

Warm Up

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

10 minutes jogging on spot as:

- 3 minutes normal
- 30 secs high knees
- 30 secs heel flicks
- 30 secs lateral jump jogging
(<https://youtu.be/hHw4Wbfbwml>)
- 30 secs rest + drink

Twice through

Pre-Set

5 - 10 minutes foam rolling

Main Set

x = 30 minutes if you're new to this exercise, 45 minutes if you know what you're doing, 60 minutes if you're really good at it.

Option 1

Run for **x** minutes - Keep your shoulders back and think about posture. If you're using a treadmill then set the speed to jogging for 2:30, then set it to running for 2:30 and repeat until the time is up. If you're running outside, don't be tempted to walk.

Option 2

Row for **x** minutes - Set intensity to half available if you've not used the rowing machine before and work up from there each 500m until you find the sweet spot. Row as 400m hard 100m easy. Keep your back straight and do not lean backwards.

Option 3

Cycle (static bike) for **x** minutes - 30 secs moderate / 15 secs hard / 15 secs easy

Warm down

Spend 5 minutes either walking, rowing on a light intensity or cycling slowly.
15 minutes stretching