

# Bishop McDevitt Swimming & Diving

## Off-season Dryland Strength Program

The following off-season strength and conditioning program focuses on compound movements, core stability, and plyometrics to build power, increase speed, and prevent injuries. Key exercises include pull-ups, squats, deadlifts, and bench presses, generally performed 2–3 times a week with an emphasis on consistency and relatively lower weight to begin the block of training. As the athlete progresses through the fundamental exercises, more explosive (and controlled) movements can be introduced to translate strength in the water.

### Key Components of our Strength Program

- **Core Stability:** Essential for body position and rotation, using exercises like planks, Russian twists, and stability ball work.
- **Upper Body Power:** Focus on back, shoulders, and triceps for a stronger pull, including pull-ups, rows, and dumbbell presses.
- **Lower Body Strength:** Targets explosiveness for starts and turns through squats, lunges, and deadlifts.
- **Dryland & Plyometrics:** Jumping, medicine ball throws, and exercises that build bone density and explosive power.
- **Flexibility/Mobility:** Dedicated work to maintain shoulder health and hip range of motion.

### Sample Weekly Structure (Dryland)

- **Day 1: Max Strength & Core:** Heavy, low-rep sets (e.g., 3-5 reps) of compound lifts (squat/deadlift) and intense core work.
- **Day 2: Power & Explosiveness:** Plyometrics, medicine ball throws, and faster, lighter lifting (e.g., jump squats).
- **Day 3: Mobility & Stability:** Band work, stretching, and stability exercises.

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## Sample Exercises

- **Dumbbell Bench Press:** Builds chest/triceps power with a neutral, safe grip.
- **Pull-ups/Rows:** Increases pulling strength.
- **Goblet Squats/Lunges:** Builds leg strength for starts and turns.
- **Medicine Ball Slams:** Develops core power and speed.