

Swim Specific Strength & Conditioning Set

It is very important to keep the correct form throughout these exercises – if you can, perform them in front of a mirror so you can check your position from time to time.

Warm-up 5-10 min spin on the turbo, jog, walk, mobilization exercises

1. Prone Swimmer 10reps x 3 sets with a 30sec RI per set

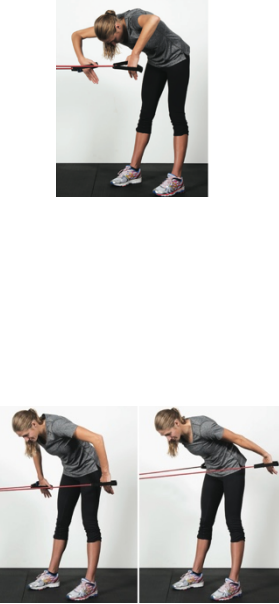


- You Tube example <https://youtu.be/ZruXMNO28WU>
- Keep your chest & feet flat to the ground resting your head on a towel
- Start by pulling your shoulder blades down and back, with your arms straight by your sides
- Hover your arms out to the side while keeping as much height as possible and rotating through the shoulder until your hands are outstretched over your head
- Reverse the motion until you get back to your start position
- Focus on maintaining slow controlled motion.

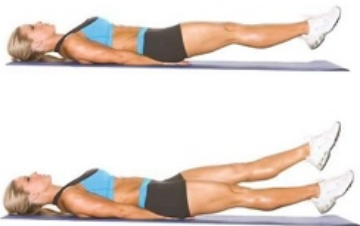
To add progression:

- Lift your feet off the ground and do a small flutter kick


2. Stretch Cord Catch (or resistance band) 10reps x 3 sets with a 60sec RI per set

	<ul style="list-style-type: none">▪ You Tube Example▪ Attach cord/tube to a secure point i.e. heavy piece of furniture or secure door handle▪ Stand as shown ensuring that your core is engaged, and you have a slight tension on the cord▪ Before you pull check that your<ol style="list-style-type: none">1. Fingertips are pointing straight down2. Your wrists are straight3. Maintain a high elbow (should be same height as your shoulder)▪ Start the pull - your thumb should just brush your hip until your arm is almost straight, but do not lock your elbow. When you return to the start position▪ Do not recover as you would in the water , overhead, instead maintain straight arms under the body
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3. Flutter Kick – Max reps x 2-3 sets with a 60sec RI per set

	<ul style="list-style-type: none">▪ Lie flat on your back on the floor or a mat▪ Your legs should be fully extended with a slight bend in the knees▪ Place your hands under your butt and keep your back into the floor▪ Move your legs up and down alternating left and right with small scissor-like kicks.▪ Keep your abdominal muscles tight or contracted, pulling them in towards the ground, as they should be doing the majority of the work.▪ Once you've reached exhaustion, lower your legs to the floor. Repeat x2 or 3
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4. Floor dumbbell Russian twist - 10reps x 2-3 sets with a 15sec RI

	<ul style="list-style-type: none">▪ Sit on the floor with your ankles together. Hold a dumbbell with both hands. Twist your arms to one side, clasping the dumbbell firmly.▪ Hold the dumbbell so you are nearly touching the floor. Embrace your core and do the same on the other side.▪ To add progression, lift feet off the floor or increase reps/sets.
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5. Swiss Ball Triceps Extension 15-20 reps x 3 sets with 30sec RI

	<ul style="list-style-type: none">▪ You Tube example https://www.youtube.com/watch?v=-UIXMAvANyA▪ Roll yourself onto your upper back, hips lifted, digging in your heels, keeping in a straight line.▪ Extend arms straight up, palms of hands facing each other.▪ Lower arms bending at the elbows. The only thing moving should be your lower arms.
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