

### 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/D7Flg1fpC5s>

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

Inchworms - 10 reps

Kick board lunge - 10 reps

5 seconds rest between exercises.

### Loading/Mechanics

Watch first: <https://youtu.be/v6myjOlnAxQ>

1/4 Squats - 12 reps

1/2 Squats - 10 reps

Full Depth Squats - 8 reps

Overhead squats with a band/towel - 7 reps

Rucksack squats - Add **n** tins of beans (400g) or similar - 6 reps

Repeat 3 times through. 60 seconds rest between sets. 10 seconds rest between exercises.

### **n**

12/under's = 3

13-14 year olds = 4

15-16 year olds = 5

17/Over's = 6

### High Intensity Set

Watch first: <https://youtu.be/e2ek64Be8xs>

Lunge - 24 reps

High Base Deltoid Taps - 24 reps (12 each side)

Repeat 4 times through. 20 seconds rest between sets. 10 seconds rest between exercises.

### Warm down

15 minutes stretching