

Warm Up

15 minutes RMAP - <https://www.swimming.org/sport/land-warm-up-swimmers/>

5 - 10 minutes foam rolling

Pre-Set

Repeat 3 times through

30 secs jogging on the spot

6 star jumps

6 streamlined jumps

6 alternate arm and leg lifts

6 wide push ups

Main Set

Repeat 3 times through - 10 secs rest between exercises

2 x 7 Wide press-ups

2 x 7 Alternate Arm and Leg Lifts

2 x 7 Streamlined Sit-ups

2 x 7 Dead Bugs <https://youtu.be/l5xbsA71v1A>

30 Backstroke Kicks, 10 secs rest, 30 Backstroke Kicks

2 x 7 Lunges (7 on each leg)

2 x 7 Squats

2 x 7 Bridged Leg Extensions <https://youtu.be/j6G0q78o6m0>

Warm down

15 minutes stretching