

SYNERGY

— **DRYLAND** —

Our Mission

At Synergy we seek to provide the best dryland strength and conditioning programming available for both teams and individuals. We believe reaching your true potential as an athlete takes a relentless focus both in and out of the water. We take a 360 degree look at our athletes and support all 6 of our pillars: Dryland, In-Water training, Sleep, Recovery, Load Management and Nutrition.



**In Water
Training**

Sleep

Dryland

Recovery

**Load
Management**



Nutrition

Offerings

- Dryland Programming
- 1 on 1 virtual training
- Mobile application
- Progress and accountability check ins
- Strength and conditioning consulting
- In water programming consulting
- Educational webinars
- Live stream workouts
- Exercise demos



Dryland Programming

We use a combination of proven foundational strength components along with innovative performance techniques to create a swim focused program that is grounded in science. Speed in the water should always be the #1 priority. We adjust our training periodization to match swim training cycles for the optimum synergy of training. Swimming is not a movement our body has evolved doing for 15+ hours a week. A dryland program has to address specific needs of swimmers joints, soft tissue and movement patterns. The demands differ from any other sport because the forces being applied are unlike any other. Get fast and stay healthy. We can upload the program into an app so teams can track their workouts if they are doing them on their own.



Strength Consulting

- Perspective is key. Often times swim coaches or strength and conditioning coaches will seek outside support to optimize their program. We can assist in taking their program to the next level by collaborating with their staff.



In Water Consulting

- From swimming on elite club teams, training with coaches on the national team for 10+ years and receiving countless stroke analysis sessions from USA Swimming, Katie applies her vast experience to provide consultation to coaches. This includes stroke technique analysis, effective drills for all strokes and favorite swim sets that allowed her to make two Olympic teams, win 3 Olympic medals, break over 10 American Records and 3 World Records.



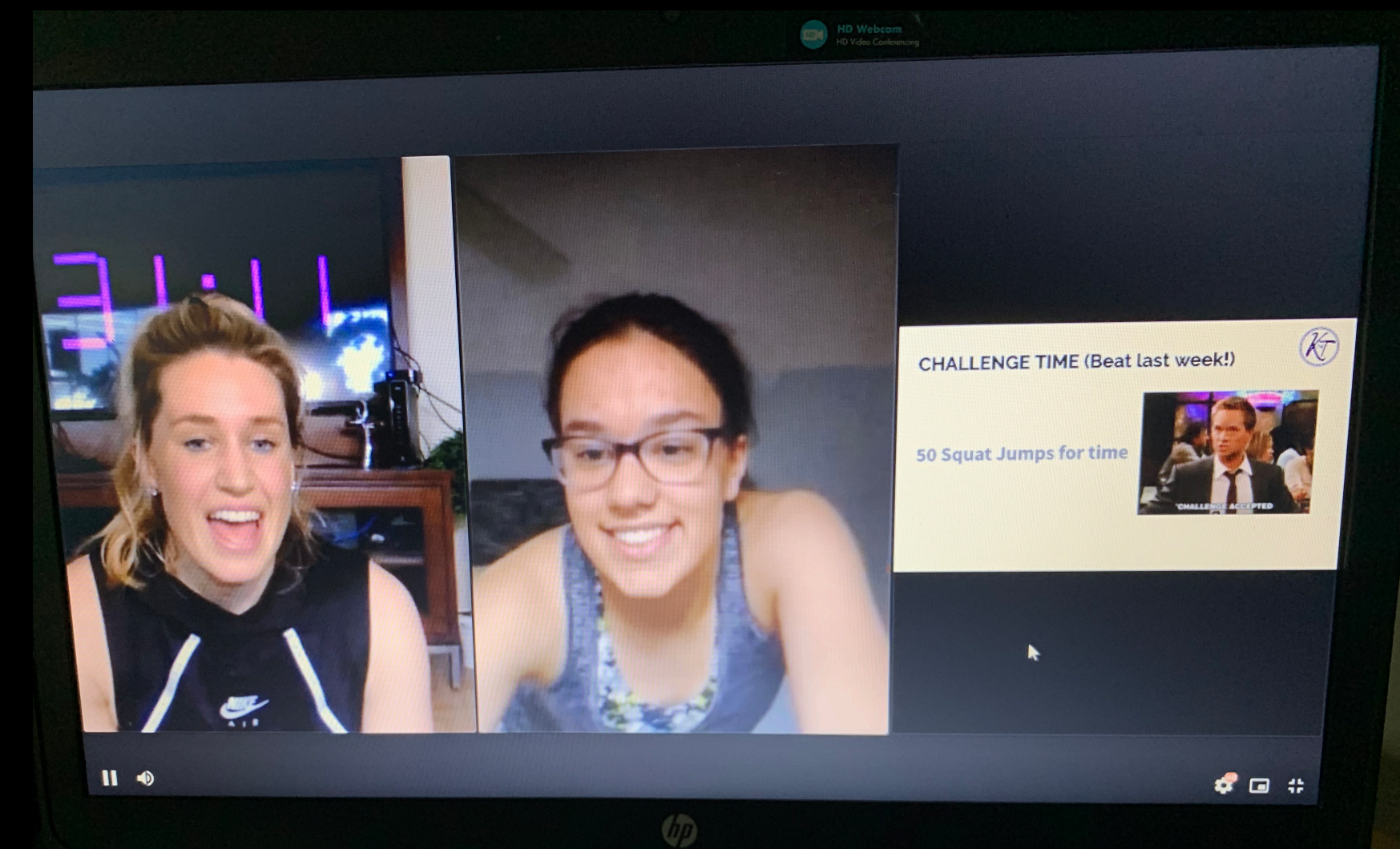
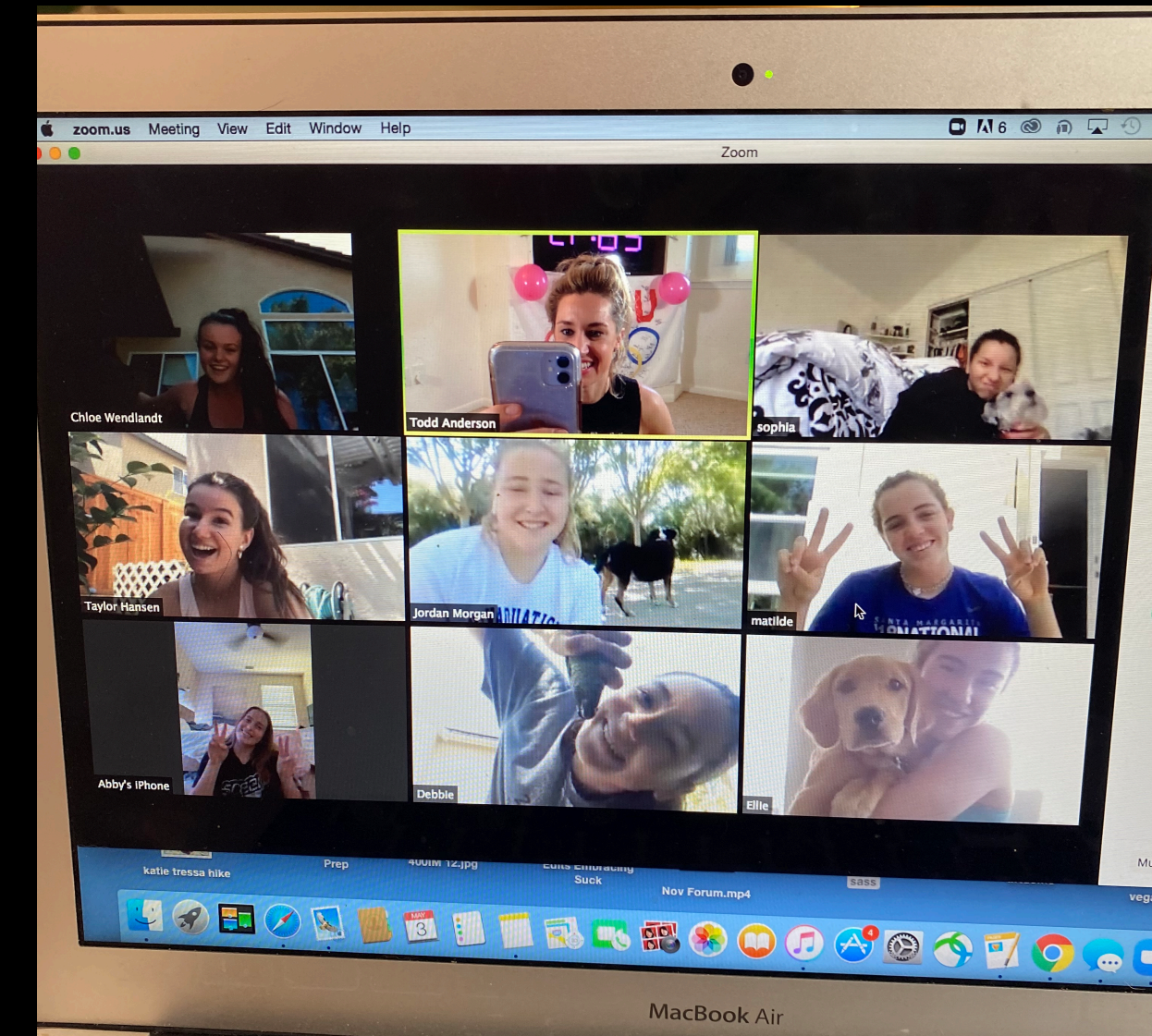
Educational Webinars

- Host monthly educational webinars on the following:
 - Sleep
 - Recovery
 - Brain Health
 - Nutrition
 - Stress
 - Mindset



Live Stream Workouts

- Live virtual team and/or 1 on 1 dryland sessions. This allows individuals or a group of athletes to train with personalized attention and detailed form analysis.



Exercise Demos

- Each program comes with exercise demo videos to ensure proper execution of the movement.



Biometrics

- Use data to drive results. We can help tailor swim or dryland progressions using any wearables and heart rate monitors. With emerging research on heart rate variability, resting heart rate and sleep we can use this data to influence the program day to day based on the athlete's readiness.

