

Warm Up

15 minutes RMAP - <https://www.swimming.org/sport/land-warm-up-swimmers/>

10 minutes skipping (or imaginary skipping if ceiling too low / no skipping rope)

Pre-Set

5 - 10 minutes foam rolling

Main Set

Repeat 3 times through - 10 secs rest between exercises

12 Burpees

12 Tricep-focussed press-ups

12 Streamlined sit-ups

12 Alternate Arm and Leg Lifts

12 Lunges

36 backstroke kicks

12 Squats

Warm down

15 minutes stretching