

PRE POOL WARM UP

Swimmers need to allow 20 minutes for the pre pool warm up. The warm up applies additional attention to flexibility that affects streamlining.

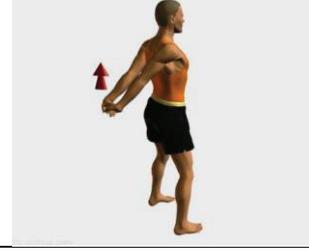
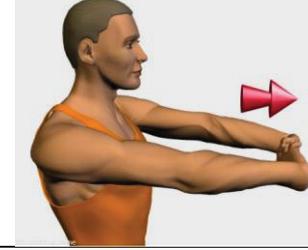
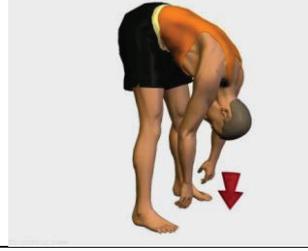
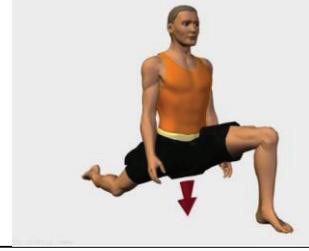
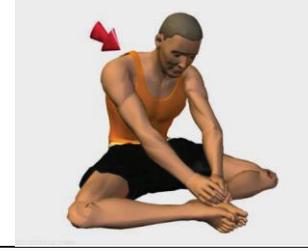
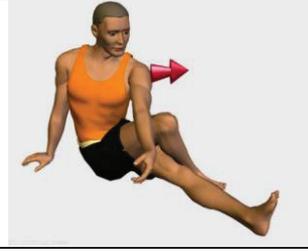
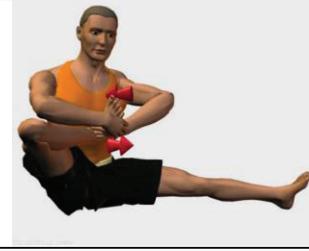
<p>1-Skipping 3-5 x 1 minute + 30 rest</p> 	<p>2-Alternating Arm Swings 30 seconds (15 each way)</p>  <p>Swing one arm forwards and the opposite arm backwards.</p>
 <p>3-Cross Over Swings 30 seconds</p> <p>Continuous arm swings from hugging to stretching behind</p>	 <p>4-Twists to Feet 30 seconds</p> <p>Twist your upper body and touch the floor on the outside of your foot on every twist.</p>
<p>5-Calf Mobilisation 10 reps on each leg</p>  <p>Keep your bottom high in the air Push down on one heel whilst relaxing the opposite heel. Pause for 1 second and then change heels</p>	<p>6-Hamstring Mobilisation 10 reps on each leg</p>  <p>Flatten lower back into the floor Keep head on the floor Slowly straighten your leg pulling your foot towards you</p>
<p>7-Gorilla Mobilisation 10 reps</p>  <p>Stand on your fingers with your knees bent Keep your head down and bottom up Slowly straighten your legs as far as possible. Pause for 1 second and then return to start.</p>	<p>8-Hip Mobilisation 10 reps on each leg</p>  <p>Flatten Lower back into floor Pull your knee up to your chest and pause for 1 second Repeat with opposite leg</p>
<p>9-Hip Flexor Mobilisation 10 Reps on each leg</p>  <p>Lie on the floor Hold one foot towards your bottom. Lift your knee off the floor and hold for 1 second before lowering back down</p>	<p>10-Streamline Mobilisation 10 Reps</p>  <p>Start with your elbows behind and reach into a streamline position. Stretch & pause for 1 second and then return to start. Keep a stretch across your chest as you perform the movement as if you are scrapping your elbows against the wall behind.</p>

Repeat no.s 5-10 if time or do some additional stretches specific to your stroke or areas of weakness.

STRETCHING & FLEXIBILITY

(20-25 minutes)

- Stretch after warming up or preferably after training sessions
- Hold each stretch for 10-20 seconds Perform each stretch 3 times
- Stretch at least once everyday (inc non-training days but ensure you use 3-5 mins of skipping to warm up prior).

			
Tilt your body sideways and pull from your elbow with your hand.	Pass your arm by your armpit and pull your elbow.	Move arms upwards. Keep your chin inwards and your chest outwards.	Interlace your fingers, put your palms forward, and stretch your arms forwards.
			
Pull your heel towards your butt pointing your knee behind to increase stretch	Bend your back to touch your toes.	With the knee exactly above the ankle. Move the hip downwards.	Take hold your feet and slowly lean forward.
			<p>Flexibility is important for increased performance ability and to decrease the occurrence of injury.</p> <p>BE FLEXIBLE!!! BE FAST!!!</p>
One leg straight, pull the other leg towards your chest.	Rotate your upper body and support your leg with you elbow.	Rotate your ankles both clockwise and counter clockwise for 15 seconds.	

ROLLERS (15-20 minutes)

- After morning sessions or at home (as you do not need to warm up to use the rollers).
- Roll up and down 10-12 times on the fleshy muscles (not joints).
- If you find a trigger point (sore / tender spot) hold pressure on this area for approximately 30 seconds. The pain will reduce by 50-75%. Roll over the area a few more times and then move on to the next section.



Back of the lower leg



Outer lower leg



Back of the upper leg



Bottom



Thighs



Side of the upper legs



Lats-below your armpits



Upper back

In Addition- Use a tennis ball as a roller for your feet or arms (against a wall)
Stretches can be performed after doing rollers