

Warm Up

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

5 minutes skipping (or imaginary skipping), how are your double-unders?

<https://youtu.be/4tsT6hDB6Aw?t=70>

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