

# Lockdown 3.0

As with all training sessions please make sure there is an adult present, in case of injury.

## Session 1



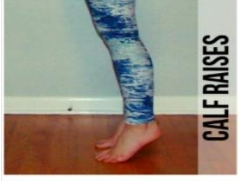




### Warm Up

10 – 15mins

Include:

- Pulse raiser – slow jogging/skipping – gradually increasing pace
- Mobility – Arm circles/Monkey swings/Leg swings etc
- Stretching

Main Session – 30secs work, 15secs rest – to make harder – increase length of work to 45secs

Exercise	No. of Reps	How	Demo
Goblet Squats Experienced swimmers can use weight.	2 x 30secs (15secs rest)	Feet shoulder width apart. Sit backwards. Slow and controlled.	 A woman performing a goblet squat with a kettlebell. The text 'GOBLET SQUAT' is at the bottom.
Donkey Kick	2 x 30secs on each leg (15secs rest)	On hands and knees. Lift leg upwards, keeping knee bent. Return to floor. Slow and controlled.	 A woman on hands and knees lifting one leg upwards. The text 'DONKEY KICKS' is on the right.
Calf Raise	2 x 30secs on each leg (15secs rest)	Stand on edge of step if possible. Heels through full range of movement.	 A woman standing on the edge of a step, performing a calf raise. The text 'CALF RAISES' is on the right.
Single leg squat (Pistol squat)	2 x 30secs on each leg (15secs rest) Swap legs each 30 secs	Standing on one leg. Lower body (knee to 90*) Stand back up.	 An illustration of a woman performing a pistol squat. The text 'PISTOL SQUAT' is at the bottom.
Dead lift Experienced swimmers can use weights. Inexperienced swimmers use kit bag	2 x 30secs (15secs rest)	Feet shoulder width apart. Bend at waist, holding weight. Keeping arms straight, stand back up.	 A woman performing a deadlift with a barbell. The text 'Deadlift' is at the top left.
Jump Lunges Experienced swimmers can use weight.	2 x 30secs (15secs rest)	One foot forward, flat foot. Other leg backwards on toes. Jump to swap legs.	 An illustration of a woman performing a jump lunge. The text 'Jump Lunges' is at the bottom.
Side leg lift	2 x 30secs on each leg (15secs rest) Swap leg every 30secs	Standing up straight. Lift leg sideways, keeping it straight. Return to standing. Stay upright, do not bend at waist.	 A woman performing a side leg lift. The text 'Side leg lift' is at the bottom.

## Secondary Set

Skipping rope required

5 mins Skipping

4 mins Mountain Climbers

3 mins Skipping

2 mins Squat Jumps

1 min Wall Sit