



**National
Coaches Clinic**

**Relay 2026
Event
Development**

**Dryland
Workout**

Dryland Workout

- Dryland should give swimmers what the pool does not — mobility with control, trunk force transfer, integrated shoulder capacity, weight-bearing strength, multidirectional movement and power.
- Below are exercises in categories, they can be mixed and matched as desired. Purpose is to strive towards symmetry in mobility and strength. These can be done with body weight only, adding bands or weights as accessible and desired.
- **Arlette Godges**
- arlette@ageupwell.com



Dryland Workout

- **1. MOVE — MOBILITY & WARM-UP**
- *Open the ranges swimmers need, raise body temperature, and prepare the body to load.*
- **Squat + overhead reach** — Hips, ankles, thoracic spine and overhead range.
- **Reverse lunge + overhead reach** — Hip extension with controlled overhead movement.
- **Lateral lunge** — Adds side-to-side hip mobility and loading.
- **Walkout → high plank** — Transitions from mobility into trunk and shoulder loading.
- **Down dog → high plank** — Integrates overhead shoulder range with scapular movement.
- **Quadruped upper-back rotation** — Adds thoracic rotation while controlling the pelvis.
- **Long lunge + rotation** — Combines hip mobility with thoracic rotation.
- **Fast march → high knees** — Raises intensity and prepares for faster movement.



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- **2. CONNECT — TRUNK / CORE**

- *Create a stable trunk so force can transfer between the upper and lower body.*
- **Dead bug** — Control extension while opposite arm and leg move.
- **Bear hover** — Integrates trunk control with shoulder loading.
- **Right side plank** — Lateral trunk and shoulder stability.
- **Left side plank** — Same control on the opposite side.
- **High plank → alternating shoulder taps** — Resist rotation while transferring weight from arm to arm.
- (planks on elbows or hands)
- **Toe reaches- lying on back with feet straight up reach for toes** – front and lateral core
- **Leg lifts variations-** start with lifting legs up and arms at side progress with arms overhead, progress to moving trunk up and progress to V-ups
- **Russian twists seated** – feet touch floor, rotate trunk side to side, progress with hovering feet, progress to straight legs



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- **3. CONTROL — INTEGRATED SHOULDER COMPLEX**

- *Train the rotator cuff, serratus, scapular stabilizers and trunk to work together under changing loads.*
- **Push-up plus** — Serratus and scapular control with the cuff working in closed chain.
- **Bear hover → alternating forward reach** — One shoulder stabilizes while the other moves.
- **Bear hover-** alternating shoulder tabs -core/shoulder stability with pelvic alignment
- **Band wall slide + reach** — Integrates cuff, serratus and scapular upward rotation overhead.
- **High plank → down dog** — Controls the shoulder through changing load and position.
- **Quadruped alternating arm reach** — Adds weight transfer and long-lever shoulder control.
- **Bear crawl** — Integrates both shoulders, trunk and hips during movement.
- **Diagonal band overhead extensions with bend or straight arm** -activation of shoulder girdle complex
- **Open book spinal rotations-** on knees or in standing, arms straight out front and rotate spine to move right hand back (pelvis stays grounded) rotating at the spine, head can follow or stay looking forward; targets spinal mobility and head alignment without straining neck



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- **4. PRODUCE — LOWER-BODY STRENGTH**

- *Build force using tempo, unilateral loading and isometrics rather than external weights.*
- **Tempo squat** — Slow eccentric loading followed by strong force production.
- **3count squats**- down for 3 pulses and up; repeat or down for 3, lower 3 and lower again for 3; back to 1st position
- **Reverse lunge** — Unilateral leg strength and control.
- **Single-leg bridge** — Glute and posterior-chain strength with pelvic control.
- **Lateral lunge** — Frontal-plane strength that swimming provides very little of.
- **Split squat + hold** — Strength plus isometric control under fatigue.
- **Single-leg calf raise** — Ankle/calf strength with controlled eccentric loading/ can be combined with full squat
- **Squat variations**- feet together/tandem stance/ dancer stance



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- **5. PRODUCE FAST — POWER**
- *Convert strength into rapid force production while maintaining landing control.*
- **Squat jump → streamline** — Vertical power through ankle, knee and hip extension.
- **Jumps forward** -pick an imaginary line and jump over it
- **Skater bound → stick** — Lateral power plus force absorption and single-leg control, either keep inside foot up or land with both
- **Reverse lunge → explosive knee drive** — Unilateral power with balance and control.
- **Fast high knees** — Simple metabolic conditioning.
- **Mountain climbers** — Conditioning with trunk and shoulder support.
- **Lateral skaters** — Frontal-plane conditioning.



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- **6. FINISH**
- Calming systems, integrate breath work if desired
- **Side body stretch in standing**
- **Childs pose**
- **Spinal twists** -one leg long for lower back stretching, both knees flexed for thoracic stretching
- **Seated forward fold**

