

### 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 seconds jogging on the spot,  
                      15 seconds high knees, 15 seconds star jumps  
                      10 lunges  
                      10 squats  
                      10 mountain climbers [https://youtu.be/aVQHmuy6\\_kk](https://youtu.be/aVQHmuy6_kk)  
Repeat until 5 minutes is up

### Main Set - Option A

Repeat 3 times through - All exercises 30 secs per exercise with 10 secs rest in between.

**Important: Please skip out all 'plank' exercises and swap the seated scissor kick for backstroke kick instead.**

At Home Core Workout <https://youtu.be/dJIFmxiL11s>

### Main Set - Option B

Resistance Tubes workout. Don't be afraid to pause the video and change strengths of tubes as you learn the exercises. Remember that you can clip more than one tube onto the handles at a time and are not limited to the 5 different strengths of the bands. Focus on getting the exercises right and you'll get more out of it. It might be useful to write down which strength worked well for you on each exercise so that when you do it next time you have less thinking to do.

<https://youtu.be/lwUNlp8qkVk>

### Warm down

15 minutes stretching