



The Athlete Doc

Welcome to the Athlete Doc. This is the part where your children think I'm torturing them...

CORE WORKOUT

30 seconds or 30 reps (each side if applicable) 2 times through

- planks - right, left, and center
- penguins
- bombs/suitcases
- hollow hold
- supermans
- hollow rocks
- v-ups
- toe - touches
- Russian twist
- flutter kicks
- star hold
- dead bugs
- bird dogs

DYNAMIC WARM UP

WALKING MOVEMENTS

- Side Shuffle - each side
- Quad Reach
- Knee Hugs
- Shoe Cleaners
- Side/Rocking Lunges
- Toy Soldier to TikTok
- Karaoke - each side

STATIONARY MOVEMENTS

- Arm Circles - 8x -sm/m/lg
- Arm Circles - 8x -opposites each way
- Speed Skaters 8x
- Monkey Arm Swing 8x
- 80's Aerobic Toe Touch -8x both ways
- Squats 8x
- Leg Swings 8x all -ways



Almost all of our workouts are structured the same, warm up, main set, secondary set, cool down.

Gold and Silver groups Warm Up

100 Free
100 Kick
100 Back

Bronze and Platinum Warm Up

200 Free
100 Kick
100 Back

Steel and Iron Warm Up

300 Free
200 Kick
100 Pull
200 IM Drill

Main sets vary depending on what cycle we are in. A quick and easy work out would be some range of distance of the following:

4-6x__IM Kick
4-6x__IM Drill/Swim by 25
4-6x__IM

Secondary sets are much like the main but focus on one stroke. A quick an easy work out would be some range of distance of the following:

4-8x__ Kick
4-6x__ Swim
(shorter distance)4-6x__ Swim

Another common set practice we use is a ladder set which looks like one of the following:

400 Swim
2x200 Swim
4x100 Swim
8x50 Swim
4x100 Swim
2x200 Swim
400 Swim



12x100 Swim
10x100 Swim
8x100 Swim
6x100 Swim
2x100 Swim
100 Swim

Ultimately, find a pattern and stick to it and you can write anything if you just need to move around, or ask a coach and we will write a workout for you if we have a heads up!

Total Body Dryland

https://www.youtube.com/watch?v=rBh4_mvGlu8

Core Strength and Shoulder Stability

<https://www.youtube.com/watch?v=JXBIZW-HeK8>

Butterfly Dryland

<https://www.youtube.com/watch?v=1gecW7zGkYY>

I do have bands in our storage locker as well if your child thinks they are interested in that. I stopped handing them out as swimmers quit using them, but I would be happy to cut a piece and send them on their way with a sheet!