

# Lady Mariners Swim Team

## Summer Workout Suggestions

The workout program found in the following pages is merely a suggestion to help you improve or maintain your physical condition over your summer vacation. Follow the program exactly or take bits & pieces from it, but please do something! My goal is to be able to jump right in, especially the returning members, to some pretty intense practices. To do so every one of you must be in "good" physical condition. Make a plan and stick to it!!

### Stretching

Please stretch your muscles and body everyday!

I cannot emphasize how important flexibility and good range of muscle motion are to swimming! The more flexible you are; the better swimmer you may become!

Hold stretches for a long 20 second count.

Do Arms, legs, back, butt, ankles, shoulders, etc.

### Abs & Back Program

The number one muscle in swimming is your abdominal or stomach muscles. And partner to them are your back muscles. Together they provide a great deal of support and power for you in and out of the water.

You NEED to be ready to do a consistent 200 crunches a day beginning with the first week of practice! To be ready, begin with a number you can do with some difficulty and add 10 or more each week until you reach your goal. Mix it up in variety. Each type of crunch will work a different area of your abdominal or back muscles.

Crunches with feet flat on floor

Reverse crunches

Combo crunch (reg & reverse at same time)

Oblique crunches

One leg bicycle kick crunch

Single leg rested on knee, opposite elbow cross crunch

Planks

Bicycles

Trunk ups

Rowboats

Side lifts

Side twists

Flutters

### Aerobic & Strength Days

Get out and do something that gets your heart rate up for about 30-90min at least 3 times a week

\*\*\*Suggested Aerobic activity includes swimming, running/jogging, biking, rollerblading, Stairmaster, etc. Go mow the grass, walk the dog, or even float down (with a little bit of kicking and arm movement!) Build your endurance!

It would also be a great idea to do some strength training with weights or cordz. See the weight info sheet for more details! Becoming a stronger and leaner person will also improve your ability as a swimmer!