Elite Squad Home Session

Warm Up

15 minutes RMAP - <u>https://www.swimming.org/sport/land-warm-up-swimmers/</u> 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 <u>https://youtu.be/D7Flg1fpCss</u> Repeat until 5 minutes is up

Main Set

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

 \mathbf{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 \mathbf{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