

### 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

10 lunges

10 squats

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

<https://youtu.be/D7Flg1fpCss>

Repeat until 5 minutes is up

### Main Set

Keep your Heart Rate at 80% of your max heart rate, or lower.

**x** = 45 minutes if you're new to this exercise, 55 minutes if you know what you're doing, 65 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