Land training (Winsford Swimming Club)

Lifestyle Leisure Centre

September to November 13

First phase: Tuesday gym session – Cardiovascular / Time: 6.00 – 6.50pm

Warm up: 3 – 5min mobility and stretching

Please note:

Machines can be used in-order to raise your heart rate, but only slightly. Do NOT work excessively until your warm up has been completed.

During this first phase of training (endurance) select 2 CV machines and set two time distance to be achieved, example: -

Running: 2 x 10 minutes or 4 x 5 minutes = 20 minutes of exercising + recovery time

Skiing: 2 x 8 minute or 4 x 4 minutes = 16 minutes of exercising + recovery time

Rowing: 2 x 10 minutes or 4 x 5minutes = 20 minutes of exercising + recovery time

Cycling: 2 x 8 minutes or 4 x 4 minutes = 16 minutes of exercising + recovery time

Between each set, you can either stretch or slow the pace down to recovery level

All CV machines are multi muscle functioned, therefore, it is important to remember that the area of work you need to be concentrating on, is your heart. Endurance is being able to sustain a pace for a given period without going into oxygen debt.

Resistance and time can be increased, but make sure you allow yourself sufficient time to recover.

The centre has a wide range of equipment that can be used; the above examples can be expanded if other machines are available.

Tuesday night swimming is normally a sprint session, so please do not exhaust yourself in gym. You should be feeling slightly tired (possibly) but still strong enough to swim a good session.

Your programme will be as follows: -

Warm up: 3 – 5mins

CV exercises: 35 – 40mins (approx)

Warm down: 3 – 5mins

Gym protocol:

1. Respect other users
2. Do not group together
3. Never compete against others, only yourself
4. Respect all machines

Stretch down: This will be just as important as your exercising, do not waste opportunities

Hold each stretch for 10 – 15sec approx (head to toe)

Always leave the gym feeling good about yourself

Dave

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Lifestyle Leisure Centre

September to November 13

First phase: Sunday gym session –Weights & Strength / Time 7.00 – 8.00pm

This session will concentrate of strength training. The purpose for this is so you can build up additional strength & power.

I would like you to work predominantly on upper body strength during this first phase, with a small proportion of leg power to be included.

There are three areas of body strength that need to be developed: -

1. Neck, shoulders & Arms
2. Abdominal & Back
3. Legs

You have a selection of machines which can satisfy your needs, but we do not want to over use any one machine, unless told otherwise.

Weights are beneficial if used correctly, the aim is not to increase muscle size, as in appearance, but as in power & strength.

You need to think about both the explosive phases of your stroke i.e. Pull & Push phase of your stroke.

Each position is dynamic in their movement and requires a lot of strength and control. To achieve this, you need to isolate the range of movement so that a short and fast action is performed.

Programme:

Warm up: As per cardio programme

Machines:

1. Chest press 6 – 4 x 10/15 efforts
2. Biceps curls 6 – 4 x 10/15 efforts
3. Pull down or Shoulder press 6 – 4 x 10/15 efforts
4. Leg extension or seated leg press 2 x 20 efforts
5. Triceps press 6 – 4 x 10/15 efforts

Five machines have been selected for you to use, the efforts will remain the same but the repeats can be extended.

Weight training protocol

1. As per gym protocol
2. Know your machine and its purpose
3. Use weights to build not to bulge
4. Always underweight first before deciding your load (know your limits)
5. Maximise your range according to the exercise you are performing
6. NO loose weights

Core stability: Select 3 or 4 exercises followed by a loose but controlled stretch down

Always leave the gym feeling good about yourself

Dave