

### 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/C5KD\\_z5w880](https://youtu.be/C5KD_z5w880)

Bunny Hops - Either 2 x 10m or 4 x 5m if space is limited

Crab walks - Either 2 x 10m or 4 x 5m if space is limited

Aeroplanes - 20 reps (10 each side)

### Loading/Mechanics

Watch first: <https://youtu.be/R7ZKG6BvUrk>

Prone Skydivers - 20 reps

Supine Back Plank - 50 seconds

Low Base Plank - 50 seconds

Repeat 3 times through. 60 seconds rest between sets.

### High Intensity Set

Watch first: [https://youtu.be/283mx\\_SCglo](https://youtu.be/283mx_SCglo)

Deadbugs - 22 reps

Superman's - 22 seconds

Repeat 5 times through. 20 seconds rest between sets.

### Warm down

15 minutes stretching