

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

x = 40 minutes if you're new to this exercise, 55 minutes if you know what you're doing, 70 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 2:00, then set it to running for 3:00 and repeat until the time is up. If you're running outside, don't be tempted to walk and remember to keep more than 2m from other people.

Option 2

Row for **x** minutes - Row for **x** minutes - If you've not used a rowing machine before, start by setting the intensity to half available and work up from there each 500m until you find the sweet spot. Once happy, start the set.

Row as 750m hard 250m easy. Keep your back straight and do not lean backwards.

Option 3

Cycle (static bike) for **x** minutes - 40 secs moderate / 20 secs hard / 30 secs easy

Warm down

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

15 minutes stretching

NOTE: Swimmers, we're going to have a 'Zoom' chat **tomorrow evening at 7pm**. Please can you download the app to a suitable device - a tablet is probably better if you have one as there will be quite a few of us on there. 😊