

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

The current advice is to train two shorter cardio sessions per day instead of one long one to help with immunity, so let's do that. You should have a minimum of 3 hours between sessions - make sure you stay hydrated.

The current advice is also to exercise at A2 pace and 80% of your Max Heart Rate is the maximum recommended. If you don't know your maximum heart rate, use $220 - [your\ age]$ to get it and then multiply that by 0.8 to get what 80% is.

For example, if you are 12 years old: $(220 - 12) \times 0.8 = 166$ beats per minute. In this example, if you take your heart rate for 6 seconds and you get a count of more than 16 then you are working too hard! If you have an OH1+ then you could use that for accuracy by linking it to the Polar Beat app on your smartphone.

x = 20 minutes if you're new to this exercise, 30 minutes if you know what you're doing, 35 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 running outside, don't be tempted to walk.

Option 2

Row for **x** minutes - Set intensity to half available if you've not used the rowing machine before and work up from there each 500m until you find the sweet spot. Keep your back straight and do not lean backwards.

Option 3

Cycle (static bike) for **x** minutes

Warm down

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

15 minutes stretching