

12-WEEK GYM PROGRAMME

MASTERS ALL-STROKES DRYLAND STRENGTH



A 12-week all-round gym programme for masters swimmers — balanced strength, power and shoulder durability that carries across every stroke you swim.

— HOW TO USE THIS

STRENGTH FOR EVERY STROKE

Most masters swimmers train more than one stroke — and want strength that carries across all of them. This all-round programme builds balanced pushing and pulling, hip and posterior-chain drive, a strong rotational core and durable shoulders. It is the foundation under every stroke, progressed in a joint-smart way for the adult swimmer.

■ **BALANCED PUSH & PULL**

Even strength front and back for healthy, powerful swimming.

■ **HIP & POSTERIOR CHAIN**

Drive for every kick, from flutter to dolphin.

■ **ROTATIONAL CORE**

Produce and control the body's movement through the water.

■ **SHOULDER DURABILITY**

Mobile, stable shoulders that handle the weekly volume.

■ **POWER THAT CARRIES**

Explosive strength that transfers to any stroke.

HOW TO RUN THE PLAN

Two gym sessions per week, sitting alongside your pool training.

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

Each phase earns the next: build a balanced base before you load up, then add speed last.

FOUNDATION

1

Build a balanced, full-body base before adding load.

EXERCISE	SETS × REPS	FOCUS
Goblet squat Clean, full-range squatting — knees and hips tracking well.	3 × 10	STRENGTH
Romanian deadlift Hamstrings and glutes — drive for every kick.	3 × 8	HINGE
Inverted row Horizontal pull and mid-back strength for posture.	3 × 10	PULL
Press-up Balanced pressing strength through a full range.	3 × 10	PUSH
Face pull / band pull-apart Rear-delt and scap health — protects the shoulders.	3 × 15	SHOULDER
Dead bug Anti-extension control for a connected body line.	3 × 8 / side	CORE
Pallof press Anti-rotation — a stable trunk to move around.	3 × 10 / side	CORE

PHASE GOAL

Earn the right to load. A balanced base across push, pull, hips and core.

STRENGTH & POWER

Heavier strength and balanced pulling and pressing power.

2

EXERCISE	SETS × REPS	FOCUS
Trap-bar deadlift or squat Heavy and controlled — the base power is built on.	4 × 5	MAX STRENGTH
Pull-up or lat pulldown Top-end pulling strength for a powerful catch.	4 × 6	PULL
Dumbbell bench press Pressing strength under control.	3 × 8	PUSH
Single-arm dumbbell row Even, balanced strength from side to side.	3 × 8	UNILATERAL
Overhead press Strict overhead strength and stability.	3 × 8	SHOULDER
Split squat Single-leg strength and balance through full range.	3 × 8 / leg	UNILATERAL
Hollow hold The braced, connected line under load.	3 × 20-30s	STATIC CORE

PHASE GOAL

Bridge strength to speed. Balanced, heavy work across the whole body.

POWER & PLYOMETRICS

Express the strength explosively — low volume, high quality.

3

EXERCISE	SETS × REPS	FOCUS
Kettlebell swing Explosive hip extension — power for every kick.	4 × 6	HIP DRIVE
Box jump (step down) Land soft and quiet — controlled, athletic power.	4 × 4	PLYO
Med ball overhead slam Fast, lat-driven action for the catch.	4 × 5	EXPLOSIVE PULL
Med ball rotational throw Explosive body roll — power across the trunk.	3 × 4 / side	ROTATIONAL POWER
Broad jump Triple extension for whole-body explosive drive.	3 × 3	POWER
Hollow rock Dynamic core control to hold the line under fatigue.	3 × 15	CORE
Weighted streamline hold Strength in the long streamline off every wall.	3 × 20s	STATIC HOLD

PHASE GOAL

Be fast, not tired. Express the power explosively — stop when speed drops.

THE MASTERS RULES

Adult swimmers respond to the same training as anyone — they just need to respect recovery and the shoulders a little more. These five rules keep the plan working for the long haul.

01

WARM UP, EVERY TIME

Five to eight minutes of mobility and band activation before you load. Cold tissue under load is how masters get hurt.

02

SEPARATE HARD FROM HARD

Keep heavy and explosive sessions at least a day from your hardest pool sets. Don't stack maximal stimuli on tired tissue.

03

MIND THE SHOULDERS

Swimming is shoulder-heavy. If a shoulder niggles, drop overhead pressing and heavy pulls, keep the cuff and scap work, and never train through pain.

04

PROGRESS ONE THING AT A TIME

Add load before speed or volume. Chasing both at once is the fastest route to a niggle that costs you weeks.

05

RECOVERY IS TRAINING

Sleep, protein and a day between sessions are doing real work. The adaptation happens between sessions, not during them.

HERTS SWIM COACH

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