

Warm Up

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

5 - 10 minutes foam rolling

Pre-Set

5 minutes skipping (or imaginary skipping)

16 Alternate Arm and Leg Lifts

Main Set

Repeat 3 times through - 10 secs rest between exercises

16 Wide press-ups (break the 16 into 4 sets of 4 or 2 sets of 8 if you need to)

16 Alternate Arm and Leg Lifts

16 Streamlined Sit-ups

16 Dead Bugs <https://www.youtube.com/watch?v=l5xbsA71v1A>

24 Backstroke Kicks, 5 secs rest, 24 Backstroke Kicks

16 Lunges

16 Squats

16 Bridged Leg Extensions

Warm down

15 minutes stretching