



# **Formidable Strength & Conditioning Swimming WA Open Water Series Strength & Conditioning Program**

## **Home Based - Equipment Required (Resistance Band & Fitball Only)**

This program has been designed to complete in the comfort of your own home and requires very little equipment. This program is a progression from the other home based program that requires no equipment. Again this program is ideal for anyone who has very little exercise experience or for someone looking for a program to supplement their current exercise program.

Over the course of this 6 month program the volume, intensity and level of difficulty will continue to increase as you get fitter and stronger. If you have a targeted open water race coming up, decrease the week before and the week of the race's session volume by up to 50% to help you prepare for the race.

**Please feel free to email us [contact@formidablestrength.com.au](mailto:contact@formidablestrength.com.au) or phone 0412 458 114 regarding any of the following:**

Help on which program would suit your needs best;  
Injury history that prevents you from doing certain exercises;  
Unsure of what some of the exercises are.

For more information about who we are and what we do please visit our website  
[www.formidablestrength.com.au](http://www.formidablestrength.com.au)

**From all the coaching team at Formidable Strength & Conditioning, we wish you a fun and fast SWA Open Water Series!!**

**#beforemidable**

## **In downloading the Formidable Programs, you hereby:**

**\*declare that you have obtained independent legal advice; or**

**\*waive your right to obtain independent legal advice and accept this Disclaimer, Liability Waiver and Indemnification Agreement freely on your own volition without duress, coercion or undue influence.**

### **Disclaimer**

Formidable Strength and Conditioning Pty Ltd (**Formidable**) has created online training programs (**Formidable Programs**) for use by members of the Western Australian Swimming Association Inc.

As with any physical activity, it is important that before beginning any fitness regime, you consult with your health care professional to ensure that you are mindful of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.

No information contained in Formidable Programs are intended to be used as medical advice and the Formidable Programs are not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information contained in the Formidable Programs, you should carefully evaluate the accuracy and relevance of the information for their purposes and obtain appropriate professional medical advice.

You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

You require a moderate level of fitness to follow the Formidable Programs. Persons with pre-existing medical conditions, in poor health, or with any concerns as to commencement of a new fitness regime should consult with an appropriate healthcare professional before beginning any of these programs.

You are responsible for making your own inquiries and for seeking independent advice from a qualified healthcare professional before acting on any information or material made available to you through the Formidable Programs.

The information contained in the Formidable Programs may not be suitable to your particular circumstances and is not a substitute for obtaining specific advice from a qualified health care professional.

Formidable strongly recommends that you consult with your doctor before beginning any exercise program. If you are under 18, pregnant, or have health problems consult your doctor about specific medical conditions.

### **Liability Waiver and Indemnification Agreement**

In consideration for having access to the Formidable Programs, you hereby waive, release, and discharge all claims and damages for personal injury, death and/or property damage which you may sustain as a result of participating in the Formidable Programs and resulting from negligence or misconduct whether by act or omission of Formidable.

This release is intended to discharge in advance Formidable, including its directors, officers, employees, contractors and/or agents including their heirs, agents, representatives, successors and assigns from and against all liabilities, actions, claims, demands, suits, hearings, expenses or costs arising from or in any way connected with your participation in the Formidable Programs and resulting from any negligence or misconduct and whether it be by act or omission of Formidable.

You acknowledge and agree that various activities related to the Formidable Programs can be hazardous in nature and that there is a possibility of serious accident(s), which may result in injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death. Notwithstanding the risks involved you voluntarily participate of your own volition in the Formidable Programs and hereby agree to assume all risks of injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death, and to release and hold harmless Formidable, including its directors, officers, employees, contractors and/or agents who through negligence or misconduct whether by act or omission may otherwise be liable to you.

You further agree to fully indemnify and to hold Formidable, its directors, officers, employees, contractors and/or agents free and harmless from any loss, liability, damage, cost or expense which they may incur as a result of any injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death that you may sustain while participating in the Formidable Programs.

**By downloading the Formidable Programs, you agree that you have carefully read and fully understand this Disclaimer, Liability Waiver and Indemnification Agreement and acknowledge and agree that the terms of this Disclaimer, Liability Waiver and Indemnification Agreement become irrevocable between you and Formidable.**

**Exercise Ball Squat**



	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
Sets x Reps	2 x 8-12	2 x 8-12	3 x 8-12	3 x 8-12
Rest	30s	30s	30s	30s
Load				

**Split Squat - Body Weight**



Sets x Reps	2 x 8 EL	2 x 8 EL	3 x 8 EL	3 x 8 EL
Rest	30s	30s	30s	30s
Load				

**Chest Press - Elastic Cord**



Sets x Reps	2 x 8-12	2 x 8-12	3 x 8-12	3 x 8-12
Rest	30s	30s	30s	30s
Load				

**Bridge - Double Leg**



Sets x Reps	2 x 12-16	2 x 12-16	3 x 12-16	3 x 12-16
Rest	30s	30s	30s	30s
Load				

**Double Arm Row - Elastic Cord**



Sets x Reps	2 x 8-12	2 x 8-12	3 x 8-12	3 x 8-12
Rest	30s	30s	30s	30s
Load				

**Plank - Elbows & Knees**



Sets x Reps	2 x 30 sec	2 x 30 sec	3 x 30 sec	3 x 30 sec
Rest	30s	30s	30s	30s
Load				

**Scapular Retraction - T Set**



Sets x Reps	2 x 12-16	2 x 12-16	3 x 12-16	3 x 12-16
Rest	30s	30s	30s	30s
Load				

**Lat Pulldown - Elastic Cord**



Sets x Reps	2 x 8-12	2 x 8-12	3 x 8-12	3 x 8-12
Rest	30s	30s	30s	30s
Load				

**Sit Up**



Sets x Reps	2 x 12-16	2 x 12-16	3 x 12-16	3 x 12-16
Rest	30s	30s	30s	30s
Load				

**Week 1**

**Week 2**

**Week 3**

**Week 4**

**Day 1**

Lunge - Body Weight



Sets x Reps	3 x 16-20	3 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Chest Press - Elastic Cord



Sets x Reps	3 x 12-16	3 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Double Arm Row - Elastic Cord



Sets x Reps	3 x 12-16	3 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Inch Walk - Hamstring Stretch



Sets x Reps	3 x 2-6	3 x 2-6	4 x 2-6	4 x 2-6
Rest	30s	30s	30s	30s
Load				

Bridge & Hold - Shoulders On Exercise Ball



Sets x Reps	3 x 30-60s	3 x 30-60s	4 x 30-60s	4 x 30-60s
Rest	30s	30s	30s	30s
Load				

Arabesque - Touchdowns



Sets x Reps	3 x 6-10 EL	3 x 6-10 EL	4 x 6-10 EL	4 x 6-10 EL
Rest	30s	30s	30s	30s
Load				

Elbow to Knee Crunch - Feet Up - Alternate Side



Sets x Reps	3 x 8-12	3 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Week 1****Week 2****Week 3****Week 4****Day 2****Exercise Ball Squat**

Sets x Reps	3 x 8-12	3 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Lat Pulldown - Elastic Cord**

Sets x Reps	3 x 12-16	3 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

**Reverse Fly - Elastic Cord**

Sets x Reps	3 x 8-12	3 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Lateral Step Down - Super Slow Down**

Sets x Reps	3 x 8-12 EL	3 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL
Rest	30s	30s	30s	30s
Load				

**Kneeling Push Up**

Sets x Reps	3 x 10	3 x 10	4 x 10	4 x 10
Rest	30s	30s	30s	30s
Load				

**Bridge - Feet On Wall**

Sets x Reps	3 x 8-16	3 x 8-16	4 x 8-16	4 x 8-16
Rest	30s	30s	30s	30s
Load				

**Lying Opposite Arm & Leg Lifts**

Sets x Reps	3 x 12-16	3 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

**Week 1****Week 2****Week 3****Week 4****Day 1****Squat - Body Weight**

Sets x Reps	4 x 16	4 x 16	4 x 16	4 x 16
Rest	30s	30s	30s	30s
Load				

**Lat Pulldown - Elastic Cord**

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

**Reverse Fly - Elastic Cord**

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

**Inch Walk - Hamstring Stretch**

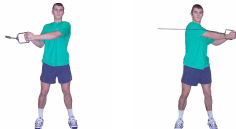
Sets x Reps	4 x 2-6	4 x 2-6	4 x 2-6	4 x 2-6
Rest	30s	30s	30s	30s
Load				

**Bridge & Hold - Shoulders On Exercise Ball**

Sets x Reps	4 x 30-60s	4 x 30-60s	4 x 30-60s	4 x 30-60s
Rest	30s	30s	30s	30s
Load				

**Hip Extension - Lying Over Exercise Ball**

Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

**Wood Chop - Shoulder Height - Elastic**

Sets x Reps	4 x 8-12 ES	4 x 8-12 ES	4 x 8-12 ES	4 x 8-12 ES
Rest	30s	30s	30s	30s
Load				

**Scapular Retraction - Exercise Ball**

Sets x Reps	4 x 10-12	4 x 10-12	4 x 10-12	4 x 10-12
Rest	30s	30s	30s	30s
Load				

**Week 1****Week 2****Week 3****Week 4****Day 2****Exercise Ball Squat**

Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

**Chest Press - Elastic Cord**

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

**Double Arm Row - Elastic Cord**

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

**Straight Arm Pulldown - Elastic Cord**

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

**Arabesque - Hold**

Sets x Reps	4 x 30-60	4 x 30-60	4 x 30-60	4 x 30-60
Rest	30s	30s	30s	30s
Load				

**Single Leg Bridge**

Sets x Reps	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL
Rest	30s	30s	30s	30s
Load				

**Kneeling Roll Out - Exercise Ball**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Week 1****Week 2****Week 3****Week 4****Day 1****Side Shuffle & Squat - Drill**

Sets x Reps	4 x 4 L 4 R	4 x 4 L 4 R	4 x 4 L 4 R	4 x 4 L 4 R
Rest	30s	30s	30s	30s
Load				

**Arabesque - Hold**

Sets x Reps	4 x 30-60 EL	4 x 30-60 EL	4 x 30-60 EL	4 x 30-60 EL
Rest	30s	30s	30s	30s
Load				

**Push Up**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Three Way Reverse Fly - Elastic Cord**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Single Leg Calf Raise**

Sets x Reps	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL
Rest	30s	30s	30s	30s
Load				

**Kneeling Opposite Arm & Leg Extension**

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

**Leg Curl - Double Leg On Exercise Ball**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Wood Chop - Low to High - Elastic**

Sets x Reps	4 x 8-12 ES	4 x 8-12 ES	4 x 8-12 ES	4 x 8-12 ES
Rest	30s	30s	30s	30s
Load				



**Week 1****Week 2****Week 3****Week 4****Day 2****Squat - Body Weight**

Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

**Lateral Step Down - Super Slow Down**

Sets x Reps	4 x 8-12 ES	4 x 8-12 ES	4 x 8-12 ES	4 x 8-12 ES
Rest	30s	30s	30s	30s
Load				

**Lat Pulldown - Elastic Cord**

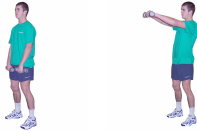
Sets x Reps	4 x 20	4 x 20	4 x 20	4 x 20
Rest	30s	30s	30s	30s
Load				

**Standing Tricep Pushdown - Elastic Cord or Band**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Lateral Raise - Cans**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Front Raise - Cans**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Abdominal Brace Kneeling - Alternate Support on Exercise Ball**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Bridge & Rotate - Shoulders on Exercise Ball**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Day 1**

Burpees



	Week 1	Week 2	Week 3	Week 4
Sets x Reps	4 x 6-8	4 x 6-8	4 x 6-8	4 x 6-8
Rest	30s	30s	30s	30s
Load				

Lat Pulldown - Elastic Cord



Sets x Reps	4 x 20	4 x 20	4 x 20	4 x 20
Rest	30s	30s	30s	30s
Load				

Standing Shoulder Press - Elastic Cord or Band



Sets x Reps	4 x 8-12 EA	4 x 8-12 EA	4 x 8-12 EA	4 x 8-12 EA
Rest	30s	30s	30s	30s
Load				

Standing Tricep Pushdown - Elastic Cord or Band



Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Upright Row - Cans



Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Kneeling Opposite Arm & Leg Extension



Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Back Extension - Exercise Ball



Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Side Plank On Knees



Sets x Reps	4 x 30-60	4 x 30-60	4 x 30-60	4 x 30-60
Rest	30s	30s	30s	30s
Load				

Bridge & Rotate - Shoulders on Exercise Ball



Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

**Week 1**

**Week 2**

**Week 3**

**Week 4**

**Day 2**

**Side Shuffle & Squat - Drill**



Sets x Reps	4 x 8 L 8 R	4 x 8 L 8 R	4 x 8 L 8 R	4 x 8 L 8 R
Rest	30s	30s	30s	30s
Load				

**Push Up**



Sets x Reps	4 x 12	4 x 12	4 x 12	4 x 12
Rest	30s	30s	30s	30s
Load				

**Arabesque - Torso Rotations**



Sets x Reps	4 x 6-8EL	4 x 6-8EL	4 x 6-8EL	4 x 6-8EL
Rest	30s	30s	30s	30s
Load				

**Double Arm Row - Elastic Cord**



Sets x Reps	4 x 20	4 x 20	4 x 20	4 x 20
Rest	30s	30s	30s	30s
Load				

**Straight Arm Pulldown - Elastic Cord**



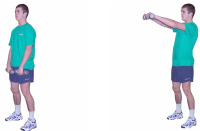
Sets x Reps	4 x 16	4 x 16	4 x 16	4 x 16
Rest	30s	30s	30s	30s
Load				

**Lateral Raise - Cans**



Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

**Front Raise - Cans**



Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

**Three Way Reverse Fly - Elastic Cord**



Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Wood Chop - Low to High - Elastic**



Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Leg Curl - Double Leg On Exercise Ball



	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Plank - Feet On Exercise Ball



Sets x Reps	4 x 30-90	4 x 30-90	4 x 30-90	4 x 30-90
Rest	30s	30s	30s	30s
Load				

**Week 1****Week 2****Week 3****Week 4****Day 1****Push Up With Rotation**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

**Arabesque - Torso Rotations**

Sets x Reps	4 x 10 EL	4 x 10 EL	4 x 10 EL	4 x 10 EL
Rest	30s	30s	30s	30s
Load				

**Double Arm Row - Elastic Cord**

Sets x Reps	4 x 20	4 x 20	4 x 20	4 x 20
Rest	30s	30s	30s	30s
Load				

**Straight Arm Pulldown - Elastic Cord**

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

**Upright Row - Cans**

Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

**Wood Chop - Low to High - Elastic**

Sets x Reps	4 x 12-16 ES	4 x 12-16 ES	4 x 12-16 ES	4 x 12-16 ES
Rest	30s	30s	30s	30s
Load				

**Knee Tuck - Exercise Ball**

Sets x Reps	4 x 6-10	4 x 6-10	4 x 6-10	4 x 6-10
Rest	30s	30s	30s	30s
Load				

**Plank - Forearms on Exercise Ball**

Sets x Reps	4 x 30-90s	4 x 30-90s	4 x 30-90s	4 x 30-90s
Rest	30s	30s	30s	30s
Load				

**Week 1**

**Week 2**

**Week 3**

**Week 4**

**Day 2**

Lunge - Body Weight



Sets x Reps	4 x 20	4 x 20	4 x 20	4 x 20
Rest	30s	30s	30s	30s
Load				

Exercise Ball Single Leg Squat



Sets x Reps	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL
Rest	30s	30s	30s	30s
Load				

Lat Pulldown - Elastic Cord



Sets x Reps	4 x 20	4 x 20	4 x 20	4 x 20
Rest	30s	30s	30s	30s
Load				

Standing Tricep Pushdown - Elastic Cord or Band



Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Lateral Raise - Cans



Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Front Raise - Cans



Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Back Extension - Exercise Ball



Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Push Up to Side Plank



Sets x Reps	4 x 6-10 ES	4 x 6-10 ES	4 x 6-10 ES	4 x 6-10 ES
Rest	30s	30s	30s	30s
Load				

V-Sit with Support - Leg Press Action



Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				