

# UCSD Swimming

## Day 1

### Dynamic Warm-Up

### Shoulder Stability

### Glute Act/Strength

Order	Max	Exercise	Set	20-Jun		27-Jun		4-Jul		11-Jul	
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	Week 4 wt	x Week 4 reps
1	#N/A	<b>Clean Complex</b> (RDL, RDL Shrug, Muscle Clean) pair w/ clam shells 3 x 10 ea pair w/ unilateral Y's 3 x 8 ea	1		x 3		x 3		x 2		x 3
			2		x 3		x 3		x 2		x 3
			3		x 3		x 3		x 2		
			4						x 2		
2	#N/A	<b>OH Split Squat</b>	1		x 8		x 8		x 8		x 7
			2		x 6		x 6		x 6		x 5
			3		x 5		x 5		x 5		
3	#N/A	<b>SA Bent Over Row</b> Go Heavy	1		x 5		x 5		x 5		x 5
			2		x 4		x 4		x 4		x 4
			3		x 3		x 3		x 3		
4	#N/A	<b>BB SL RDL</b>	1		x 6		x 6		x 6		x 6
			2		x 6		x 6		x 6		x 6
			3		x 6		x 6		x 6		
5	#N/A	<b>Band Pull Aparts</b>	1		x 8		x 9		x 10		x 11
			2		x 8		x 9		x 10		x 11
			3		x 8		x 9		x 10		
6	#N/A	<b>Ab Wheel Rollouts</b> Keep Low Back Tight	1		x 8		x 9		x 10		x 11
			2		x 8		x 9		x 10		x 11
			3		x 8		x 9		x 10		

## Day 2

### Dynamic Warm-Up

### Shoulder Stability

### Glute Act/Strength

Order	Max	Exercise	Set	Week 1		Week 2		Week 3		Week 4	
				wt	x reps	wt	x reps	wt	x reps	wt	x reps
1	#N/A	<b>Front Squats</b> (Go Heavy, with good form) pair w/ Side Lying Rotations 3 x 8 ea	1		x 8		x 8		x 8		x 8
			2		x 8		x 8		x 8		x 8
			3		x 6		x 6		x 6		x 6
			4		x 6		x 5		x 5		x 4
			5		x 5		x 5		x 5		
			6		x 5		x 5		x 4		
2	#N/A	<b>Box Jumps</b>	1		x 4		x 4		x 5		x 5
			2		x 4		x 4		x 5		x 5
			3		x 4		x 4		x 5		
			4		x 4		x 4		x 5		
3	#N/A	<b>Band Towel Face Pulls</b>	1		x 10		x 11		x 12		x 12
			2		x 10		x 11		x 12		x 12
			3		x 10		x 11		x 12		
4	#N/A	<b>FM Leg Curls</b>	1		x 8		x 9		x 10		x 11
			2		x 8		x 9		x 10		x 11
			3		x 8		x 9		x 10		
5	#N/A	<b>Standing Tricep Extensions</b>	1		x 12		x 10		x 12		x 10
			2		x 8		x 8		x 8		x 8
			3		x 6		x 6		x 6		
6	#N/A	<b>Standing Band Half Circles</b> (reps for each side) pair w/ MB Hip Bridge Squeeze 3 x 10	1		x 10		x 10		x 12		x 12
			2		x 10		x 10		x 12		x 12
			3		x 10		x 10		x 12		

# Master

## Day 3

### Dynamic Warm-Up

### Shoulder Stability

### Glute Act/Strength

Order	Max	Exercise	Set	20-Jun		27-Jun		4-Jul		11-Jul	
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	Week 4 wt	x Week 4 reps
1	#N/A	Lateral Squats reps for each side	1		x 5		x 5		x 6		x 4
			2		x 5		x 5		x 6		x 4
			3		x 5		x 5		x 6		x 4
			4		x 5		x 5		x 6		x 4
			5				x 5		x 6		
2	#N/A	Floor Press	1		x 5		x 5		x 6		x 4
			2		x 5		x 5		x 6		x 4
			3		x 5		x 5		x 6		x 4
			4		x 5		x 5		x 6		x 4
			5				x 5		x 6		
3	#N/A	MB Rev Hyper	1		x 10		x 10		x 12		x 8
			2		x 10		x 10		x 12		x 8
			3		x 10		x 10		x 12		x 8
			4		x 10		x 10		x 12		x 8
			5				x 10		x 12		
4	#N/A	Prone V's	1		x 10		x 10		x 12		x 8
			2		x 10		x 10		x 12		x 8
			3		x 10		x 10		x 12		x 8
			4		x 10		x 10		x 12		x 8
			5				x 10		x 12		
5	#N/A	Windmills reps for each side	1		x 5		x 5		x 6		x 4
			2		x 5		x 5		x 6		x 4
			3		x 5		x 5		x 6		x 4
			4		x 5		x 5		x 6		x 4
			5				x 5		x 6		