



## Circuit Training Program

**Sport:** \_\_\_\_\_ **Level:** \_\_\_\_\_

**Specific position within the sport:** \_\_\_\_\_

Exercise Name and Brief Description and/or Drawing	Physiological Demands on the Energy Production and/ or Muscular Systems	Skill Development	Contribution to Overall Conditioning?
1. Deep end dive sprint. The swimmers will run and dive into the deep end and perform three laps at 90% HR. 2-3 laps @ 1:00 interval.	Short term, high-intensity activity. Harvest anaerobic energy via ATP-CP reaction	Establishing tempo and breakout speed. Refine race pace turns.	Anaerobic
2. Triceps extensions via resistance bands. The swimmer will attach a resistance band to the bench and perform 3x15 on a minute interval. The elbow should remain @ a 90% angle in the eccentric phase.	Muscle strengthening / development of the triceps.	Increasing the “push” phase of the freestyle and butterfly stroke finish	Maintain athletes HR from previous activity.
3. Sprint Kick with Shoes. The athlete will wear tennis shoes while kicking any of the strokes 25 yards @ 1 min intervals.	Short term, high-intensity activity. Harvest anaerobic energy via ATP-CP reaction. Resistance training in the lower extremity.	Building kick temp and kick power. Maintaining a proper streamline throughout kick.	Anaerobic

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