

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

Swim Specific Yoga Fundamentals 1 & Fundamentals 2 (<http://bit.ly/3913fyT>)

Warm down

15 minutes stretching

NOTE: Swimmers, we're going to have a 'Zoom' chat **THIS 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. 😊