

WEIGHT TRAINING GUIDELINES

- This season’s weight training will not be team organized and will dependent upon each swimmer to do the exercises on their own and under supervision of an adult.
- No BAC swimmer should be lifting weights if they are under the age of 15 unless they have permission from their coach. If you are 15 or older and have not lifted weights in the past please check with your coach before participating.
- If you have any questions about the exercises below please ask your coach or a personal trainer at your club for assistance.
- The exercises below are divided by stroke and training group, if you have questions on which set or repetitions you should be doing please ask your coach.
- Remember, this weight training program is voluntary and you are not required to do any of these exercises. **DO IT OR DON’T DO IT, BUT NO HALFWAY COMMITMENTS!!** Weight training only works over time and with consistent work ethic.
- This weight training program requires 3-4 sessions a week to be effective. Each session should take from 30-45 minutes to complete.
- All groups will do 3 sets of each exercise at different repetitions depending on your training group. Distance group will do 8-10 reps for arms and 12-14 reps for legs; Middle Distance group will do 6-8 reps for arms and 10-12 reps for legs; Sprint group will do 4-6 reps for arms and 8-10 reps for legs.
- Start at 5-10 lbs. Lighter than your max. Your max is the most weight that you can lift for the minimum reps in your group described above. When you are capable of lifting the max reps in your group for all three sets, then increase the weight by 5-10 lbs.
- Weight Training Exercises by stroke :

FREE & BACK	BREAST	FLY
Lat Pulls	Arm Curls	Lat Pulls
Seated Rows	Seated Rows	Seated Rows
Tricep Extensions	Leg Curls	Tricep Extensions
Leg Extensions	Fly Squeeze	Leg Extensions
Pressdowns	Pressdowns	Pressdowns
Squats	Squats	Squats
Straight Arm Pullovers	Leg Squeeze	Lateral Raises
Incline Sit Ups	Incline Sit Ups	Incline Sit Ups

