

A Dryland Circuit

Demonstration Video
available

Keep it simple ... keep tasks achievable.

Introduce ideas gradually.

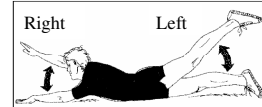
*It's not just about having FUN .. it's about **LEARNING** and having **FUN**.*

LEARNING is FUN !!

1. LUMBAR HOLD & Cross Body Lifts

The athlete is required to hold the position until that position is "altered significantly", or, **four (4) minutes** has elapsed; *establish (and reward) a record holder(s) for each group.*

The **Test Position**: lie face down on a comfortable, flat surface; legs extended fully, toes pointed (swimming streamline); feet together; arms extended straight forward, fingers stretched, palm down; face looking directly downward, nose touching the ground; both legs to be raised in a straight streamlined position, with knees well clear of the ground with at least the mid-point of the thigh off the surface. This position is to be held **without variation**.



Cross Body Lifts

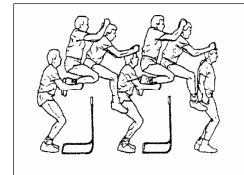
If the position can be held for four (4) minutes, the (*Tip Top*) swimmer has sufficient strength and muscular endurance to hold an adequate body position in any swimming event.

After the test, a series of **cross-body arm-leg lifts** should be completed: **2 x 6-10**

2. HURDLE BOUNDS ... Pre-Jump

Monitor carefully; explain "pre-jump" cf. "explosive" bounds; also, "stick" the landing position .. hold for two seconds. **50 contacts** (max.) Relate to starts and turns. Establish confidence .. Rhythm.

In sneakers .. **NOT** bare feet. "Pre-Jump" aim(s): balance, rhythm, co-ordination; "Explosive" aim: minimum time on ground. Knees to chest - **not** - chest to knees. (30 / 40 / 50 / 60 / 70 / 76 / 84 cm.)



Choose achievable heights; laterals; reverse patterns; foam / cardboard / plastic .. construct, improvise.

3. PUSH-UP POSITION HOLD

Athlete holds the position for **2½ minutes** or until there is a significant alteration.

The **Test Position**: lie face down on a comfortable, flat surface; arms placed in push-up position, with hands underneath the shoulders legs straight; toes turned under. Athlete pushes up until arms are fully extended; eyes looking directly towards the ground. Back of the head, shoulder blades and buttocks should all be aligned. Position to be held **without variation** (hips must not sag, nor should the head be raised or lowered.)



4. ¼ SQUAT SPRINGS and/or B/R Kick specific squats

Rebound jumps, hands on hips (light bar if available); *pre-jump*; ¼ squat position. B/R specific: sit down on heels; knees inside line of ankles; full foot contact with surface at all times. **2 x 10-15**

5. SIT-UPS

Slow movements as directed: **10 – 30**; take care; quality rather than quantity. Follow sit-up series with **2-3 back extensions** (10-15 sec. holds), stretching out the abdominals.

Explore **variations**: e.g. cross-overs; feet elevated; laterals; crunchers, butt-ups, hanging leg lifts, ... (build to 5 sets of 30 of different sit-ups)



6. RAPID FORM SKIPPING: speed / co-ordination / endurance

Skip 50, or 100 ... re-start count if an error is made. (Develop to 3 x 100)

Relate each activity to swimming. Anticipate the key question: *Why are we doing this?*
If the question cannot be answered in a positive manner ???