

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 lunges
- 10 squats
- 10 mountain climbers https://youtu.be/aVQHmuy6_kk

Repeat until 5 minutes is up

Main Set - Option A

No equipment workout (starting after they've finished their warmup as you've already done one).

<https://youtu.be/kVXoVFcQgKc?t=217>

Main Set - Option B

Resistance Tubes workout. Don't be afraid to pause the video and change strengths of tubes as you learn the exercises. Remember that you can clip more than one tube onto the handles at a time and are not limited to the 5 different strengths of the bands. Focus on getting the exercises right and you'll get more out of it. It might be useful to write down which strength worked well for you on each exercise so that when you do it next time you have less thinking to do.

<https://youtu.be/lwUNlp8qkVk>

Warm down

15 minutes stretching