

### General Notes:

This program was designed for a 3x weekly session.

Intensity: Ensure the exercises are challenging but maintain proper form.

Progression: Gradually increase weights, reps, or intensity as you progress through the weeks.

Recovery: Incorporate rest days and focus on adequate nutrition and sleep.

Flexibility: Adjust the sessions based on your schedule and recovery status.

This program aims to enhance overall strength, endurance, core stability, and mobility, all essential for swimming athletes.

## **Week 1-3: Foundation Phase**

### Session 1: Upper Body Strength

#### Warm-Up

Dynamic stretches

Light cardio (jump rope, jogging)

#### Workout

Lat Pulldowns: 3x10-12 reps

Bench Press: 3x10-12 reps

Seated Rows: 3x10-12 reps

Dumbbell Shoulder Press: 3x10-12 reps

Bicep Curls: 3x15 reps

#### Cool Down

Static stretches

Deep breathing

## Session 2: Lower Body Strength and Core

### Warm-Up

Dynamic stretches  
Light cardio

### Workout

Squats: 3x10-12 reps  
Romanian Deadlifts: 3x10-12 reps  
Lunges: 3x12 reps per leg  
Calf Raises: 3x15 reps  
Plank: 3x45-60 seconds

### Cool Down

Static stretches  
Deep breathing

## Session 3: Endurance and Mobility

### Warm-Up

Dynamic stretches  
Light cardio

### Workout

Circuit: (4 Rounds)  
Burpees: 10 reps  
Mountain Climbers: 30 seconds  
Jumping Jacks: 1 minute  
Bicycle Crunches: 30 seconds

### Mobility Work:

Hip Flexor Stretch: 2x30 seconds per side  
Shoulder Dislocations with a band: 2x15 reps  
Pigeon Pose: 2x30 seconds per side

### Cool Down

Static stretches  
Deep breathing

## **Week 4-6: Performance Phase**

### Session 1: Advanced Upper Body Strength

#### Warm-Up

Dynamic stretches  
Light cardio

#### Workout

Deadlifts: 4x6-8 reps  
Incline Bench Press: 4x6-8 reps  
T-Bar Rows: 4x10-12 reps  
Arnold Press: 4x10-12 reps  
Triceps Dips: 4x15 reps

#### Cool Down

Static stretches  
Deep breathing

### Session 2: Explosive Power and Core

#### Warm-Up

Dynamic stretches  
Light cardio

#### Workout

Box Jumps: 4x10 reps  
Medicine Ball Slams: 4x15 reps  
Kettlebell Swings: 4x15 reps  
Russian Twists: 4x20 reps (10 each side)  
Leg Raises: 4x15 reps

#### Cool Down

Static stretches  
Deep breathing

## Session 3: High-Intensity Interval Training (HIIT) and Mobility

### Warm-Up

Dynamic stretches  
Light cardio

### Workout

HIIT Circuit (5 rounds):

Sprint Intervals: 30 seconds on, 30 seconds off

Battle Ropes: 30 seconds

Jump Squats: 30 seconds

Plank to Push-Up: 30 seconds

### Mobility Work:

Thoracic Spine Rotation: 2x10 reps per side

Shoulder Stretch: 2x30 seconds per side

Deep Squat Hold: 2x30 seconds

### Cool Down

Static stretches  
Deep breathing