

Warm Up

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

5 - 10 minutes foam rolling

Coach out of the Water Warm Up - <https://youtu.be/l1ueakJPN48>

Ground-based movements

Watch first: <https://youtu.be/aqcvNha44Ys>

Bear Crawls - Either 2 x 10m or 4 x 5m if space is limited

Streamline Walks - Either 2 x 10m or 4 x 5m if space is limited

Spider Crawls - Either 2 x 10m or 4 x 5m if space is limited

Loading/Mechanics

Watch first: <https://youtu.be/HEbu-QLo00E>

Skipping (or imaginary skipping) - 30 seconds

Sprint Forwards and then Backwards - Either 3 x 10m or 6 x 5m if space is limited

Skips - Either 3 x 10m or 6 x 5m if space is limited

Hop Skip Jump Combo - 6 reps

Repeat 3 times through. 60 seconds rest between sets.

High Intensity Set

Watch first: <https://youtu.be/SK1a5mF9Epo>

Backstroke Kick - 40 seconds

Push Ups - (YOUR AGE + 1) reps

Repeat 4 times through. 20 seconds rest between sets.

Warm down

15 minutes stretching