

Warm Up

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

5 - 10 minutes foam rolling

Pre-Set

30 secs jogging on the spot

12 alternate arm and leg lifts

6 wide push-ups

6 tricep-focussed push-ups

Main Set - challenge Saturday!

10 secs rest between each exercise, 3 times through, no extra rest between sets (just the normal 10 seconds). As always, keep hydrated!

Max number of burpees in 30 secs - write down count

12 swimmer push ups

12 dead bugs

12 alternate arm and leg lifts

Max number of steps whilst running on spot - write down count

20 seconds rest and drink

12 squats

12 lunges

Max number of backstroke kicks in 30 secs - write down count

Send scores to me by copying the below with your scores added. Please leave as a comment or ask a parent to forward to me via WhatsApp.

Round 1 Burpees -

Round 1 Steps -

Round 1 BK Kicks -

Round 2 Burpees -

Round 2 Steps -

Round 2 BK Kicks -

Round 3 Burpees -

Round 3 Steps -

Round 3 BK Kicks -

Warm down

15 minutes stretching