

Warm Up

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

10 minutes as: 45 secs jogging on the spot

15 secs running on the spot

10 star jumps

10 spiderman switches

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

Repeat until 10 minutes is up

Pre-Set

5 - 10 minutes foam rolling

Main Set

Repeat 3 times through - 10 secs rest between exercises

12 reps of each exercise in this “toilet paper” workout. You can use something else if you don’t have enough toilet rolls. Use a stack that comes up to just under shoulder height when in a push up position like at 6 seconds into this video (https://youtu.be/aaa_zb7GwWc?t=6)

The workout is here: (https://youtu.be/aaa_zb7GwWc)

For bonus points, get some of this recorded as I feel like it might be something Instagramable!

Warm down

15 minutes stretching