

Warm Up

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

5 - 10 minutes foam rolling

Pre-Set

10 minutes as:

- 30 secs jogging on the spot
- 15 secs high knees jogging on the spot
- 15 secs running on the spot
- 10 star jumps
- 10 spiderman switches

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

Repeat until 10 minutes is up

Main Set

Repeat 3 times through - All exercises 30 secs per exercise with 10 secs rest in between.

Important: Please skip out all 'plank' exercises and swap the seated scissor kick for backstroke kick instead.

At Home Core Workout <https://youtu.be/dJIFmxiL11s>

Warm down

Hold each stretch for at least 30 seconds - As always... be careful, don't rush anything and never pull hard!

15 minutes stretching - include the below stretches in addition to your normal ones:

Abs - <https://youtu.be/D1tzvP8dGR4>

Lower back - Knee hugs on your back
 Cat/Cow Stretch

Quadratus Lumborum & Child Pose - <https://youtu.be/py-qXCuFzaA?t=22>

Toe touches - keep your back and your legs straight!