

# Dryland Breakdown

What is the importance of adding dryland and is it appropriate for my athlete?

## Importance of Dryland for Swimmers

Dryland training is a fundamental component of a well-rounded swimming training program. There are numerous benefits of dryland training, including enhanced strength and power, injury prevention, improved core stability, and increased aerobic and anaerobic capacity. By incorporating dryland training into their routine, swimmers can unlock their competitive edge and elevate their performance to new heights.

## Is Dryland a good choice for my swimmer right now?

Many of the surrounding high school programs already incorporate a dryland/lifting section to their practice schedule so if your athlete is already participating in High School level swimming our dryland program is a great option for them! For our families with Juniors, the junior dryland program will vary from the senior level dryland program. Our Junior program will consist of body weight movements designed to improve coordination and explosive power for starts & turns. We will also progress through lighter weights to improve muscle strength and endurance while competing in the pool. Juniors who regularly compete in meets and plan to compete at MRCs (or a high level) should thinking about adding dryland to their practice schedule!

Group	Schedule
<b>Junior (Optional Dryland as á a carte)</b>	<b>Pool Scheule:</b> M-F 6:00-7:30 pm <b>Optional Dryland Add:</b> T&Th 7:15-7:45 pm (30 min) <b>Differences Between Jr and JrE:</b> Athlete who opt to NOT add dryland to their training schedule will have starts & turns work on T&Th from 7:15-7:30 pm. No meet attendance requirement if adding Dryland as an á a carte option.
<b>Junior Elite</b>	<b>Pool Scheule:</b> M,W,F 6:00-7:30 pm / T,Th 6:00-7:15 pm <b>Dryland Addition:</b> T&Th 7:15-7:45 pm (30 min) <b>Differences Between Jr and JrE:</b> Junior Elite athletes will leave the pool early on T&Th for dryland practice to help build athleticism that will translate to pool skills. Junior Elite athletes have a meet attendance requirement.
<b>Senior (Optional Dryland as á a carte)</b>	<b>Pool Scheule:</b> M 6:45-8:30 pm / T,Th 7:00-8:30 pm / W 6:00-7:45 pm / F 6:00-7:30 pm <b>Optional Dryland Add:</b> T&Th 6:00-7:00 pm / W 7:45-8:15 pm <b>Differences Between Sr and SrE:</b> No meet attendance requirement if adding Dryland as an á a carte option.
<b>Senior Elite</b>	<b>Pool Scheule:</b> M 6:45-8:30 pm / T,Th 7:00-8:30 pm / W 6:00-7:45 pm / F 6:00-7:30 pm <b>Optional Dryland Add:</b> T&Th 6:00-7:00 pm / W 7:45-8:15 pm <b>Differences Between Sr and SrE:</b> Senior Elite athletes have a meet attendance requirement.