

Warm Up

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

5 - 10 minutes foam rolling

Pre-Set

Repeat 3 times through

30 secs jogging on the spot

6 star jumps

6 streamlined jumps

6 alternate arm and leg lifts

6 wide push ups

Main Set

Repeat 3 times through - 10 secs rest between exercises

12 Wide press-ups

12 Alternate Arm and Leg Lifts

12 Streamlined Sit-ups

12 Dead Bugs <https://youtu.be/l5xbsA71v1A>

24 Backstroke Kicks, 5 secs rest, 24 Backstroke Kicks

12 Lunges

12 Squats

12 Bridged Leg Extensions <https://youtu.be/j6G0q78o6m0>

Warm down

15 minutes stretching