

City of Liverpool Swimming Club

Home Training Advice and Plans

City of Liverpool Swimming Club

British Championships 2019

Club of the Year

Helping you continue
to maintain and gain!



Contents

THINGS TO PRIORITISE AT THE MOMENT.....	2
STRENGTH AND INJURY PREVENTION TRAINING SESSIONS ...	4
BODYWEIGHT EXERCISE OVERVIEW.....	5
IF YOU HAVE ACCESS TO WEIGHTS/MACHINES	6
EXAMPLE SESSIONS - CIRCUITS	7
EXAMPLE SESSIONS - WEIGHTS.....	12
CONDITIONING	16



THINGS TO PRIORITISE AT THE MOMENT

You must try to keep your shoulders and core strong! Doing 3-4 exercises from each part of this table will help you do that.

PART	EXERCISE	REPS	DESCRIPTION
SHOULDER WORK	Band Pull Apart	3 x 8-12	Squeeze shoulder blades together
	Press Up-Hold Shoulder Taps	3 x 10-20	Keep core tight and don't let your body rock side to side
	ITWs	3 x 5	Squeeze shoulder blades together – use small weights if you have them
	Shoulder Press	3 x 12	With bands or weights
	Overhead Band Pulls	3 x 12	Hold band overhead, pull apart and down across chest
	Wide Raises	3 x 8-12	With bands or weights, keeping your arms straight
	Front Raises	3 x 8-12	With bands or weights, keeping your arms straight
CORE WORK	Plank	3 x failure	Hold it as long as you can
	Side Plank	3 x 15-30s	Keeping your hips up as high as you can
	Hollow Hold	4 x 20-30s	Do it in a streamline position and add a kick to make it harder
	Leg Raises	3 x 10-15	Hands under Hips
	Ab Roll Outs	3 x 6-20	As many as you can do with good form



At the least you should be going through your pre-pool work (below) 3 - 4 times per week as this will help maintain some movement quality, core strength and mobility.

PART	EXERCISE	REPS	DESCRIPTION
FOAM ROLL	Any muscle that are feeling tight		
ACTIVATE	Band Pull Apart	2 x 8	Squeeze shoulder blades together
	Bodyweight Squats	10	Thighs parallel to the floor, body upright
	Press Up Hold Shoulder Taps	2 x 10	Keep core tight and don't let your body rock side to side
	ITWs	2 x 5	Squeeze shoulder blades together
	Shoulder Press	2 x 12	High Elbow, Pull band back
	Overhead Band Pulls	2 x 12	Hold band overhead, pull apart and down across chest
	Modified Curl Up	2 x 15s	Tuck one knee into chest, crunch up and hold
	Side Plank	2 x 15s	Keep hips high
	Deadbug	1 x 1 ES	
MOBILISE	Forward shoulder rotations Backward shoulder rotations	2 x 10 of each	Big circles but slow and controlled
	Cross Overs		Hands facing upwards
	Inch Worms	2 x 5	Press up position, feet in, feet out, hips down, hips up and reset
	Spiderman & Reach	2 x 6 each side	Press up position, foot up and outside of hand, reach up to the ceiling



STRENGTH AND INJURY PREVENTION TRAINING SESSIONS

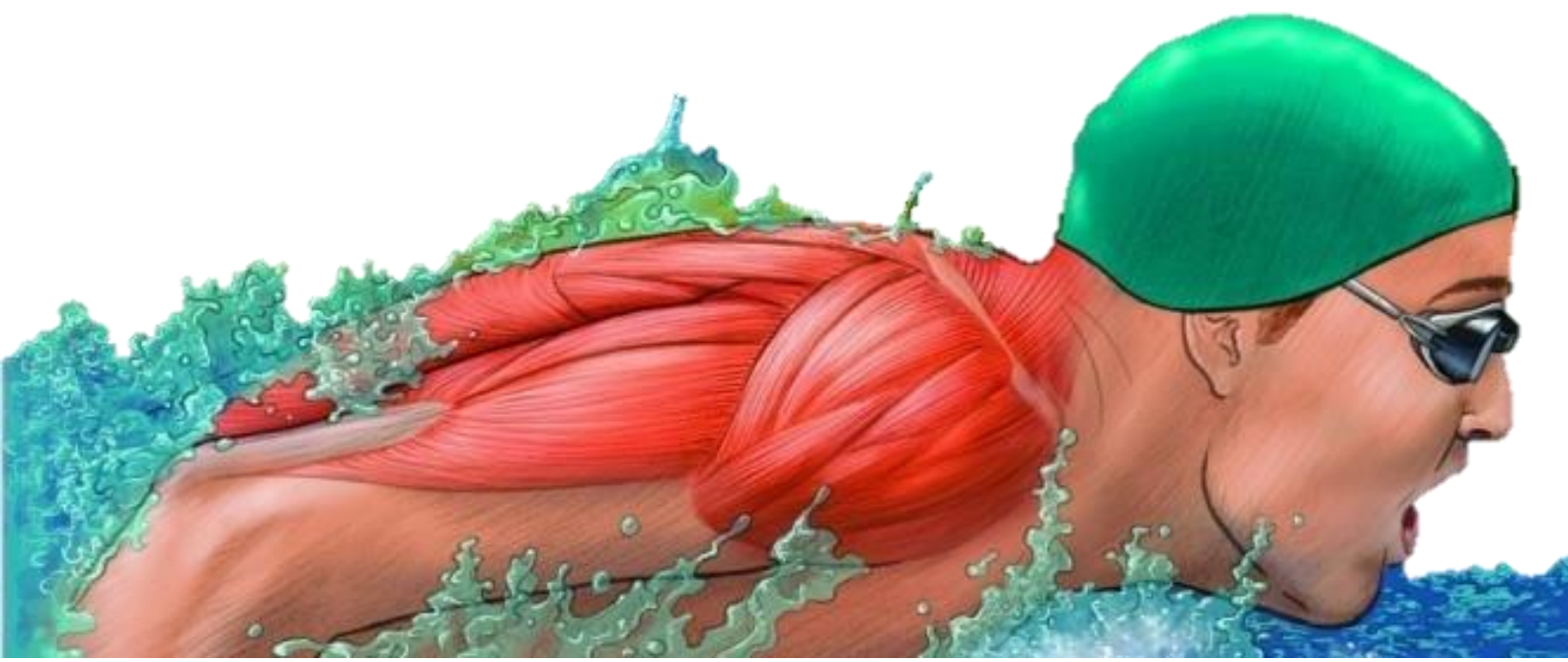
Create your own session from picking one exercise from each row in the tables below (1 squat, 1 press, 1 pull, etc) that best match your ability and what you have to work with.

Complete your pre-pool as you usually would and then get stuck in!

To make a circuit do 3 – 5 rounds of 30s per exercise and have a 2 minute rest between rounds.

To make it a strength session increase the difficulty or any weight that you are using for the exercises and do 3 – 5 sets of each exercise.

Alternatively, you can follow one of the example sessions in the next section.





BODYWEIGHT EXERCISE OVERVIEW

Variation	Beginner	↔	Degree of Difficulty		↔	Advanced	
Squat	Wall Sit	Bodyweight	Single-leg Wall Sit	Split Squat	Rear-foot Elevated Split Squat	Pistol Squat off seat	Pistol Squat
Press	Plank to Press Up	Press Ups Off Knees	Inclined Press Ups	Press Ups	Narrow Press Ups	Archer Press Ups	Single Arm Press Ups
Hip	Hip Thrust	SL Hip Thrust		Forward Lunge	Backward Lunge	Single-leg RDLs	
Pull	Banded / Towel Pull Apart	Banded / Towel Pull Downs		Straight Arm Raises with Bands	Pull Ups	Pull Up Hold	
Core	Plank	Side Plank	Plank and Reach	Dead-bugs	Leg Raises with Knee Tucks	Straight Leg Raises	Hollow Hold (arms on chest)
Conditioning	Jogging on the spot	Jogging with Heel Flicks	High Knee Jogging	Jumping Jacks	Sprint intervals on the spot	Burpee	Burpee with Press Up



IF YOU HAVE ACCESS TO WEIGHTS/MACHINES

Variation	Beginner	↔	Degree of Difficulty		↔	Advanced	
Squat	Goblet Squat	Plate Squat	Split Squat	Rear-foot Elevated Split Squat	Back Squat	Loaded Squat Jumps	
Press	Dumbbell Bench Press	Inclined Dumbbell Bench Press	Dumbbell Shoulder Press	Barbell Bench Press	Inclined Barbell Bench Press	Military Press	
Hip	Hip Thrust	SL Hip Thrust	Kettlebell Swing	Romanian Deadlift (RDL)	Single-leg RDLs		
Pull	Banded Row	TRX Rows	Renegade Row / Single-Arm Row	Pull Ups	Bent-Over Row		
Core	Plank	Side Plank	Plank and Reach	Dead-bugs	Leg Raises with Knee Tucks	Straight Leg Raises	Hollow Hold (arms on chest)
Conditioning	Running		Bike		Rower		



EXAMPLE SESSIONS - CIRCUITS

Swimming Circuit 1

Warm Up		
Raise: Light cardio e.g. skipping	Get the heart rate up and muscles warm	~ 2-3 minutes
<i>Then complete Pre-Pool</i>		

3 – 5 rounds / 2 minutes rest between

#	Exercise	Notes	Reps
1	Bodyweight squats	Aim for hips to be the same height as knees	12-15
2	Press up hold (Shoulder taps)	Keep core tight as you tap	6-12 each arm
3	Band Pull Aparts	Squeeze shoulder blades back	8-12
4	Hip thrusts	Drive feet into the ground	8
5	Plank Complex	Suck in stomach	20s Normal 20s side plank right 20s side plank left
6	Bird-dog	Core tight, try not to twist your body as you move	30s
7	Straight Leg Raises	Hands under hips, slowly lower your legs back down	8-12



Swimming Circuit 2

Warm Up

Raise: Light cardio
e.g. skipping

Get the heart rate up
and muscles warm

~ 2-3 minutes

Then complete Pre-Pool

3 – 5 rounds / 2 minutes rest between

#	Exercise	Notes	Reps
1	Jump Squats	Jump for max height but land soft, a good squat position when you land	8-12
2	Press Ups	Off a box if needed	8
3	Band Pull Aparts	Squeeze shoulder blades back	8-12
4	Single-leg Hip thrusts	Drive one foot into the ground, tuck the other up towards your chest	6-10 each leg
5	Hollow Hold	Suck in stomach, press back into the ground	Hold as long as you can for each set
6	Dead-bug	Really crunch up while you extend each leg	30s
7	Side Plank	Keep your hips as high as you can	15-30s



Swimming Circuit 3

Warm Up

Raise: Light cardio
e.g. skipping

Get the heart rate up
and muscles warm

~ 2-3 minutes

Then complete Pre-Pool

3 – 5 rounds / 2 minutes rest between

#	Exercise	Notes	Reps
1	Rear-foot Elevated Split Squat	Back foot up on a box/bench	8-12 each leg
2	Press Ups	Off a box if needed	8-12
3	Supine Swimmer	Lying on your front in a streamline and squeeze shoulder blades back	20-30s
4	Reverse Lunges	Step backward into a lunge	6-10 each leg
5	Hollow Hold	Suck in stomach, press back into the ground	Hold as long as you can for each set
6	Side Planks	Hold tight core	30s each side
7	Squat Jumps	Keeping your core tight, BE SAFE	10-15s



Swimming Circuit 4

Warm Up

Raise: Light cardio
e.g. skipping

Get the heart rate up
and muscles warm

~ 2-3 minutes

Then complete Pre-Pool

3 – 5 rounds / 2 minutes rest between

#	Exercise	Notes	Reps
1	Single-leg Squat onto a box	Sit back down and stand up on one leg. Really try and sit down slowly	6-8 each leg
2	Explosive Press Ups	Try and come up off the floor with each rep	6-8
3	Supine Swimmer	Lying on your front in a streamline and squeeze shoulder blades back	20-30s
4	Forward Lunges	Step forward into a lunge. Don't hit your knee on the ground	6-10 each leg
5	V-sits	Don't rush the reps, quality movements over quantity	20-30s
6	Plank Hold	Hold tight core	As long as you can
7	Burpees	With press up	6-10



Swimming Circuit 5

Warm Up

Raise: Light cardio
e.g. skipping

Get the heart rate up
and muscles warm

~ 2-3 minutes

Then complete Pre-Pool

3 – 5 rounds / 2 minutes rest between

#	Exercise	Notes	Reps
1	Burpees		10
2	Press Ups	Keep core tight throughout	10
3	Walking lunges	Don't bang your knee off the floor	16
4	Band Pull Aparts	Squeeze your shoulder blades together throughout	20
5	Squat Jumps	Hands on hips so your legs do all the work	8
6	Hollow Hold	Crunch your shoulders up, feet 6 inches off the floor	20s
7	Shoulder Taps	In a press up position, try not to rock from side to side	20



EXAMPLE SESSIONS - WEIGHTS

Swimming Strength Sessions 1

Warm Up

Raise: Light cardio
e.g. skipping

Get the heart rate up
and muscles warm

~ 2-3 minutes

Then complete Pre-Pool

#	Exercise	Notes		Sets & Reps	Rest
1	Goblet Squat	Squat to parallel	4	6-8 reps	60s
2	Dumbbell Bench Press		4	8-12 reps	60s
3	Single Arm Row	Keep a flat back	4	8-12 reps each arm	60s
4	RDLs	Keep a flat back	4	6-10	60s
5	Hollow Hold	Crunch your shoulders up, feet 6 inches off the floor	3	15-30s	30s
6	Dead-bugs	Really crunch up while you extend each leg	3	20-30s	30s
7	Side Plank	Keep your hips as high as you can	3	15-30s each side	30s



Swimming Strength Sessions 2

Warm Up

Raise: Light cardio
e.g. skipping

Get the heart rate up
and muscles warm

~ 2-3 minutes

Then complete Pre-Pool

#	Exercise	Notes		Sets & Reps	Rest
1	Rear-foot Elevated Split Squat	Hold weights in hands	4	6 – 8 reps each leg	60s
2	Chin Ups		4	Go to failure	90s
3	Press Ups	Keep core tight	4	Go to failure	90s
4	Walking Lunges	Hold weights in hands	4	6 – 8 reps each leg	90s
5	Shoulder Raises	Keep arms straight	3	12	60s
6	Ab Roll Outs		3	6 – 10 reps	60s
7	Squat Jumps	Hands on hips so legs do all the work	3	6	60s



Swimming Strength Sessions 3

Warm Up

Raise: Light cardio
e.g. skipping

Get the heart rate up
and muscles warm

~ 2-3 minutes

Then complete Pre-Pool

#	Exercise	Notes		Sets & Reps	Rest
1	Back Squat	Squat to parallel	4	6 – 8 reps	90s
2	Bent Over Row	Keep a flat back	4	8 – 12 reps	90s
3	Bench Press	Keep core tight	4	8 – 12 reps	90s
4	RDL	Hold weights in hands	4	6 – 8 reps	90s
5	Shoulder Press	Half kneeling	3	12	60s
6	Leg Raises	Place weight plate on feet	3	6 – 10 reps	60s
7	Squat Jumps	Hands on hips so legs do all the work	3	6	60s



Swimming Strength Sessions 4

Warm Up

Raise: Light cardio
e.g. skipping

Get the heart rate up
and muscles warm

~ 2-3 minutes

Then complete Pre-Pool

#	Exercise	Notes		Sets & Reps	Rest
1	Back Squat Jumps	Partial squat, light weight and jump	4	6 reps	90s
2	Incline Dumbbell Bench Press		4	8 – 12 reps	90s
3	Reverse Dumbbell Flies		4	8 – 12 reps	90s
4	Kettlebell Swings	Flat back, move at the hips	4	10 - 12 reps	90s
5	Banded Face Pulls		3	8 – 12	60s
6	Hollow Hold Kicking		3	20 – 30s	60s
7	Single-leg Hip Thrust	Tuck one knee into chest, drive other heel into the ground	3	6 – 8 reps each leg	60s



CONDITIONING

You can do any form of cardio; running, cycling, rowing etc but the key part is the intensity and duration you are working at. Try to do three sessions a week using the following structure.

Slow & Steady

This is about finding a pace you can maintain for a long time.

Time	Intensity
30 minutes plus	60 – 70 % Max heart rate

Strong & Steady

This is fast paced, feel the lactate starting to build and maintain it

Time	Intensity
10 – 20 minutes	70 – 80 % Max heart rate

Big Effort Intervals

Think of this as your critical speed style session with a longer rest

Time	Intensity
60s Intervals, 60s rest	80 – 90 % Max heart rate (during intervals)