

KEYS TO DRYLAND

- Good dryland programs are designed to get swimmers fit enough to handle world class swim training
- Dryland should be considered a *maincourse* not an *appetizer*
- When done right, dryland should be considered a full workout (and can sometimes replace a swim workout or at least modify one)
- Dryland can help you tap into energy systems you thought you never had or had a hard time accessing
- Dryland is a tool to help you practice race tactics without consequences
- Always have a goal in mind when doing EACH dryland exercise (ie. Power, explosiveness, etc)
- Dryland can be done everyday if designed correctly
- BEING SORE IS NORMAL! Understand that feeling good and swimming fast are NOT related.