

Warm Up

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

10 minutes as 5 mins jogging on spot, 5 minutes mountain climbers

<https://www.swimming.org/sport/raise-temperature/>

Pre-Set

5 - 10 minutes foam rolling

Main Set

Repeat 3 times through - 10 secs rest between exercises

12 Wide press-ups

12 Alternate Arm and Leg Lifts

12 Burpees

12 Streamlined Sit-ups

12 Dead Bugs <https://www.youtube.com/watch?v=l5xbsA71v1A>

36 Backstroke Kicks

12 Lunges

12 Squats

12 Bridged Leg Extensions

Warm down

15 minutes stretching