

Daniel Britt – Training Philosophy

In our training process, below are key elements crucial for individual and team success:

Positive Focus

Our holistic, mentor-based coaching style will influence our athletes. A combination of positive thoughts, beliefs, and actions will be highly conducive to our overall success. This includes being enthusiastic (which is contagious), encouraging, and showing an active interest in the athletes' mental and physical well-being. However, this does not omit constructive criticism.

Commitment & Discipline

“With self-discipline, almost anything is possible.” – Theodore Roosevelt.

Consistent commitment and discipline one step at a time can produce significant successful results. Results will reveal. As Abraham Lincoln said, “Actions speak louder than words.”

Synergy & Teamwork

Focusing on developing each individual's potential is of great significance. Then the combination of each developed talent and teamwork can have a multiplying, positive effect.

Physical Training

We will engage in a full-body, swimming-specific strength training program. We want to optimize speed, agility, flexibility, endurance, and strength, while also identifying specific areas for improvement. Moreover, what the athletes do off the field is very important – recovery, nutrition, balance, sleep, stress-reduction, etc. Every coach and athlete are encouraged to read *In Pursuit of Excellence* by Terry Orlick.

As we begin off-season training, we will focus on increasing strength and endurance (the general preparatory phase). We will do warm-ups, plyometrics and weight training. These will consist of low intensity and high volume/repetition exercises. For weight training, start with 3-6 sets of 8-16 repetitions with a weight that is *50%-65% of your 1-rep max. As we get to week 3, we will focus on exercises that will more directly target your specific activity, and also adjust our numbers and ranges. Focus on proper form. Rest 1 minute between sets. Drink a lot of **water**. Do static stretching after each workout. And remember the importance of **RECOVERY!**

MEN'S SWIMMING TEAM OFF-SEASON TRAINING SCHEDULE – Week 1											
MONDAY				WEDNESDAY				FRIDAY			
WARM-UP				WARM-UP/PLYOS				WARM-UP/PLYOS			
EXERCISE	SETS	REPS	TIME	EXERCISE	SETS	REPS	TIME	EXERCISE	SETS	REPS	TIME
Arm Circles (Back, Forward, Side)			2 min.	Foam Rollers			3 min.	Arm Circles			2 min.
Foot Circles			1 min.	Arm Circles			2 min.	Foot Circles			1 min.
Elliptical Bike			2 min.	Foot Circles			1 min.	Elliptical Bike			3 min.
Rear Delts (Just Arms)	2	10		Lunges		10		Rear Delts	2	16	
Push-ups on knees	1	10		Rear Delts	2	14		Squat Jump		10	
Plank			30 sec.	Incline Push-ups	1	10		Plank			60 sec.
Lunges		10		Glute Bridges	2	10		6 lb. Med Ball Tosses (R&L)			2 min.
				Long Jump		2		Foam Rollers (after full workout)			3 min.
STRENGTH/POWER				STRENGTH/POWER				STRENGTH/POWER			
EXERCISE	SETS	REPS	WEIGHT	EXERCISE	SETS	REPS	WEIGHT	EXERCISE	SETS	REPS	WEIGHT
Back Squat	3	8	*50%	Push-ups	3	10		Back Squat	3	10	*50%
Bench Press	3	8	50%	Calf Raises	3	12	*50%	Bench Press	3	10	
Lat Pull Downs	3	16	50%	Leg Curls	1	10		Lat Pull Downs	4	14	
Reverse Fly	3	12						Reverse Fly	3	14	

**MEN'S SWIMMING TEAM
OFF-SEASON TRAINING SCHEDULE – Week 2**

MONDAY				WEDNESDAY				FRIDAY			
WARM-UP/PLYOS				WARM-UP/PLYOS				WARM-UP/PLYOS			
EXERCISE	SETS	REPS	TIME	EXERCISE	SETS	REPS	TIME	EXERCISE	SETS	REPS	TIME
Arm Circles (Back, Forward, Side)			2 min.	Foam Rollers			3 min.	Arm Circles			2 min.
Foot Circles			1 min.	Arm Circles			2 min.	Foot Circles			1 min.
Elliptical Bike			4 min.	Foot Circles			1 min.	Elliptical Bike			5 min.
Rear Delts	2	18		Rear Delts	2	20		Rear Delts	3	15	
Push-ups on knees	2	10		Incline Push-ups	1	10		Squat Jumps		4	
Plank			90 sec.	Glute Bridges	2	14		Long Jump		4	
Long Jump		3		Box Jumps		6		6 lb. Med Ball Tosses (R&L)			3 min.
								Foam Rollers (after full workout)			3 min.
STRENGTH/POWER				STRENGTH/POWER				STRENGTH/POWER			
EXERCISE	SETS	REPS	WEIGHT	EXERCISE	SETS	REPS	WEIGHT	EXERCISE	SETS	REPS	WEIGHT
Back Squat	3	12	*50%	Push-ups	3	12		Back Squat	4	12	*50%
Bench Press	4	12		Calf Raises (5lb in each hand)	2	10	*50%	Bench Press	4	14	
Lat Pull Downs	4	16		Leg Curls	2	12		Lat Pull Downs	5	14	
Reverse Fly	3	16						Reverse Fly	4	14	

We now enter the next phase of training, the specific preparatory phase, in which our exercises are targeted more toward the muscles and movements you use most in swimming. We will also increase the weight to *80-95% of your 1-rep max. The repetition range will decrease to 2-6, and the number of sets range is now 2-6 for most of the strength/power exercises. Rest 1 minute between each strength set. Do static stretching after each workout. **If you cannot execute a pull-up, continue with lat pull downs until you can, then switch over at one rep and build. ***Add 2.5 dumbbells in each hand for this hereon in. OT = Overhead Throwdown.

MEN'S SWIMMING TEAM OFF-SEASON TRAINING SCHEDULE – Week 3											
MONDAY				WEDNESDAY				FRIDAY			
WARM-UP/PLYOS				WARM-UP/PLYOS				WARM-UP/PLYOS			
EXERCISE	SETS	REPS	TIME	EXERCISE	SETS	REPS	TIME	EXERCISE	SETS	REPS	TIME
Arm Circles (Back, Forward, Side)			2 min.	Foam Rollers			3 min.	Arm Circles			2 min.
Foot Circles			1 min.	Arm Circles			2 min.	Foot Circles			1 min.
Rear Delts***	2	10		Foot Circles			1 min.	Rear Delts	2	14	
Elliptical Bike			5 min.	Rear Delts	2	12		Elliptical Bike			5 min.
Push-ups on knees	2	10		Incline Push-ups	1	10		Dolphin Kicks			1 min.
Plank			2 min.	Flutter Kicks			1 min.	Long Jump			5
Long Jump			4	Squat Jumps			6	8 lb. Med Ball Passes (R&L)			3 min.
8 lb. Med Ball Passes			2 min.	Med Ball OT			20	Foam Rollers (after full workout)			3 min.
STRENGTH/POWER				STRENGTH/POWER				STRENGTH/POWER			
EXERCISE	SETS	REPS	WEIGHT	EXERCISE	SETS	REPS	WEIGHT	EXERCISE	SETS	REPS	WEIGHT
Back Squat	2	4	*80%	Push-ups	3	14		Back Squat	3	4	*80%
Bench Press	3	3		**Pull-ups	3	3		Bench Press	3	4	
Lat Pull Downs	3	6		Calf Raises (10 lb. in each hand)	2	6	*80%	Pull-ups	4	4	
Reverse Fly	1	6		Leg Curls	2	4		Reverse Fly	3	4	
Leg Extension	1	4		Tricep Pushdowns	2	2		Leg Extension	2	4	

Last week! Great job, men! Persistence, Balance, Water, Protein, Rest, Recovery! You have invested in yourselves and your performances! Keep going and building! *Swim 200-175-150-125 meters – Rest 30 seconds between intervals. **Swim 200-175-150-125-100-75-50-25 meters. Rest 15 seconds between intervals for the latter 4 distances.

MEN'S SWIMMING TEAM											
OFF-SEASON TRAINING SCHEDULE – Week 4											
MONDAY				WEDNESDAY				FRIDAY			
WARM-UP/PLYOS				WARM-UP/PLYOS				WARM-UP/PLYOS			
EXERCISE	SETS	REPS	TIME	EXERCISE	SETS	REPS	TIME	EXERCISE	SETS	REPS	TIME
Arm Circles (Back, Forward, Side)			2 min.	Arm Circles			2 min.	Arm Circles			2 min.
Foot Circles			2 min.	Foot Circles			2 min.	Foot Circles			2 min.
Elliptical Bike			5 min.	Rear Delts	3	12		Elliptical Bike			5 min.
Rear Delts	3	10		Incline Push-ups	1	12		Rear Delts	3	14	
Push-ups on knees	2	10		Squat Jumps		8		Long Jump		6	
Planks	2		2 min.	10 lb. Med Ball Tosses			1 min.	10 lb. Med Ball Tosses (R&L)			2 min.
Flutter Kicks			90 sec.	Dolphin Kicks			90 sec.	Foam Rollers (after full workout)			
Box Jumps		8						Flutter Kicks			2 min.
								Dolphin Kicks			2 min.
STRENGTH/POWER				STRENGTH/POWER				STRENGTH/POWER			
EXERCISE	SETS	REPS	WEIGHT	EXERCISE	SETS	REPS	WEIGHT	EXERCISE	SETS	REPS	WEIGHT
Back Squat	3	5	80%	Push-ups	3	16		Back Squat	3	6	80%
Bench Press	3	8		Leg Curls	2	6	80%	Bench Press	3	10	
Pull-ups	3	5		Calf Raises (10 lb. in each hand)	3	6		Pull-ups	4	4	
Reverse Fly	2	6		Tricep Pushdowns	2	4		Reverse Fly	3	6	
Leg Extension	3	3		*Swim				Leg Extension	3	4	
Slow Swim			20 min.					Swim**			

Nutrition and Recovery

Nutrition

Drink water and sports drinks throughout the day. Attempt to get protein in your system every few hours to build and heal muscle. Protein shakes/boxes are an easy way to get in a good amount of protein. And they are portable, low fat and tasty with a wide range of flavors. Also, there are plenty of lean protein sources. Eat plenty of fruits and vegetables. Avoid processed foods as much as possible. Black coffee or a pre-workout drink can motivate you mentally and physically, but feel free to check with doctor on this topic, and begin with a small amount to assess your tolerance and reaction. Moreover, if healthy consumption has been a challenge for you, we suggest that you keep a journal of what you eat each day. Here is a healthy protein snack that tastes great and is much better than resorting to “junk food”/sugars (which is sometimes a nighttime temptation): Whey protein mixed with peanut butter and/or almond butter, a little milk (or almond milk, half and half), walnuts and/or almonds, etc.! Experiment with some mixes!

Recovery

What athletes do off the field is very important. Be sure to make recovery an integral part of this program. Apply static stretching after each workout. Foam rollers are also very effective in recovery. Drink water and sports drinks, and consume protein throughout the day. Take a walk or slow jog (or do some light movement) on non-training days. Get a lot of quality sleep; winding down (e.g., no caffeine after a certain time, meditation, deep breathing, etc.) in the evening will assist with this. Muscles grow and recover better in good, sufficient sleep. Injury prevention is key. Again – It is encouraged that you obtain a copy of the book *In Pursuit of Excellence* by Terry Orlick. Please ask any questions you may have! Let’s do this!