

12-WEEK STRENGTH & POWER PLAN

CLUB SWIMMER DRYLAND STRENGTH



A higher-performance gym programme for competitive club swimmers — heavier strength, explosive power and plyometrics with the volume a fit, younger athlete can handle.

HOW TO USE THIS

STRENGTH THAT MAKES YOU FASTER

Competitive club swimmers can train harder on land than masters athletes — heavier loads, more volume and real plyometrics — to build the strength and power that translate into speed. The focus here is progressive overload, explosive power and resilience, periodised around your competition calendar. Technique still leads; the difference is how much you can handle.

- **MAXIMAL STRENGTH**
Heavy, progressive loading for a powerful base.
- **EXPLOSIVE POWER**
Rate of force for starts, turns and stroke power.
- **PLYOMETRIC SPEED**
Fast, reactive strength that shows up in the water.
- **TRUNK & SHOULDER RESILIENCE**
Handle the load and the training volume.
- **PROGRESSIVE OVERLOAD**
Structured progression that drives real adaptation.

HOW TO RUN THE PLAN

Two to three gym sessions per week, around your pool training.

Work through the three phases in order — four weeks each, twelve in total.

Progress the load each week while the form stays clean.

Back off near key meets — you can't be strong and rested at once.

PHASE 1 / WEEKS 1-4

STRENGTH BASE

Build work capacity and a technically sound strength base.

EXERCISE	SETS × REPS	FOCUS
Back squat Full-range squatting — the base of lower-body power.	3 × 8	LEGS
Romanian deadlift Posterior-chain strength for the kick and body line.	3 × 8	HINGE
Weighted pull-up Loaded pulling strength for a powerful catch.	3 × 8	PULL
Dumbbell bench press Pressing strength and shoulder control.	3 × 10	PUSH
Overhead press Strict overhead strength and stability.	3 × 8	SHOULDER
Split squat Single-leg strength and balance.	3 × 8 / leg	UNILATERAL
Hollow hold A braced, connected trunk under load.	3 × 30s	STATIC CORE

PHASE GOAL

Build the base. Work capacity and clean technique before heavy loading.

MAX STRENGTH

Heavy, progressive loading with strict technique.

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EXERCISE	SETS × REPS	FOCUS
Back squat or trap-bar deadlift Heavy and controlled — raise the strength ceiling.	5 × 4	MAX STRENGTH
Romanian deadlift Progress the load as the hinge stays sharp.	4 × 6	HINGE
Weighted pull-up Heavier loaded pulls for top-end strength.	4 × 5	PULL
Barbell or dumbbell bench Build honest pressing strength.	4 × 5	PUSH
Barbell row Heavy horizontal pulling for posture and the catch.	4 × 6	PULL
Push press A first bridge from strength toward explosive drive.	3 × 5	POWER
Weighted plank Brace hard under heavier load.	3 × 30s	STATIC CORE

PHASE GOAL

Raise the ceiling. Heavy and strict — never trade technique for weight.

PHASE 3 / WEEKS 9-12

POWER & PLYOMETRICS

Convert strength into explosive, race-relevant power.

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EXERCISE	SETS × REPS	FOCUS
Trap-bar jump or KB swing Explosive hip extension — drive off blocks and walls.	4 × 5	HIP POWER
Box jump (step down) Soft, controlled landings — reactive lower-body power.	4 × 4	PLYO
Broad jump Horizontal triple extension for explosive drive.	4 × 3	POWER
Med ball overhead slam Fast, lat-driven action for the catch.	4 × 5	EXPLOSIVE PULL
Med ball rotational throw Explosive power across the trunk.	3 × 4 / side	ROTATIONAL POWER
Plyo press-up Explosive pressing for a fast arm action.	3 × 5	UPPER PLYO
Weighted streamline hold Strength in the streamline off every start and turn.	3 × 20s	STATIC HOLD

PHASE GOAL

Turn strength into speed. Explosive, low-volume, fully recovered.

THE PERFORMANCE RULES

Competitive swimmers can push hard in the gym — but the principles below are what turn that work into faster swimming rather than wasted effort or injury.

- 01** **PROGRESSIVE OVERLOAD**
Add load, reps or speed over time. Steady progression is what drives adaptation — not random hard sessions.
- 02** **TECHNIQUE FIRST, ALWAYS**
Heavy never means sloppy. Clean reps build strength and keep you in the water rather than on the sidelines.
- 03** **PERIODISE AROUND RACING**
Back off the load near key meets. You cannot be at your strongest and your most rested at the same time.
- 04** **POWER NEEDS RECOVERY**
Explosive work is high-quality and low-volume. Rest fully between sets — this is not conditioning.
- 05** **STRENGTH SERVES SPEED**
The goal is faster swimming, not bigger lifts. Keep every choice swim-relevant.
- 06** **DON'T NEGLECT MOBILITY**
Strength without range is fragile. Keep mobility in the week, every week.

HERTS SWIM COACH

READY TO RACE FASTER?

WORK WITH A COACH WHO KNOWS THE RACE



A printed plan only takes you so far. Performance coaching for competitive and age-group swimmers across Hertfordshire and North London — technical and physical development built around your events and your race calendar.

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