

Warm Up

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

Pre-Set

5 - 10 minutes foam rolling

Main Set

Swim Specific Yoga Fundamentals I <https://player.vimeo.com/video/361815694>

Upper Body Mobility I <https://player.vimeo.com/video/386212430>

Warm down

15 minutes stretching