



Pre Warm-up

Pre warmup provides a framework in which to construct effective warmup procedures for both training and competitions.

- Benefits;
- Increase in muscle and core temperature
 - Increase in blood flow and heart rate
 - Increase in oxygen transportation
 - Decrease muscular tension
 - Increase in economy of movement
 - Enhance metabolic reactions

Age	9-13 years old	14+ years old
Raise (1-2 mins) - aim is to elevate Blood Flow - aerobic exercises @ 80bbm	>Skipping >Heel Flicks	>Step Ups >Mountain Climbers >High Knees
Mobility (3-5 reps) - Actively working muscle groups through full range of motion	> Focus on Movement <ol style="list-style-type: none"> 1. Head side-to-side 2. Lying streamlined slides 3. Lying shoulder rotations 4. Kneeling single arm rotations 5. Prisoner sitting rotations 6. Side arm extensions 7. Hip bridge rotations 8. Lateral lunges 9. Kneeling hip lunges 	> Rolling <ol style="list-style-type: none"> 1. Upper back 2. Lats 3. IT band 4. Piriformis 5. Hamstrings 6. Quadriceps 7. Calves 8. Thoracic peanut (with ball) 9. Posterior shoulder release (with ball) >Advanced mobility <ol style="list-style-type: none"> 1. Assisted trap stretch 2. Assisted neck rotation 3. Posterior shoulder stretch 4. Streamline reach-ups (against wall) 5. Shoulder rotations (against wall) 6. Single arm rotations (with band) 7. Kneeling side flex. 8. Leg extensions 9. Spiderman alt. open ups

Activate

(3-5 reps)

- Stimulate key muscle groups utilised in swimming

- Individualised exercises based on weak points and injury history (Physio input)

>Level 1

1. Double leg bridges
2. Side clams
3. Double shoulder punches
4. External elbow rotations (with band)
5. Spiderman arms

>Level 2

1. Hip bridges with 1 leg raised
2. Clams with heel lifts
3. Single shoulder punches
4. 45 degree external elbow rotations (with band)
5. Superman legs

>Level 3

1. Hips bridges with continuous leg raise
2. Side lying straight leg raise
3. Kneeling shoulder blade push-ups
4. 100 degree external elbow rotations (with band)
5. Supermans

>Level 4

1. Band bridges
2. Side lying single leg flexion & extensions
3. Shoulder blade push-ups
4. Band sword draws
5. Supermans (with band)

Prime

(3-5 reps)

- Exercises will allow swimmers to perform at maximum levels

- Exercises which enhance performance

>Level 1

1. Box push-ups
2. Back pulses with band
3. Zombie squats
4. Split squats

>Level 2

1. Kneeling push-ups
2. Standing rows
3. Prisoner squats
4. Reverse lungs

>Level 3

1. Push-ups
2. Band pull downs
3. Streamline squats
4. Arms overhead split squats

>Level 4

1. TRX push-ups
2. Light ball slams or TRX rows
3. Band resisted dead lift
4. Streamlined reverse lunges