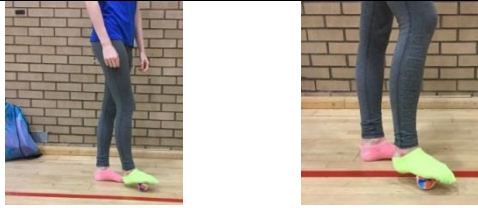


PRE POOL

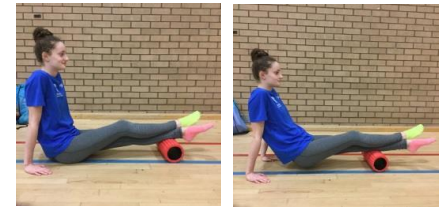
**Start with Skipping for 2-3 minutes
RELEASE WORK**

(before every session)

Perform each exercise for 30 seconds or 10 rolls before progressing. Pause for a few seconds on any particular sore spots. Try to add as much weight & pressure as possible.



Feet – 30 seconds each foot. Pause on sore spots and wiggle toes to release.



Calfs-10 rolls each leg changing the angles & pausing on any sore spots.



Hamstrings – 10 rolls each leg.



Quads – 10 rolls.

Do legs seperaetly if sore.



Glutes – 30 seconds each side. Roll slowly and pause on sore spots.



ITB – 10 rolls up the side of the leg (not over the knee). Puasing on sore spots for a few extra seconds.



Place ball above shoulder blade. Lift arm up and over head. **10 reptitions each side.**



BACK – 10 Rolls. Maintaining a good tight streamline hold.

MOBILISATION

(included with 30minutes pre pool)
Stretching key areas for swimmers and preparing muscles and supporting muscles for performance.



10 Reps on each leg. Straight back & bottom in the air. Push one heel down then the other.



10 Reps Each leg. Keep back & head flat on the floor. Straighten leg pulling toes towards you.



5 Reps each side. Open up chest to stretch and lower elbow to the opposite hand.



10 Reps in total (5 reps each side) alternating sides. Maintain a flat straight back. Bring foot outside hand and open up chest to stretch.

ACTIVATION WORK – Warming up muscles ready to perform.



SUPERMANS - 10 Reps Total. Maintain a straight back. Advanced version can be from a plank.



DEAD BUGS - 10 reps Total Keep your back flat on the floor and belly button sucked in.

WALKOUTS – 5 Reps. Stand up straight, walk hands into plank, legs as straight as possible. hold a perfect plank and walk back



DEEP STREAMLINED SQUATS – 5 Reps Hold a tight streamline and maintain a straight back. Go as deep as possible.



PRESS UPS – 5 REPS

SQUAT JUPMS – 5x1 (Single reps)



POST POOL

(After Training)

RELEASE WORK

(after as many sessions as possible)
Perform each exercise for 30 seconds or 10 rolls before progressing. Pause for a few seconds on any particular sore spots. Try to add as much weight & pressure as possible.



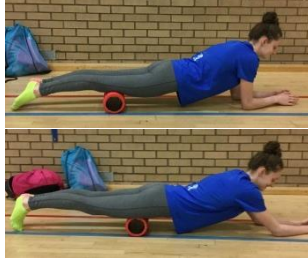
Feet – 30 seconds each foot. Pause on sore spots and wiggle toes to release.



Calfs-10 rolls each leg changing the angles & pausing on any sore spots.



Hamstrings – 10 rolls each leg.



Quads – 10 rolls.

Do legs seperaetly if sore.



Glutes – 30 seconds each side. Roll slowly and pause on sore spots.

STRETCHING

(after as many sessions as possible)

Perform these static stretches after training to maintain flexibility and increase ranges of movement.

Each stretch should be performed :
3x15-30 seconds

Perform stretches for longer or additional reps if improvements are required.



QUADS – holding the toes pull the foot to you bottom. Advance the stretch by pointing your knee behind



HIPS – Hold one arm in the air streamlined. Tilt the hips forward (or underneath yourself) and lean forward.



HAMSTRINGS – keeping the legs straight, place your hands on the floor and hold. This stretch can also be performed sitting down. Advanced version = head touching your knees.



SHOULDERS – Hands on the wall, lower your head to the floor leaning to add pressure. This is a good stretch to improve streamline through the upper body and combined with the previous stretch.

FOR POWER STARTS & TURNS
Lumbar & Calf



IMPROVE YOUR STREAMLINE
Shoulders and Lats



MORE POWERFUL KICK
Flexible ankles

