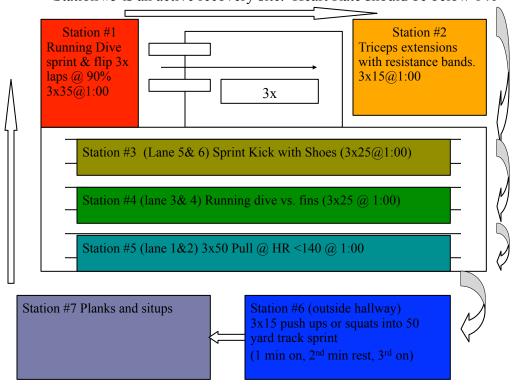
Circuit Diagram for Boys High School Swimming

FRONT OF CARD

- The circuit will be performed 3x by Sprinters @ 4:00 intervals per station (1 min to transition and grab proper equipment)
- Station #5 is an active recovery site. Heart Rate should be below 140



BACK OF CARD

Workout Group:				Circuit Training – Recording From										
Name:														
Date (mo/day)	/	/	/	/	/	/	/	/	/	/	/	/	/	/
Exercise/Rest Interval (sec.)	All	Sets	Are	Based	On	Three	Minutes							
Stations														
1. Deep End														
2. Triceps														
3. Sprint Kick														
4. Running dive														
5. Pull (record HR)														
6. Track Sprint														
7. Planks and Situps														

Circuit Training Program

Sport:	Level:	
Specific position within the sport:		

Exercise Name and	Physiological Demands on	Skill	Contribution to		
Brief Description	the Energy Production and/	Development	Overall		
and/or Drawing	or Muscular Systems	•	Conditioning?		
1. Deep end dive	Short term, high-intensity	Establishing	Anaerobic		
1 *	activity. Harvest anaerobic	tempo and			
	energy via ATP-CP reaction	breakout speed.			
the deepend and		Refine race			
perform three laps at		pace turns.			
90% HR. 2-3 laps @					
1:00 interval.					
2. 77	3.6.1	T	1		
_	Muscle strengthening /		Maintain athletes		
	development of the triceps.	1 -	HR from previous		
The swimmer will		1	activity.		
attach a resistance		and butterfly			
band to the bench and		stroke finish			
perform 3x15 on a					
minute interval. The					
elbow should remain					
@ a 90% angle in the					
eccentric phase.					
3. Sprint Kick with	Short term, high-intensity	Building kick	Anaerobic		
*	activity. Harvest anaerobic	temp and kick			
	energy via ATP-CP reaction.	power.			
	Resistance training in the	Maintaining a			
the strokes 25 yards @		proper			
1 min intervals.		streamline			
		throughout			
		kick.			

4. Running Dive vs.	Short term, high-intensity	Running Dive –	Anaerobic
Fins. One athlete will	activity. Harvest anaerobic	maintain speed	
perform a running	energy via ATP-CP reaction	and tempo.	
dive without fins		(Prey)	
while the other		Fin sprint –	
swimmer will have		build tempo and	
fins.		"catch up"	
		experience	
		(predator)	
5. 3 x 50 @ 1:00 EZ	Active Recovery – Lower HR	Teach athletes	Aerobic – Active
Pull. The swimmers	and remove lactic acid		Recovery
will use a pull buoy		lactic acid	J
and swim freestyle.			
6. Push Ups or Squats	Short term, high-intensity	Develop	Anaerobic
into a track sprint	activity. Harvest anaerobic	reaction time	
	energy via ATP-CP reaction.	and work on	
	Increase muscle strength and	fast twitch	
	endurance.	muscle of the	
		legs and arms.	
7. Planks and sit-ups.	Strengthen CORE (abdominal,	Teach the	Not Applicable
The athlete will switch	oblique, lower back muscles)	athlete how	
between 30 sec planks		important the	
and 20 sit ups with a		CORE muscles	
medicine ball		are to their	
		respective	
		strokes and the	
		everyday	
		activities.	