

A little bit different

We're back in the pool in 2 days time, let's make sure we turn up 'ready'. Instead of thinking of today as a 'workout', think of it as a 'knowledge check day'. Do you really know RMAP inside out? It's important that you do.

Go to <https://www.swimming.org/sport/land-warm-up-swimmers/> and look through the exercises. Watch the video and complete every single one. Work through the whole list twice. After that, complete the 3 exercises that you felt less confident with again.

And then spend time completing EVERY stretch you know... hold every one for at least 30 seconds.