | 100 | 200 pace/100 |
|---|---|---|---|---|---|
| **48.0** | 11.3 | 23.0 | 35.3 | 48.0 | 51.8 |
| **51.0** | 12.0 | 24.5 | 37.5 | 51.0 | 55.1 |
| **54.0** | 12.7 | 25.9 | 39.7 | 54.0 | 58.3 |
| **57.0** | 13.4 | 27.4 | 41.9 | 57.0 | 61.6 |
| **60.0** | 14.1 | 28.8 | 44.1 | 60.0 | 64.8 |
| **63.0** | 14.8 | 30.2 | 46.3 | 63.0 | 68.0 |
| **66.0** | 15.5 | 31.7 | 48.5 | 66.0 | 71.3 |
| **69.0** | 16.2 | 33.1 | 50.7 | 69.0 | 74.5 |
| **72.0** | 16.9 | 34.6 | 52.9 | 72.0 | 77.8 |
| **75.0** | 17.6 | 36.0 | 55.1 | 75.0 | 81.0 |
| **78.0** | 18.3 | 37.4 | 57.3 | 78.0 | 84.2 |

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EXCLUSIVE BONUS

# Printable Lift Cards

## Card 1 · Power & Starts

| Exercise | Set 1 | Set 2 | Set 3 | Set 4 |
|---|---|---|---|---|
| Squat jump | | | | |
| Med-ball overhead slam | | | | |
| Pull-up (weighted if 10+) | | | | |
| Incline DB press | | | | |
| Streamline flutter on bench | | | | |
| Pallof press | | | | |

## Card 2 · Total-Body Strength

| Exercise | Set 1 | Set 2 | Set 3 | Set 4 |
|---|---|---|---|---|
| Incline DB press | | | | |
| Front squat | | | | |
| Bulgarian split squat | | | | |
| Pull-up (weighted if 10+) | | | | |
| Y-T-W raises | | | | |
| 90/90 hip switch | | | | |

## Card 3 · Core & Stability

| Exercise | Set 1 | Set 2 | Set 3 | Set 4 |
|---|---|---|---|---|
| Hollow body hold | | | | |
| Side plank w/ reach | | | | |
| Thoracic open book | | | | |
| 90/90 hip switch | | | | |
| Box jump | | | | |
| Broad jump to stick | | | | |

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EXCLUSIVE BONUS

# Daily 10 Mobility Routine

| # | Movement | Time | Cue |
|---|---|---|---|
| 1 | Cat-cow | 60 s | Segment by segment |
| 2 | Thread the needle | 60 s | Eyes follow hand |
| 3 | Lat stretch on bench | 60 s | Breathe into ribs |
| 4 | Couch stretch | 60 s | Squeeze glute |
| 5 | 90/90 hips | 60 s | Tall spine |
| 6 | Ankle rocks | 60 s | Heel down |
| 7 | Wall slides | 60 s | Ribs down |
| 8 | Doorway pec | 60 s | Soft elbow |
| 9 | Prone swimmers | 60 s | Thumbs lift |
| 10 | Deep squat hold | 60 s | Knees out |

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EXCLUSIVE BONUS

# Injury-Prevention Screen

| Check | Pass / Flag | Notes |
|---|---|---|
| Shoulder flexion 180° | Pass / Flag | |
| Internal rotation 60°+ | Pass / Flag | |
| Thoracic rotation 45°+ | Pass / Flag | |
| Single-leg squat control | Pass / Flag | |
| Ankle plantarflexion | Pass / Flag | |
| Core hold 60 s | Pass / Flag | |
| Pain-free overhead reach | Pass / Flag | |

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OFF THE POOL DECK

# Fuel, Recovery & Wellbeing

| Window | What to eat | Example |
|---|---|---|
| **2-3 h before** | Carb-rich meal, moderate protein | Rice bowl with chicken, fruit |
| **30-60 min before** | Light carbs | Banana, toast with honey |
| **During (90 min+)** | Fluids + electrolytes | 500-750 ml sports drink |
| **0-60 min after** | 3:1 carbs : protein | Chocolate milk, yogurt + granola |
| **Daily** | Protein 1.4-1.8 g/kg | Spread across 4-5 meals |

**BACK-OFF SIGNALS**

Resting heart rate up 5+ bpm for 3 days · sleep under 7 h for a week · persistent shoulder pain · loss of motivation. Any two: replace the next hard session with EN1 + mobility and tell your coach.

## Glossary

| Term | Meaning |
|---|---|
| **CSS** | Critical Swim Speed — threshold pace per 100 |
| **DPS** | Distance per stroke |
| **Taper** | Planned volume reduction before a peak meet |
| **Negative split** | Second half faster than first |
| **Breakout** | Transition from underwater to surface swimming |
| **RPE** | Rate of perceived exertion, 1-10 |
| **Microcycle** | One training week |
| **Macrocycle** | The full season plan |

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