

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

Option 1 - for those with stairs

Shuttle runs up your stairs - 5 steps and then back down, 10 steps and then back down. Be careful obviously! After each 2 reps do 5 star jumps (a 5 step and 10 step run = 1 rep!). Perform 50 reps.

Option 2 - for those without stairs

Shuttle runs on land - Find an area that is at least 10 steps long and mark out where 5 steps and 10 steps is by placing something down - anything will do. Perform shuttle runs as we normally do in land training but add 5 burpees in after each rep (a 5 step and 10 step run = 1 rep!). Perform 50 reps.

Warm down

15 minutes stretching - special focus on leg stretching - quads and hamstrings especially