

Eddie Reese; Strength

“We are a product of what we do”

10 and under;

Swim different stroke

Sit-ups, crunches, and pull-ups

Safe and technical

Rockwall and outdoor activities

Running

11-12

Tethered swimming

Sit-ups, pushups, pull-ups, dips

Safe and technical

Rockwall and outdoor activities

Running

13-14

Swimming with equipment (paddles, tubes, parachutes, etc...)

Pushups, pull-ups, dips, rope climb

Technique and safety

Rock wall and other activities

Running

Senior swimmers

Swimming with equipment

Medicine balls

Weights only if land strength is at the following criteria

80-100 situps in 2 minutes

40 +”good” pushups in 1 minute

5-8 pulls ups

12-15 dips

Weight training

Keep reps between 12-20 reps

Be safe and technical

Never test strength with singles(no max outs)

Always under supervision

Following exercises show most improvement for swimmers;

Bench, lat pull downs or weighted pull ups, dips, leg press, leg extensions, curls,

horizontal rows