

Warm Up

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

5 minutes skipping (or imaginary skipping)

Pre-Set

5 - 10 minutes foam rolling

Main Set

Swim Specific Yoga Upper Body Mobility I & Upper Body Mobility II (<http://bit.ly/3913fyT>)

Warm down

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. 😊