

### Warm Up

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

5 - 10 minutes foam rolling

### Pre-Set

5 minutes as: 45 secs jogging on the spot or skipping

10 lunges

10 squats

Repeat until 5 minutes is up

### Main Set

Do 2 of these today with at least 3 hours gap between them. Keep your Heart Rate at 80% of your max heart rate, or lower.

**x** = 25 minutes if you're new to this exercise, 35 minutes if you know what you're doing, 45 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. Do 4:30 running, then lunges or squats up until 5 minutes (so 30 seconds of lunges/squats) and repeat until the time is up.

### Option 2

Row for **x** minutes - Set intensity to half available if you've not used the rowing machine before and work up/down from there each 500m until you find the sweet spot. Keep your back straight and do not lean backwards. Do 4:30 rowing, then lunges or squats up until 5 minutes (so 30 seconds of lunges/squats) and repeat until the time is up.

### Option 3

Cycle for **x** minutes on a static bike or for 2**x** if outdoors. If you're cycling indoors, do 4:30 cycling, then lunges or squats up until 5 minutes (so 30 seconds of lunges/squats) and repeat until the time is up.

### Warm down

5 minutes running/rowing/cycling easy + 15 minutes stretching