

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 secs jogging on spot, 30 secs mountain climbers

<https://www.swimming.org/sport/raise-temperature/>

Main Set

Repeat 3 times through - 10 secs rest between exercises + 20 seconds between sets

2 x 5 Wide press-ups

2 x 5 Alternate Arm and Leg Lifts

2 x 5 Swimmer press-ups (triceps focussed)

2 x 5 Streamlined Sit-ups

2 x 5 Sit-ups (hands to temples)

2 x 5 Dead Bugs <https://youtu.be/l5xbsA71v1A>

2 x 5 Bridged Leg Extensions

2 x 5 Squats

2 x 5 Lunges

45 Backstroke kicks

Warm down

15 minutes stretching