SPORT-SPECIFIC TRAINING GUIDE SERIES

SWIMMING & DIVING

Needs analysis, key performance indicators, periodization, and full sample programming for the NSAA swimming & diving season — built on the Husker Power principles and the NSC periodization framework.

≤4
EVENTS ANY ONE ATHLETE MAY ENTER — MAX 2 INDIVIDUAL, 2 RELAYS

2
LIFTS PER WEEK IN SEASON

36+
WEEKS OF OFF-SEASON RUNWAY BETWEEN STATE FINALS AND THE NEXT PRACTICE START

This guide covers: Needs Analysis · Potential KPIs · Periodization · Example Programs (Off-Season / Pre-Season / In-Season)

2026–27 Edition
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THE SPORT-SPECIFIC GUIDE SERIES

HOW THIS GUIDE WORKS

This is the third release in the NSC Sport-Specific Guide Series, following the same four-part structure used in the Football and Wrestling guides so a coach can move between sports without relearning the format. Every guide carries the same four sections, cross-referenced against the same NSC Periodization Framework and NSC Exercise Database.

1. NEEDS ANALYSIS

What the sport actually demands of the body — movement patterns for swimmers and divers, the energy systems each is really contested in, and the injury profile that should drive durability work.

2. POTENTIAL KPIS

The testing battery that tells you whether the program is working, plus development benchmarks by training level and athlete type, and when in the year to test.

3. PERIODIZATION

How the training year maps onto the sport's actual competitive calendar — phase by phase, with the volume and intensity targets pulled from the NSC Periodization Framework.

4. EXAMPLE PROGRAMS

Full sample weeks for off-season, pre-season, and in-season — real exercises pulled from the NSC Exercise Database, ready to hand to a coach.

> **SOURCING**
>
> This guide is built on the NSC Periodization Framework (Bompa & Haff, Zatsiorsky & Kraemer, Fleck & Kraemer), the 10 Husker Power Principles, and the NSC Exercise Database. KPI benchmark figures in Section 2 are NSC program targets set for developmental planning purposes — not verified external population norms. Recalibrate them against your own roster's baseline testing before using them to make roster decisions.

SWIMMING & DIVING SNAPSHOT

CATEGORY	DETAIL
Governing body	NSAA — boys and girls swimming & diving are separate sports with separate rosters, competing in the same winter season and at the same state meet.
Classifications	One class — every NSAA school competes together, with no A/B/C/D breakdown.
Season window	Practice begins Nov 16; first meets begin the following week; regular season runs December–February with dual and invitational meets. State championships run three days in late February (diving Thursday, swimming prelims/finals Friday–Saturday) at the Devaney Center.
Off-season length	Roughly 36+ weeks between state finals and the first fall practice date — the same long runway as wrestling, the other winter sport in the series.
Roster composition	Two distinct athlete types under one team: swimmers (racing 50 yards to 500 yards, individually and on relays) and divers (1-meter springboard) — different enough physically that they need different S&C emphasis, not just different pool time.
Contact	Non-contact. The injury profile here is almost entirely overuse and technique-driven, not collision-driven — shoulder health is the single biggest durability priority in the sport.

1. NEEDS ANALYSIS

WHAT SWIMMING & DIVING DEMANDS

"Swimming & diving" is really two sports sharing a team name. A swimmer's job is to move through water efficiently and repeat that movement thousands of times a week. A diver's job is to generate maximum vertical power off a board and control a rotating body through the air and into a narrow entry. Build the physical base both need, then split the rest by athlete type.

MOVEMENT DEMANDS BY ATHLETE TYPE

TYPE	PRIMARY PHYSICAL QUALITIES	MOVEMENT SIGNATURE
Swimmers	Upper-body pulling strength and shoulder durability, core rotational control, explosive lower-body power for starts and wall turns, event-specific conditioning (sprint through distance)	Thousands of weekly overhead-pulling repetitions in a low-impact, non-weight-bearing environment; power expressed almost entirely through the arms and a streamlined push off the wall or blocks
Divers	Explosive vertical power, rotational and twisting core strength, extreme flexibility, landing/deceleration control	A short, maximal takeoff off a springboard followed by a controlled aerial rotation and a high-impact vertical entry — closer to a gymnast or jumper than to a swimmer

HUSKER POWER CROSS-REFERENCE

Swimmers and divers both train on the same 10 principles — multi-joint, ground-based, three-dimensional, explosive, progressively overloaded. Dose and emphasis change by athlete type; the system doesn't. A swimmer needs heavy horizontal and vertical pulling with built-in shoulder-health work; a diver needs the plyometric and rotational-power end of the same toolbox, plus more flexibility work than either a swimmer or a wrestler.

PHYSICAL QUALITY PRIORITY (BOTH ATHLETE TYPES)

1. Shoulder health and durability — the single highest-value quality in this sport. Both swimmers and divers load the shoulder constantly (pulling volume for swimmers, entry impact for divers), and this is where careers get shortened if it's ignored.
2. Relative lower-body power — the engine behind a swimmer's start/turn and a diver's takeoff. Neither event rewards a big number on the bar for its own sake; both reward how fast that force gets applied.
3. Rotational core strength — stroke mechanics and wall turns for swimmers, twisting and somersaulting for divers, both run through the same anti-rotation and rotational-power core qualities.
4. Pulling strength — the direct strength-training analog to the propulsive phase of every stroke; also the best counterbalance to the anterior-dominant posture swimming builds over a season.
5. Flexibility and joint range of motion — streamline position and stroke length for swimmers, entry technique and injury prevention for divers.

1. NEEDS ANALYSIS, CONTINUED

ENERGY SYSTEMS & DURABILITY

ENERGY SYSTEM DEMAND

Swimming's energy demands span the full spectrum depending on event, and a good program should reflect that. Sprinters (50/100-yard events) train mostly alactic-anaerobic, similar in duration to a football play but performed in water. Mid-distance swimmers (200-yard events, the IM) work the lactic-anaerobic zone hardest. Distance swimmers (500 free) need real aerobic capacity layered under the same technical work. Diving is almost purely alactic — a dive lasts a few seconds, and a diver's entire competitive output is a series of short, maximal efforts with full recovery between them.

THE COMMON MISTAKE

Dryland conditioning gets treated as an afterthought because the pool already provides so much volume. It shouldn't be. S&C's job here isn't to add more conditioning — the pool already does that — it's to build the strength, power, and shoulder durability that pool time alone doesn't build. Land-based conditioning work, if it's programmed at all, should match each swimmer's actual event group instead of a generic template.

INJURY PROFILE & DURABILITY PRIORITIES

COMMON INJURY	MECHANISM	DURABILITY PRIORITY
Shoulder impingement / rotator cuff (swimmers)	Tens of thousands of overhead-pulling repetitions per season, often with degrading technique as fatigue accumulates	Rear-delt and rotator-cuff strength (face pull, external rotation, band pull-apart) programmed every week, all year — not just in the off-season
Low back strain	Repeated spinal extension/flexion in butterfly and breaststroke, and in a diver's entry mechanics	Anti-extension and anti-rotation core bracing trained in all three planes
Knee (breaststroke-specific)	Repetitive whip-kick stress on the medial knee structures	Hip-driven kick mechanics reinforced with single-leg strength and glute/adductor work, not more knee-isolated exercise
Wrist / shoulder impact (divers)	Repeated high-velocity vertical entries, hands-first or head-first, off a springboard	Eccentric strength and landing-control work under controlled, lower-impact conditions before it's tested at full height
General overuse / fatigue accumulation	Year-round training with a short true off-season and heavy pool volume even in the off-season	S&C sessions dosed to add capacity, not to add fatigue on top of an already full training load — coordinate with the pool deck, don't compete with it

POPULATION NOTE

BOYS' & GIRLS' SWIMMING & DIVING — BOTH NSAA-SANCTIONED

NSAA sanctions swimming & diving as separate boys' and girls' sports — separate rosters and separate team scores — but both compete in the same season and at the same state meet weekend. The needs-analysis and durability priorities above apply to both rosters equally.

Because both teams train on the same pool deck on the same schedule, the practical coordination point isn't physiological — it's logistical: build one shared dryland calendar for both rosters rather than duplicating the planning work, and make sure lifting access and pool time are actually scheduled together, not competing for the same after-school window.

2. POTENTIAL KPIS

TESTING BATTERY

Test what the needs analysis says matters, not a generic combine list. Every test below ties back to a quality from Section 1, and the shoulder-health screen matters as much as any of the strength numbers — catching an imbalance early is worth more than any single PR.

QUALITY	TEST	WHY IT'S ON THE LIST	WHEN TO TEST
Relative strength (lower)	Trap Bar Deadlift or Back Squat, 1–3RM relative to bodyweight	The foundation both start/turn power (swimmers) and takeoff power (divers) is built on	End of GPP, end of SPP
Relative strength (pulling)	Pull-Up max reps or Lat Pulldown relative to bodyweight	The direct strength analog to the propulsive phase of every stroke	End of GPP, end of SPP
Shoulder health screen	Band external-rotation, reps to fatigue at a fixed light load	Flags a developing imbalance before it becomes impingement — the #1 injury in this sport	All three windows
Explosive power (vertical)	Vertical Jump	Start and wall-turn power for swimmers; takeoff power for divers	All three windows
Explosive power (horizontal)	Broad Jump	Wall push-off power analog	All three windows
Rotational core power	Rotational Medicine Ball Throw	Stroke-rotation power for swimmers; twisting/somersault power for divers	End of GPP, end of SPP
Positional core endurance	Front Plank, hold to failure	Streamline and entry-position durability under fatigue	End of GPP
Overhead / shoulder mobility	Overhead squat or shoulder-flexion screen	Streamline quality for swimmers and an early flag for shoulder injury risk in both groups	End of GPP, end of SPP

TEST THE ATHLETE, NOT JUST THE ROSTER

A full battery on every athlete every window is more than an in-season practice slot allows. The three tests every athlete always gets: vertical jump, the shoulder-health screen, and their primary strength lift. Layer in the rotational throw and mobility screen only at the off-season and pre-season windows.

2. POTENTIAL KPIS, CONTINUED

DEVELOPMENT BENCHMARKS & TESTING CALENDAR

The ranges below are NSC program targets — developmental benchmarks to aim a training level toward, organized by the NSC Exercise Database's four training-age levels. They are not verified population norms — reset them against your own athletes' baseline testing before using them for roster decisions.

WHY PULL-UPS ARE SPLIT BY SEX

Every other test below is a single combined scale, but pull-ups aren't — bodyweight pulling strength shows one of the largest male/female performance gaps of any common test, so a combined scale either overstates what's realistic for a girls' roster or understates a strong boy's ceiling. The swimmer numbers are cross-referenced against SURGE Strength's published dryland-testing tiers for competitive swimmers. The diver numbers (marked *) are reasoned estimates, not independently sourced — sport-specific pull-up data for divers wasn't available at publication.

SWIMMERS

TEST	L1 — BEGINNER (<1YR)	L2 — INTERMEDIATE (1–2YR)	L3 — ADVANCED (2–3YR)	L4 — ELITE (>3YR)
Back Squat / Trap Bar DL (1RM, relative)	0.8–1.0 × BW	1.1–1.3 × BW	1.4–1.6 × BW	>1.6 × BW
Pull-Up (max reps) — Boys	3–4	5–9	10–14	>15
Pull-Up (max reps) — Girls	1–2	3–5	6–9	>10
Vertical Jump	15–18"	18–22"	22–26"	>26"
Broad Jump	5.8–6.8'	6.8–7.6'	7.6–8.3'	>8.3'
Rotational MB Throw (6lb)	18–22'	22–26'	26–30'	>30'
Front Plank (hold)	60–90s	90–120s	120–180s	>180s

DIVERS

TEST	L1 — BEGINNER (<1YR)	L2 — INTERMEDIATE (1–2YR)	L3 — ADVANCED (2–3YR)	L4 — ELITE (>3YR)
Back Squat / Trap Bar DL (1RM, relative)	0.9–1.1 × BW	1.2–1.4 × BW	1.5–1.8 × BW	>1.8 × BW
Pull-Up (max reps) — Boys*	4–5	6–10	11–15	>16
Pull-Up (max reps) — Girls*	2–3	4–6	7–10	>11
Vertical Jump	18–21"	21–25"	25–29"	>29"
Broad Jump	6.5–7.5'	7.5–8.3'	8.3–9.0'	>9.0'
Rotational MB Throw (6lb)	20–24'	24–28'	28–32'	>32'
Front Plank (hold)	75–105s	105–150s	150–210s	>210s

TESTING CALENDAR

WINDOW	TIMING	PURPOSE
Baseline	Start of Off-Season GPP (mid-March)	Establish starting point after a full season of high pool volume; identify what needs rebuilding on land
Progress Check	End of Off-Season SPP (late August)	Confirm strength and power gains transferred; adjust the fall dryland block based on results
Readiness	Practice start (Nov 16)	Final pre-season numbers; flags athletes who need modified dryland load once pool volume ramps back up
Spot Check (optional)	Mid-season	Vertical jump and the shoulder-health screen only — low fatigue-cost markers to catch overuse before it becomes an injury

3. PERIODIZATION

THE SWIMMING & DIVING ANNUAL CALENDAR

Swimming & diving's season ends in late February and practice doesn't resume until mid-November — the same 36-plus week off-season as wrestling, the other winter sport in the series. The annual plan below anchors the NSC Periodization Framework's five-phase model (GPP → SPP → Pre-Competition → Competition → Transition) to the sport's actual competitive calendar.

PHASE	WINDOW	DURATION	VOL %	INT %	FOCUS
Transition	Late Feb – mid Mar	~3 wks	30%	50%	Active recovery, shoulder rehab after a season of heavy pulling volume, easing back into a normal training rhythm.
Off-Season GPP	Mid Mar – early Jun	~11 wks	70–82%	60–70%	Work capacity, hypertrophy, movement literacy, build the shoulder-health base every later phase depends on.
Off-Season SPP	Early Jun – late Aug	~12 wks	65–74%	72–80%	Maximum strength, power development, rotational core power taken to heavier loads.
Pre-Comp	Early Sep – early Nov	~9 wks	45–55%	80–88%	Power peak; coordinate lifting days with rising pool practice volume as the season approaches.
Pre-Season	Nov 16 – early Dec	3–4 wks	40–45%	80–85%	Taper lifting volume as in-water yardage climbs; technical ramp-up into the first meets.
Competition	Early Dec – late Feb (duals, invites, conference, state)	~11 wks	30–45%	75–80%	2x/week maintenance around a full meet and practice schedule; taper into state.

THE SINGLE BIGGEST PERIODIZATION ERROR IN HS SWIMMING & DIVING

Treating dryland as generic conditioning instead of programming it for what pool time doesn't build: strength, power, and shoulder durability. The pool already handles conditioning volume, often in excess. Land work that just adds more fatigue on top of that is a net loss, not a net gain.

3. PERIODIZATION, CONTINUED

PHASE DETAIL & LOADING RULES

PHASE	PRIMARY OUTCOME	REP RANGE	SETS	REST	COACHING NOTES
GPP	Hypertrophy / Work Capacity	8–15	3–4	60–90s	3–4x/week; build the shoulder-health base every subsequent phase depends on
SPP	Maximum Strength	4–8	4–5	2–3min	Introduce/refine Olympic-lift variations; rotational core work moves to heavier loads
Pre-Comp	Power / Rate of Force Development	1–5	4–6	3–5min	Intensification: drop volume, raise load; sequence lifting days around rising pool volume
Competition	Strength Maintenance	2–5	2–3	3–4min	2x/week is the floor; schedule around meet day, not just around pool practice
Transition	Recovery / Flexibility	N/A	2	Full	No barbell max work; shoulder mobility, bodyweight, and active recovery only

THE HEAVY-LIGHT LOADING WAVE

Alternate a heavy session with a light session across every phase — within the week and across the mesocycle — per Husker Power Principle #8. Use a 3:1 or 4:1 wave: three or four weeks of climbing load, then a deload week at 40–60% of the prior week's volume. Deloads are how supercompensation actually happens (Zatsiorsky & Kraemer), not time off from training. Skip them on a roster that's already carrying a full pool training load, and fatigue compounds fast.

RESIDUAL TRAINING EFFECTS

Per Zatsiorsky & Kraemer, maximum strength has a long residual (~30 days) — it survives weeks without direct work. Power and shoulder-health work decay faster. This is why the in-season maintenance program keeps a dedicated explosive/power exposure and never drops shoulder-health work entirely.

COORDINATING DRYLAND WITH POOL VOLUME

Schedule the heaviest lifting day on a lower-volume pool day, and never stack a new max-effort lift on top of a big kick or race-pace set. Let the pool practice plan set the lifting calendar, not the other way around — the two staffs should be looking at the same week at the same time.

4. EXAMPLE PROGRAMS

OFF-SEASON (GPP) — SAMPLE WEEK

4-day explosive/strength split, alternating a heavy day with a light day for each quality across the week — the Heavy-Light Loading Wave (Section 3) applied to GPP. Scale load to the athlete's training level. The % column is a percentage of a recent 1RM (or working max) — use it as a starting point and adjust to the bar speed you see that day.

MONDAY — EXPLOSIVE (HEAVY)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Trap Bar Deadlift	3 × 5	70%
2	Box Jump	3 × 5	—
3	Rotational MB Throw	3 × 5e	—
4	DB Row	3 × 10e	—
5	Face Pull	3 × 15	—
6	Front Plank	3 × 45s	—

TUESDAY — STRENGTH (LIGHT)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Squat	3 × 10	60%
2	RDL	3 × 10	60%
3	Incline	3 × 10	60%
4	Pull-Ups	3 × 10	—
5	Copenhagen Plank	3 × 20s/side	—

THURSDAY — EXPLOSIVE (LIGHT)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Trap Bar Deadlift	3 × 5	65%
2	Box Jump	3 × 5	—
3	Rotational MB Throw	3 × 5e	—
4	DB Row	3 × 10e	—
5	Face Pull	3 × 15	—
6	Front Plank	3 × 45s	—

FRIDAY — STRENGTH (HEAVY)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Squat	3 × 10	70%
2	RDL	3 × 10	70%
3	Bench	3 × 10	70%
4	Pull-Ups	3 × 10	—
5	Face Pull	3 × 15	—

SWIMMER VS. DIVER ADJUSTMENT

Swimmers: treat Face Pull and the rear-delt/rotator-cuff work as non-negotiable every session, regardless of training age — this is the durability work the pool won't build for you. Divers: add extra plyometric volume (depth jumps, additional box jump sets) and flexibility work, and manage total lower-body impact volume alongside what they're already absorbing on the board.

4. EXAMPLE PROGRAMS, CONTINUED

LATE OFF-SEASON (SPP) — SAMPLE WEEK

4-day explosive/strength split carried over from GPP, now in the SPP block (Section 3): reps drop, load rises, and Olympic-lift variations replace their GPP-tier equivalents to build maximum strength and power. Shoulder-health work stays constant — that's health maintenance, not a strength phase to progress through.

MONDAY — EXPLOSIVE (HEAVY)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Hang Clean	3 × 3	80%
2	Box Jump	3 × 5	—
3	Rotational MB Throw	3 × 5e	—
4	DB Row	3 × 6e	—
5	Face Pull	3 × 15	—
6	Pallof Press	3 × 12e	—

TUESDAY — STRENGTH (LIGHT)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Squat	3 × 5	75%
2	Clean Deadlift	3 × 5	75%
3	Incline	3 × 5	75%
4	Weighted Pull-Ups	3 × 5	—
5	Copenhagen Plank	3 × 20s/side	—

THURSDAY — EXPLOSIVE (LIGHT)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Hang Clean	3 × 3	75%
2	Box Jump	3 × 5	—
3	Rotational MB Throw	3 × 5e	—
4	DB Row	3 × 6e	—
5	Face Pull	3 × 15	—
6	Pallof Press	3 × 12e	—

FRIDAY — STRENGTH (HEAVY)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Squat	3 × 5	80%
2	Clean Deadlift	3 × 5	80%
3	Bench	3 × 5	80%
4	Weighted Pull-Ups	3 × 5	—
5	Face Pull	3 × 15	—

WHY THE LIFTS CHANGED FROM GPP

Hang Clean replaces Trap Bar Deadlift as the primary power lift once Olympic-lift competency develops (Section 3); Clean Deadlift keeps building the pull position under the same bar-speed emphasis as the heavy lower day. Face Pull and rotational core work stay in every session at the same rep range — that work doesn't get phased or progressed the way a strength lift does.

4. EXAMPLE PROGRAMS, CONTINUED

PRE-SEASON — SAMPLE WEEK

4-day heavy/light split carried into Pre-Season, wave-loaded (e.g. 4/3/2) so bar speed and CNS readiness stay high while in-water yardage climbs toward the first meets. RAMP opens every session.

MONDAY — EXPLOSIVE (HEAVY)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Power Clean	4 / 3 / 2	75/80/85%
2	Box Jump	3 × 3	—
3	Rotational MB Throw	3 × 3e	—
4	DB Row	3 × 5e	—
5	Face Pull	3 × 15	—

TUESDAY — STRENGTH (LIGHT)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Squat	5 / 4 / 3	75/80/85%
2	DB Walking Lunge	3 × 5e	—
3	Incline	5 / 4 / 3	73/78/83%
4	Face Pull	3 × 15	—

THURSDAY — EXPLOSIVE (LIGHT)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Power Clean	4 / 3 / 2	70/75/80%
2	Box Jump	3 × 3	—
3	Rotational MB Throw	3 × 3e	—
4	DB Row	3 × 5e	—
5	Face Pull	3 × 15	—

FRIDAY — STRENGTH (HEAVY)

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Squat	5 / 4 / 3	78/83/88%
2	DB Walking Lunge	3 × 5e	—
3	Bench	5 / 4 / 3	76/81/86%
4	Face Pull	3 × 15	—

CUT VOLUME, NOT INTENSITY

Total lifting volume should drop from the SPP peak even though session count holds at 4/week — each session is short (4–5 movements) and the week keeps alternating a heavy day with a light day so no single day compounds with the practice volume already climbing on the pool deck. Trim these numbers further, not up, once meets start.

4. EXAMPLE PROGRAMS, CONTINUED

IN-SEASON — SAMPLE WEEK

2-day maintenance template, spaced across the week around the meet schedule. The exact days move team to team depending on when duals and invitationals fall; what stays fixed is the heavy/light split and the non-negotiable shoulder-health work on both days.

DAY 1 — STRENGTH DAY

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Squat	3 × 3	80%
2	Weighted Pull-Ups	2 × 5	—
3	Bench	3 × 3	80%
4	Nordic Hamstring Curl	2 × 6	—
5	Face Pull	2 × 15	—
—	Cool-Down Stretch Series	5 min	—

Target session time: 35–40 minutes.

DAY 2 — EXPLOSIVE / POWER DAY

#	EXERCISE	SETS × REPS	% 1RM
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min	—
1	Hang Clean	3 × 2	78%
2	Box Jump	2 × 3	—
3	Face Pull	2 × 15	—

Target session time: 20–25 minutes — short and sharp, never a reason to shorten a taper.

LIFTING AROUND A TAPER

In taper weeks, cut the lifting sets further before you cut the rep quality — a short, crisp session that leaves an athlete feeling fast beats a longer one that leaves them flat for a meet. Never introduce a new max-effort lift the week of a big meet; the goal in-season is to preserve what the off-season built, not to test it.

THE IN-SEASON FLOOR

Two sessions per week is the floor, not a target to shrink further when the meet schedule gets heavy. Below two sessions, the strength and shoulder-health work built across 36+ weeks of off-season starts eroding by mid-season — exactly when the taper needs it most.

THE WRAP

KEY TAKEAWAYS

- It's two sports under one team name. Swimmers and divers share the same 10 Husker Power principles but need different dosing — pulling and shoulder-health volume for swimmers, plyometric and rotational power for divers.
- Shoulder health is the #1 durability priority. Program rear-delt and rotator-cuff work every week, all year — it's the single highest-value thing S&C offers this sport.
- Dryland complements the pool, it doesn't compete with it. The pool already provides conditioning volume; S&C's job is strength, power, and durability the water can't build.
- The 36-week off-season is the asset. Split it into a true GPP block and a true SPP block, and build shoulder health and rotational power on purpose.
- Coordinate the calendar with the pool deck. Schedule heavy lifting on lower-volume pool days and never stack a new max effort on a big race-pace set.
- In-season, two sessions per week is the floor. Keep a dedicated explosive/power exposure and never drop shoulder-health work entirely.
- Respect the deload. A 3:1 or 4:1 heavy-light wave isn't optional recovery on a roster that's already carrying a full pool training load — it's how the adaptation from the preceding weeks actually gets banked.

"Robust, strong, athletic — in that order. A fast athlete who cannot stay healthy is a liability."

BUILT BY NEBRASKA STRENGTH & CONDITIONING

This is the third release in the NSC Sport-Specific Guide Series. Every guide follows the same four-part structure — Needs Analysis, Potential KPIs, Periodization, and Example Programs — cross-referenced against the NSC Periodization Framework and NSC Exercise Database. Questions, feedback, or want a sport prioritized next? Visit nebraskasc.com.