

# Swimming Training Guide

Name \_\_\_\_\_

Weekly Training Log

date \_\_\_\_\_

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
<b>Ten-Minute Stretching</b>	<b>4 x week</b> Record completion in shaded areas.							
<b>Strength Training:</b>	<b>Exercise:</b>	<b>Record Sets &amp; Reps</b> sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
<b>Chest</b>	Bench press 3/10 Incline press 3/10 Chest Flys 3/10 Chest Stretch 3/30 sec							
<b>Back</b>	Lat pull downs 3/10 machine rows 3/10 DB rows- one arm 3/10 DB Pullovers 3/10 Read delt raises 3/10							
<b>Shoulders</b>	Shoulder press 3/10 shrugs 3/20 Split-leg snatch DB 3/10 Delt Stretch 3/30 sec							
<b>Biceps</b>	Machine curls 3/10 DB 21s 2/21							
<b>Triceps</b>	Rope Triceps 3/20							
<b>Leg superset:</b>	Leg press 3/10 (or Overhead BB Squats) (or Squats)							
<b>1. Quads</b>	3 way calf raises 3/10							
<b>2. Calves</b>	pause jumps 3/10							
<b>3. X-Jumps</b>								
<b>Hamstrings</b>	Leg curls 3/10 each							
<b>Sports Specific</b>	Start position Overspeed jumps 3/10							
<b>Abs</b>	Upper Abs 4/20 Leg raises 3/failure Oblique raises 3/10							
<b>Low back</b>	Hyperextensions with Russian twist 2/15							