

EST BLUEPRINT · PREMIUM TRAINING GUIDE

STRENGTH & DRYLAND · JUNIOR COMPETITIVE

+3 BONUSES INCLUDED

12-WEEK PROGRAM

JUNIOR COMPETITIVE DRYLAND

Strength and athleticism

BONUS · PRINTABLE LIFT CARDS

BONUS · DAILY 10 MOBILITY ROUTINE

BONUS · INJURY-PREVENTION SCREEN

12	12	28	4
WEEK PLAN	FULL WORKOUTS	PAGES	PHASES

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12	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

Junior Competitive Dryland is a 12 weeks Blueprint built for the Junior Competitive 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: Strength and athleticism. 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

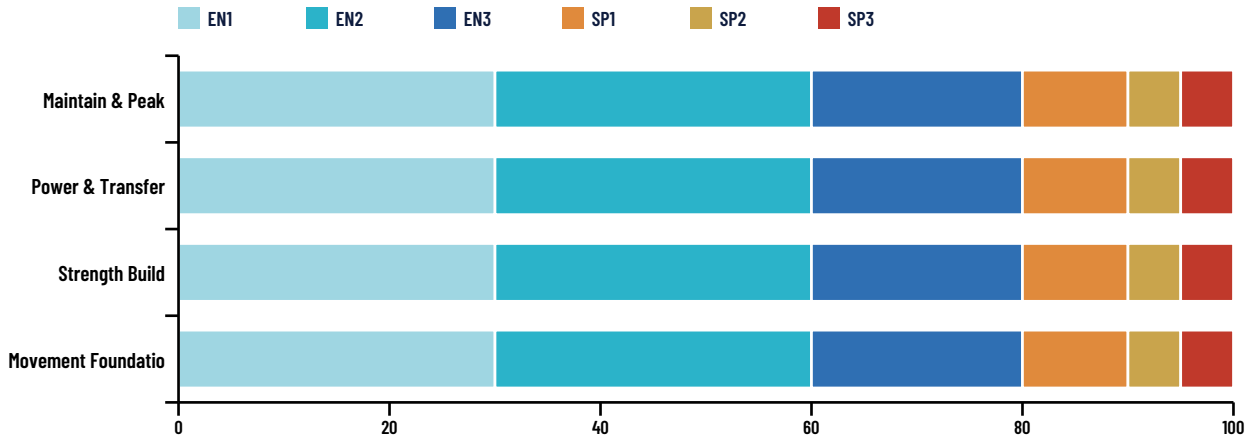
Energy Systems & Training Zones

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

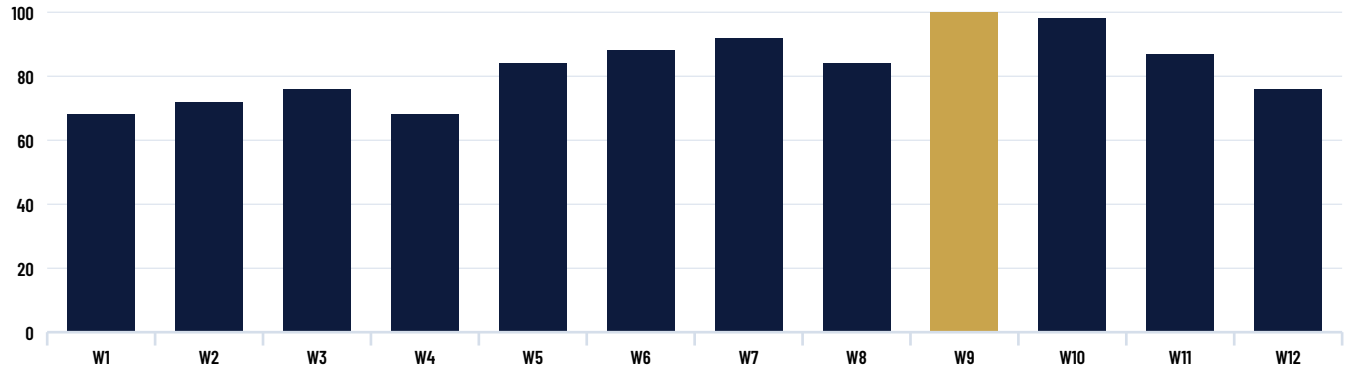


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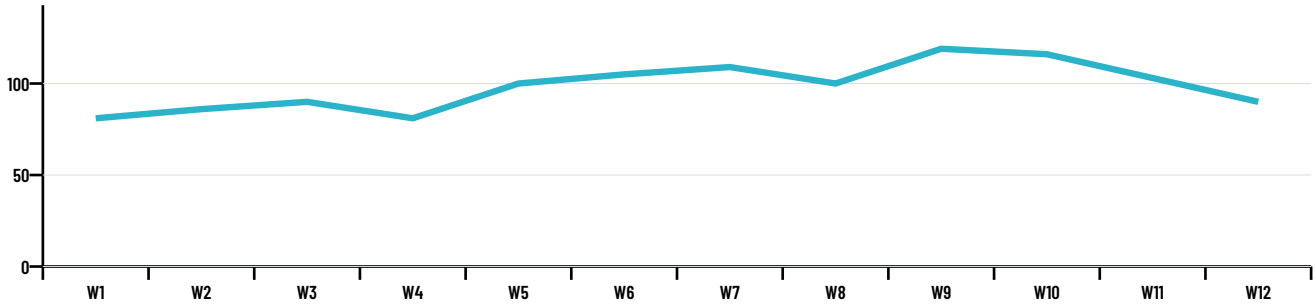
THE PLAN

Season Periodization

RELATIVE TRAINING LOAD (% OF PEAK WEEK)



WEEKLY VOLUME (MINUTES)



Phase	Weeks	Objective	Key performance indicator
Movement Foundations	Weeks 1–3	Master movement patterns and body control.	Aerobic test baseline
Strength Build	Weeks 4–6	Progress load and volume gradually.	Threshold pace -1 s
Power & Transfer	Weeks 7–9	Convert strength into explosive, swim-specific power.	Race-pace hold
Maintain & Peak	Weeks 10–12	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	68%	81	Day 1 / Day 2 / Day 3
2	Movement Foundations	Movement Foundations	72%	86	Day 1 / Day 2 / Day 3
3	Movement Foundations	Movement Foundations	76%	90	Day 1 / Day 2 / Day 3
4	Strength Build	Strength Build	68%	81	Day 1 / Day 2 / Day 3
5	Strength Build	Strength Build	84%	100	Day 1 / Day 2 / Day 3
6	Strength Build	Strength Build	88%	105	Day 1 / Day 2 / Day 3
7	Power & Transfer	Power & Transfer	92%	109	Day 1 / Day 2 / Day 3
8	Power & Transfer	Power & Transfer	84%	100	Day 1 / Day 2 / Day 3
9	Power & Transfer	Power & Transfer	100%	119	Day 1 / Day 2 / Day 3
10	Maintain & Peak	Maintain & Peak	98%	116	Day 1 / Day 2 / Day 3
11	Maintain & Peak	Maintain & Peak	87%	103	Day 1 / Day 2 / Day 3
12	Maintain & Peak	Maintain & Peak	76%	90	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	Box jump — 3-4 x 5 · tempo Explosive · Land soft, hips back	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	[ ]
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	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
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	Pull-up (weighted if 10+) — 4 x 6-8 · tempo 2-1-1 · Full hang to chin over bar	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	Single-arm DB row — 3 x 10/side · tempo 2-1-1 · Pull to hip, no twist	60s	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	Thoracic open book — 2 x 10/side · tempo Slow · Follow hand with eyes	-	RPE 5-6	[ ]
Finisher	Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min)	6 min	RPE 2	[ ]

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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	Side plank w/ reach — 3 x 30s/side · tempo Hold · Stacked hips	45s	RPE 5-6	[ ]
Core	Hollow body hold — 4 x 30s · tempo Hold · Streamline arms, ribs down	45s	RPE 5-6	[ ]
Prehab	Y-T-W raises — 2 x 10 each · tempo 2-1-2 · Thumbs up, squeeze blades	30s	RPE 5-6	[ ]
Prehab	Band external rotation — 3 x 15 · tempo 2-1-2 · Elbow pinned to side	30s	RPE 5-6	[ ]
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	[ ]
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	Band external rotation — 3 x 15 · tempo 2-1-2 · Elbow pinned to side	30s	RPE 5-6	[ ]
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	[ ]
Core	Dead bug — 3 x 10/side · tempo Slow · Low back glued to floor	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	[ ]

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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	Broad jump to stick — 4 x 4 · tempo Explosive · Mimic block start angle	90s	RPE 7-8	[ ]
Power	Box jump — 3-4 x 5 · tempo Explosive · Land soft, hips back	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	[ ]
Core	Hollow body hold — 4 x 30s · tempo Hold · Streamline arms, ribs down	45s	RPE 5-6	[ ]
Core	Streamline flutter on bench — 3 x 40s · tempo Fast · Kick from hips	45s	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 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	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	Incline DB press — 3 x 8 · tempo 3-0-1 · Shoulder blades set	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	[ ]
Prehab	Y-T-W raises — 2 x 10 each · tempo 2-1-2 · Thumbs up, squeeze blades	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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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	Side plank w/ reach — 3 x 30s/side · tempo Hold · Stacked hips	45s	RPE 5-6	[ ]
Core	Pallof press — 3 x 12/side · tempo 2-2-2 · Resist rotation	45s	RPE 5-6	[ ]
Prehab	Band external rotation — 3 x 15 · tempo 2-1-2 · Elbow pinned to side	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	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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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	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	[ ]
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	[ ]
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	[ ]
Finisher	Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min)	6 min	RPE 2	[ ]

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WORKOUT 9 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	Single-arm DB row — 3 x 10/side · tempo 2-1-1 · Pull to hip, no twist	60s	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	[ ]
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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	Front squat — 4 x 6 @ 70% · tempo 3-1-X · Elbows high, knees out	2:00	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	[ ]
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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	Hollow body hold — 4 x 30s · tempo Hold · Streamline arms, ribs down	45s	RPE 5-6	[ ]
Core	Streamline flutter on bench — 3 x 40s · tempo Fast · Kick from hips	45s	RPE 5-6	[ ]
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	[ ]
Power	Broad jump to stick — 4 x 4 · tempo Explosive · Mimic block start angle	90s	RPE 7-8	[ ]
Power	Squat jump — 4 x 5 · tempo Explosive · Streamline arms on take-off	90s	RPE 7-8	[ ]
Finisher	Mobility flow: couch stretch, lat stretch, thoracic rotations (6 min)	6 min	RPE 2	[ ]

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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	Scap push-up — 3 x 12 · tempo Controlled · Protract fully	30s	RPE 5-6	[ ]
Prehab	Band external rotation — 3 x 15 · tempo 2-1-2 · Elbow pinned to side	30s	RPE 5-6	[ ]
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	Trap-bar deadlift — 4 x 5 @ 75-82% · tempo 2-0-X · Neutral spine, push floor away	2:00	RPE 7-8	[ ]
Core	Hollow body hold — 4 x 30s · tempo Hold · Streamline arms, ribs down	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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RESOURCE

Exercise Demonstrations

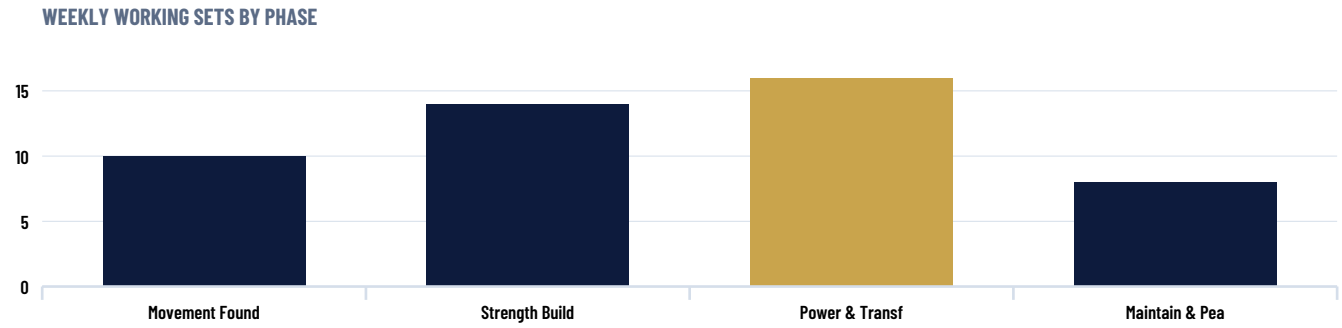
Checkpoint	Camera angle	Pass standard	Done
Head position	Side, above water	Waterline at hairline	[ ]
Entry & extension	Front, underwater	Shoulder-width entry	[ ]
Catch	Side, underwater	Forearm vertical by shoulder	[ ]
Rotation	Front, underwater	35-45° each side	[ ]
Kick amplitude	Side, underwater	Within 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				
Box jump				
Trap-bar deadlift				
Incline DB press				
Pallof press				
Hollow body hold				

Card 2 · Total-Body Strength

Exercise	Set 1	Set 2	Set 3	Set 4
Incline DB press				
Pull-up (weighted if 10+)				
Front squat				
Single-arm DB row				
Y-T-W raises				
Thoracic open book				

Card 3 · Core & Stability

Exercise	Set 1	Set 2	Set 3	Set 4
Side plank w/ reach				
Hollow body hold				
Y-T-W raises				
Band external rotation				
Rotational med-ball throw				
Box jump				

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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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