

Warm Up

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

5 - 10 minutes foam rolling

Pre-Set

9 minutes as 2 minutes jogging on spot, 1 minute mountain climbers

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

Main Set

Repeat 3 times through - 10 secs rest between exercises + 20 seconds between sets

6 Wide press-ups

6 Swimmer press-ups (triceps focussed)

6 Alternate Arm and Leg Lifts

6 Streamlined Sit-ups

6 Sit-ups (hands to temples)

6 Dead Bugs <https://youtu.be/l5xbsA71v1A>

6 Bridged Leg Extensions

6 Squats

6 Lunges

30 Backstroke kicks

Warm down

15 minutes stretching