Elite Squad Home Session 01/05/2020

Warm Up

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

5 - 10 minutes foam rolling

Pre-Set

5 minutes as: 30 seconds jogging on the spot,
15 seconds high knees, 15 seconds star jumps
10 mountain climbers https://youtu.be/aVQHmuy6_kk
Streamline Walks - Either 2 x 10m or 4 x 5m if space is limited https://youtu.be/aqcvNha44Ys
Repeat until 5 minutes is up

Main Set

Do 2 of these today with at least 3 hours gap between them. Keep your Heart Rate at 80% of your max heart rate, or lower.

x = 30 minutes if you're new to this exercise, 40 minutes if you know what you're doing, 50 minutes if you're really good at it.

Option 1

Run for **x** minutes - Keep your shoulders back and think about posture. If you're running outside, don't be tempted to walk.

Option 2

Row for **x** minutes - Set intensity to half available if you've not used the rowing machine before and work up/down from there each 500m until you find the sweet spot. Keep your back straight and do not lean backwards.

Option 3

Cycle for **x** minutes on a static bike or for 2**x** if outdoors.

Warm down

5 minutes running/rowing/cycling easy

15 minutes stretching