

7-DAY LAND WORKOUT SAMPLE TO JUMPSTART YOUR SWIMMING JOURNEY!

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OBJECTIVES OF THIS WORKOUT SAMPLE

- To emphasize on the importance of dry land workout and exercises to improve swimmer performance in water.
- To include major muscle groups throughout the week.
- To get the body active on land to be prepared for swimming journey in the water.
- Quick and short workout for the busy person who is short on time!



DAY 1 - MONDAY

If you have any questions about the exercises, make sure to check in with me or inside the Facebook community group: Purposeful Fitness with Coach Ola.

For the following exercises, please make sure to do the following:

- 3 sets, 45 seconds each, 15 seconds rest.
- Make sure to add 2 minutes dynamic warm up first and finish off with 2 minutes static stretching at the end.

Jumping jacks
Squats
Push ups
Lunges

DAY 2 - TUESDAY

If you have any questions about the exercises, make sure to check in with me or inside the Facebook community group: Purposeful Fitness with Coach Ola.

For the following exercises, please make sure to do the following:

- 3 sets, 45 seconds each, 15 seconds rest.
- Make sure to add 2 minutes dynamic warm up first and finish off with 2 minutes static stretching at the end.

High knee run in place
Dips
Plank
Jumping jacks

DAY 3 - WEDNESDAY

If you have any questions about the exercises, make sure to check in with me or inside the Facebook community group: Purposeful Fitness with Coach Ola.

For the following exercises, please make sure to do the following:

- 3 sets, 45 seconds each, 15 seconds rest.
- Make sure to add 2 minutes dynamic warm up first and finish off with 2 minutes static stretching at the end.

Burpee jumps
Side lunge
Side plank
Incline push ups

DAY 4 - THURSDAY

If you have any questions about the exercises, make sure to check in with me or inside the Facebook community group: Purposeful Fitness with Coach Ola.

For the following exercises, please make sure to do the following:

- 3 sets, 45 seconds each, 15 seconds rest.
- Make sure to add 2 minutes dynamic warm up first and finish off with 2 minutes static stretching at the end.

Squats
Mountain climbers
Dips
Jog in place

DAY 5 - FRIDAY

If you have any questions about the exercises, make sure to check in with me or inside the Facebook community group: Purposeful Fitness with Coach Ola.

For the following exercises, please make sure to do the following:

- 3 sets, 45 seconds each, 15 seconds rest.
- Make sure to add 2 minutes dynamic warm up first and finish off with 2 minutes static stretching at the end.

Skaters
Superman
Push up
Plank

DAY 6 & DAY 7: THE WEEKEND! :)

Take the weekend to do something you enjoy to do for yourself. Such as going on for a hike, for a walk, for a run, to get into the pool to get started with swimming, water aerobics, and anything you feel like doing. It could even be dancing!

Make sure to make time to foam roll and work on your flexibility!

Stay hydrated!

