

ALL-ROUND LAND TRAINING

AGES 14–16 LAND TRAINING



An all-round land-training guide for teenage swimmers — mobility and bodyweight strength, with a careful, supervised introduction to light weights once technique is solid.

EARNING THE RIGHT TO LIFT

At 14 to 16, swimmers can begin to add light external load — but only once they own their bodyweight, and always with technique as the priority. These are the bridge years: bodyweight strength stays the foundation, mobility still matters most through the growth spurt, and weights are introduced light, strict and supervised. The aim is to learn to lift well and build habits that pay off for years — not to lift heavy.

■ BODYWEIGHT MASTERY FIRST

Own the basic patterns cleanly before adding any load.

■ TECHNIQUE OVER LOAD

Learn to lift well — the weight on the bar comes a distant second.

■ MOBILITY THROUGH GROWTH

Keep flexibility as the body changes fast through the growth spurt.

■ SHOULDER & CORE STRENGTH

Durable, swim-ready strength through the trunk and shoulders.

■ SUPERVISED PROGRESSION

Light load, introduced carefully and coached every step.

HOW TO RUN THE SESSION

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

Always start with Block 1, and only move to Block 3's light weights once Block 2's bodyweight movements are clean and controlled.

If a lift cannot be done with good form, drop the weight — every time.

MOVE & MOBILISE

The warm-up and mobility that prepares the body to train.

1

EXERCISE	AMOUNT	FOCUS
Dynamic warm-up flow Skips, lunges and swings to raise temperature and wake the body.	5 min	WARM-UP
Hip & shoulder mobility Open the hips and shoulders — vital through the growth spurt.	2 × 6 / side	MOBILITY
Band shoulder activation Switch on the rotator cuff and scap before any pressing or pulling.	2 × 15	SHOULDER PREP
Plank to walkout Wake up the core and build control for the lifts to come.	3 × 6	CORE PREP

BLOCK AIM

Prepare to train. Mobility matters most while the body is growing fast.

OWN YOUR BODYWEIGHT

Master these before adding any external load.

2

EXERCISE	AMOUNT	FOCUS
Bodyweight squat A clean, controlled squat — the pattern behind the goblet squat.	3 × 10	LEGS
Press-up Full range and scaled to ability — earn the pressing strength.	3 × 8	PUSH
Inverted row Horizontal pulling base and mid-back strength for posture.	3 × 8	PULL
Single-leg glute bridge Balanced hip strength for a powerful, even kick.	3 × 10 / side	HIPS
Plank & dead bug A braced, stable trunk — the base of every lift and stroke.	3 × 30s	CORE

BLOCK AIM

Own your bodyweight first. This block earns the right to Block 3.

LEARN TO LIFT

Light weights, learned with strict technique — never maximal.

3

EXERCISE	AMOUNT	FOCUS
Goblet squat (light) One light dumbbell — groove the pattern, nowhere near maximal.	3 × 8	TECHNIQUE
Dumbbell RDL (light) Learn the hip hinge with light load and a flat, neutral back.	3 × 8	HINGE
Dumbbell row Controlled pulling strength — no swinging or jerking.	3 × 10	PULL
Dumbbell overhead press Strict and light — build honest shoulder strength, no ego.	3 × 8	PRESS
Pallof press Anti-rotation control to carry into every loaded lift.	3 × 10 / side	CORE

BLOCK AIM

Learn to lift well. Light, strict and supervised — form before weight, always.

LIGHT, STRICT & SUPERVISED

These are the years swimmers can start to lift — and the years it most needs getting right. Light load, sound technique and close supervision matter far more than how much they lift. These six rules keep it safe.

01

EARN THE LOAD WITH TECHNIQUE

Light weights only once the bodyweight movements are clean and controlled. Block 2 comes before Block 3, every time.

02

LIGHT AND STRICT, NEVER MAXIMAL

At this age it is about learning to lift well, not lifting heavy. No maxing out, no chasing numbers.

03

MIND THE GROWTH SPURT

During rapid growth, coordination and flexibility dip and injury risk rises. Keep load light and prioritise mobility.

04

ALWAYS SUPERVISED & COACHED

A qualified adult should teach and watch every lift, especially as weights are introduced.

05

GO BY MATURITY, NOT AGE

Two swimmers the same age can be years apart physically. Follow the individual, not the birthday.

06

KEEP MOBILITY AND FUN

Do not drop the stretching or the variety as training gets more serious — they protect the athlete long term.

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