

ALL-ROUND LAND TRAINING

AGES 10–14 LAND TRAINING



An all-round land-training guide for young swimmers — mobility, bodyweight strength and athletic play to build a strong, healthy foundation. To be done with adult supervision.

— HOW TO USE THIS

LAND TRAINING THAT GROWS WITH THEM

At this age, land training is about building an athlete — not lifting weights. The goal is movement skill, mobility and bodyweight strength, developed through varied, enjoyable sessions. Done well, it builds coordination, posture and injury resilience, and lays the foundation for the heavier training that comes later. There is no rush and no need for weights — technique, variety and fun come first.

■ MOVEMENT SKILL & COORDINATION

Balance, agility and body control — the athletic basics.

■ MOBILITY & FLEXIBILITY

Stretching and range of motion that grows with the body.

■ BODYWEIGHT STRENGTH

A strong core, push and pull using their own bodyweight — no weights.

■ POSTURE & SHOULDER CARE

A healthy back and shoulders for swimming and for growing.

■ FUN & VARIETY

Keep it playful — long-term development, not short-term gains.

HOW TO RUN THE SESSION

Do all three blocks in one session, two to three times a week.

Always start with Block 1 — the warm-up and mobility — every time.

Keep rests short and the mood light. This is about moving well and having fun, not training hard. Scale anything that is too difficult.

MOVE WELL, STAY SUPPLE

The warm-up and mobility every session starts with.

1

EXERCISE	AMOUNT	FOCUS
Dynamic warm-up flow Arm swings, leg swings, lunges and skips to wake the body up.	5 min	WARM-UP
Tall streamline reach Stretch tall overhead — mobility for a long, straight streamline.	3 × 20s	FLEXIBILITY
World's greatest stretch Hips, spine and shoulders in one — a brilliant all-rounder.	2 × 5 / side	MOBILITY
Bear & crab crawls Fun, full-body coordination and core control.	3 × 10m	COORDINATION
Single-leg balance Steady control on one leg — strong ankles and hips.	3 × 20s / side	BALANCE

BLOCK AIM

Move well and stay supple. Never skip this block — it starts every session.

STRONG WITH BODYWEIGHT

Bodyweight strength — technique and control, no weights.

2

EXERCISE	AMOUNT	FOCUS
Bodyweight squat Learn a clean squat with good knee and hip control.	2 × 10	LEGS
Press-up (box or knees) Scale to ability — build pushing strength safely.	2 × 8	PUSH
Superman / prone hold Back and posture strength for a strong streamline.	3 × 15s	BACK
Plank A strong, stable middle — the base of every stroke.	3 × 20s	CORE
Glute bridge Wake up the glutes for a powerful kick.	2 × 12	HIPS

BLOCK AIM

Strong with their own bodyweight. Good technique always comes before more reps.

ATHLETIC & HAVING FUN

Power, agility and balance — built through play.

3

EXERCISE	AMOUNT	FOCUS
Standing long jump Jump out and land softly — athletic power, done as play.	3 × 5	POWER
Skipping (rope) Rhythm, footwork and fitness in one — and it's fun.	3 × 30s	COORDINATION
Hop & stick landing Soft, controlled landings build strong, healthy joints.	3 × 6 / side	BALANCE
Relay games or tag Keep it a game — enjoyment keeps young swimmers coming back.	5–10 min	FUN

BLOCK AIM

Athletic, capable and enjoying it. Power and agility built through play.

KEEP IT SAFE & FUN

Young swimmers are not small adults. Their training should look different — and safety and enjoyment matter more than how hard they work. These six rules keep it right for this age group.

- 01** **TECHNIQUE BEFORE EVERYTHING**
At this age it is about learning to move well. How well they move matters far more than how much or how hard.
- 02** **BODYWEIGHT ONLY**
No weights yet. Young bodies build plenty of strength from bodyweight — loading comes later, when they are older and more mature.
- 03** **ALWAYS SUPERVISED**
Every session should be supervised by a parent, coach or qualified adult who can check technique and keep it safe.
- 04** **GO BY THE CHILD, NOT THE AGE**
Children mature at very different rates. Follow the individual — if something is too hard, scale it back. There is no rush.
- 05** **KEEP IT FUN**
Enjoyment is the point. A young swimmer who enjoys training keeps doing it for years. Variety and play beat grinding every time.
- 06** **WARM UP AND STRETCH**
Never skip the mobility block. Flexibility and movement habits built young last a lifetime.

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