

Warm Up

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

5 - 10 minutes foam rolling

Pre-Set

5 minutes skipping. Practice your double under's once you feel warm

<https://youtu.be/4tsT6hDB6Aw?t=70>

Main Set - Challenge Saturday

Repeat 10 times through

60 seconds skipping - how many double under's can you do? Write it down.

15 seconds rest and drink

Hold every stretch you know for 30 seconds - log down total time taken.

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 Double Under's -

Round 2 Double Under's -

Round 3 Double Under's -

Round 4 Double Under's -

Round 5 Double Under's -

Round 6 Double Under's -

Round 7 Double Under's -

Round 8 Double Under's -

Round 9 Double Under's -

Round 10 Double Under's -

Stretching Time -