



Broomfield Park Swimming Club Post-Pool

<p style="text-align: center;"><b>Broomfield Park Swimming Club Post-Pool Stretching</b></p>
<p>Recovery after a session is key to enable greater success for the next session to be able to perform to a high standard. Recovery can come in different varieties and should happen immediately after a main set during a swim phase, then out the pool through stretching and then at home through nutrition. Some principles to why stretching is important:</p> <ul style="list-style-type: none"><li>- Better Recovery = Better Training Next Time - Reduce Risk of Injury – 3 months out the pool = 6 months get back to fitness. - Increase Range of Movement – Increase capability to get into body position’s better. E.g. Better streamline and point of entry. - Increases Posture - Increases Circulation and Muscle Relaxation after Hard Set’s.</li></ul>
<p style="text-align: center;"><b>Requirements for High Performance Stretching</b></p>
<p>After the swim down, Stretching should take the same time as Pre-Pool – 15 minutes. - Same as Swimming and Pre-Pool – Body Position is Imperative!!! Posture needs to be good to allow joints to be in the right position! - Muscles to return to normal length should be 15-20 seconds!! - If still tight it needs to increase to 30 seconds.</p>
<p style="text-align: center;"><b>VERY IMPORTANT RULE</b></p>
<p style="text-align: center;">- Dynamic is PRE-POOL! - Static is POST POOL! - Stretching should not be painful!</p>



<b>Stretches</b>	
	<p><b>Neck Rotation:</b></p> <p>Stand with good Posture\ Tilt head towards one shoulder until you feel stretch the opposite side. 20 Second Hold.</p>
	<p><b>Glutes:</b></p> <p>Sit on the floor with your leg bent. Cross other leg over the bent leg. Wrap Arm around leg about to be stretched. Bring The knee pointing at the ceiling to your opposite shoulder and Hold.</p>
	<p><b>ITB:</b></p> <p>Bring One Leg in Front of You and Bend at 45 degrees. Straighten other leg behind. Turn your body towards bent leg and lean forward slightly.</p>
	<p><b>Hip Flexor:</b></p> <p>Tighten Core to keep your back straight. Point ankle backwards whilst pushing your hips forwardly slightly. Repeat 3-5 times.</p> <p>This can be used in Mobility Pre-Pool</p>
	<p><b>Hamstrings:</b></p> <p>Sit with one leg stretched out, and one leg bent, foot facing towards your straight leg. Lean over towards your straight leg and place your hands as far down your shin as you can.</p> <p>Hold for 20s. THIS IS DIFFERENT TO HAMSTRING EXTENDER IN PRE-POOL!!!!</p>
	<p><b>Groin:</b></p> <p>EVERYONE SHOULD KNOW THIS ONE TOO! Soles of feet together. Get the feet close to your groin as possible. Push knees down to floor</p>

	<p>Hold 20seconds</p>
	<p>Calf/ Achilles:</p> <p>ALSO, THIS ONE! Put weight onto your leading foot Gradually take your weight to the back foot. Stretching your heel to the floor. Keep body in line with your back foot.</p>
	<p>Quadricep:</p> <p>BASICALLY, DON'T FALL OVER!! Do not lock knee behind other knee Draw your heel back to your glut. Tilt your hips forward.</p> <p>Repeat 3-5 times</p>
	<p>Triceps:</p> <p>Bend and lift the arm to be stretched. Hold elbow with other hand. Push back and down until you feel stretch.</p>
	<p>Ballistic Stretching: Can be Incorporated into Mobility Pre-Pool!</p> <p>Make sure smooth SLOW transitions! Happy Cat, Sad Cat or Cat Camels</p>
	<p>Child's Pose to Cobra:</p> <p>SLOW smooth transition's! Shoulders and Chest close to the floor. Try to get to 90 degrees in Cobra. Shoulder's together.</p>