Woking Swimming Club Home Work

SQUADS : Cadets – Bronze – Bronze Development – Silver Development (SD – or PG/WG/S schedule)

Warm up: Practice Pre-race dry land (20sec each, unless stated otherwise)
Concentrate on perfecting each exercise rather than rush through them

- Forward arm swings with a jump
- Back arm swings no jump
- One arm forwards/one back both directions
- Alternate arms behind the neck
- Elephant swings try and sweep floor
- Legs swing front to back
- Leg swings Side to side
- Lunge and twist 10 on each leg
- Streamline squats x 10
- Squat jumps x5
- Hands and knees, move elbow floor to ceiling hand on side of head x10 each side
- Walk out into press up and walk back x5

Main set Cardio : 30s on/30s off x 2

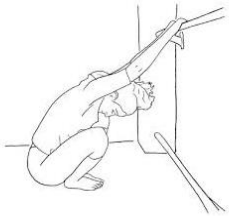
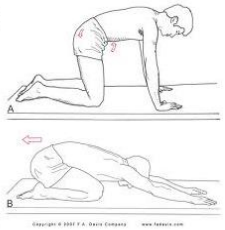
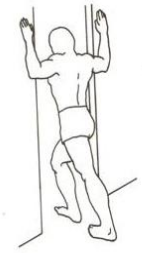
- Running on the spot
- Running on the spot with high knees touching hands
- Running on the spot feet touching bottom
- Jumping Jacks
- Seal jacks
- Burpees
- Mountain climbers

Core workout: 30s on/30s off x2

- Sit ups
- Press up
- Plank
- Flutter kicks

Weekly Challenge

- https://youtu.be/u2EGLIyDkXE

Try these stretches for 1min each

Stretches in particular are: