

EXPLOSIVE STRENGTH & POWER

SPRINT SWIMMER POWER PLAN



A power-led gym programme for competitive sprinters — maximal strength, explosive lifts and start and turn power for the fastest events in the pool.

HOW TO USE THIS

BUILT FOR RAW SPEED

Sprinting is about producing maximal force, fast — off the blocks, off the walls and through every stroke. The gym is where that power is built: heavy strength to raise the ceiling, explosive lifts and plyometrics to express it quickly, and dedicated start and turn power. Volume is low, quality is everything, and recovery between efforts is non-negotiable.

- **MAXIMAL STRENGTH**
The ceiling that all explosive power is built on.
- **RATE OF FORCE DEVELOPMENT**
Produce force fast — the heart of sprinting.
- **START & TURN POWER**
Explosive leg drive off the blocks and walls.
- **EXPLOSIVE PULL**
A fast, powerful catch and pull-through.
- **REACTIVE PLYOMETRICS**
Stiff, fast ground contacts for speed.

HOW TO RUN THE PLAN

Two to three gym sessions per week, around your pool training.
Work through the three phases — strength first, then speed, then power.
Power work is fast and fresh — never grind it when tired.
Rest fully between explosive sets. Quality over quantity, always.

STRENGTH

1

Build the maximal strength that power is expressed from.

EXERCISE	SETS × REPS	FOCUS
Back squat Heavy, full-range squatting — the base of sprint power.	4 × 5	MAX STRENGTH
Trap-bar deadlift Whole-body strength and explosive hip potential.	4 × 5	MAX STRENGTH
Weighted pull-up Loaded pulling strength for a powerful catch.	4 × 5	PULL
Bench press Upper-body pressing strength.	4 × 5	PUSH
Overhead press Strict overhead strength and stability.	3 × 6	SHOULDER
Nordic or hamstring curl Strong, resilient hamstrings for drive and health.	3 × 6	POSTERIOR CHAIN
Weighted plank Brace hard to transfer force.	3 × 30s	STATIC CORE

PHASE GOAL

Raise the ceiling. You cannot express power you have not built.

SPEED-STRENGTH

Bridge heavy strength toward fast, forceful movement.

2

EXERCISE	SETS × REPS	FOCUS
Squat (speed reps) Moderate load moved with maximal speed.	6 × 3	SPEED-STRENGTH
Trap-bar jump (loaded) Explosive hip extension under light load.	5 × 3	POWER
Push press Drive the bar overhead — total-body explosiveness.	4 × 4	POWER
Weighted pull-up Keep building top-end pulling strength.	4 × 4	PULL
Jump squat (light) Fast, forceful triple extension.	4 × 4	POWER
Single-leg hops Build stiff, fast, powerful contacts.	3 × 5 / side	REACTIVE
Hollow rock Dynamic core control at speed.	3 × 15	CORE

PHASE GOAL

Make strength fast. Move moderate loads with maximal intent.

POWER & PLYOMETRICS

Pure speed and power — the sharp end of the plan.

3

EXERCISE	SETS × REPS	FOCUS
Depth or box jump Fast, stiff, soft-landing contacts for speed.	5 × 3	REACTIVE PLYO
Broad jump Explosive horizontal drive — like a push-off.	5 × 3	HORIZONTAL POWER
Vertical jump Maximal explosive triple extension.	4 × 4	POWER
Med ball overhead slam Fast, lat-driven action for the catch.	4 × 5	EXPLOSIVE PULL
Resisted start drive (band) Explosive horizontal leg drive off the blocks.	4 × 4	START POWER
Plyo press-up Explosive pressing power.	3 × 5	UPPER PLYO
Weighted streamline hold Strength in the streamline off every start and turn.	3 × 20s	STATIC HOLD

PHASE GOAL

Be explosive, be fresh. Maximal speed reps, full recovery between sets.

THE SPRINT RULES

Sprint power is fragile — it is built with heavy strength and expressed with fast, fresh, high-quality work. These six rules keep it sharp.

- 01** **QUALITY OVER QUANTITY**
Power work is fast and fresh. The moment speed drops, the set is done — never grind it tired.
- 02** **STRENGTH THEN SPEED**
You cannot express power you have not built. Earn the explosive work with a strength base first.
- 03** **FULL RECOVERY BETWEEN SETS**
Explosive reps need full rest — minutes, not seconds. This is not conditioning.
- 04** **TRAIN THE START & TURN**
They are free speed. Dedicate real work to explosive starts and fast, powerful turns.
- 05** **TECHNIQUE UNDER LOAD**
Fast and sloppy is how sprinters get hurt. Sharp technique on every rep, heavy or explosive.
- 06** **PERIODISE TO PEAK**
Taper the strength work into key meets so you race fast, fresh and powerful.

HERTS SWIM COACH

READY TO GET FASTER?

WORK WITH A COACH WHO KNOWS SPEED



A printed plan only takes you so far. Sprint and performance coaching for competitive swimmers across Hertfordshire and North London — starts, turns and stroke power built around your sprint events.

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