

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 II <https://player.vimeo.com/video/266741944>

Upper Body Mobility II <https://player.vimeo.com/video/370373598>

Warm down

15 minutes stretching