

MORNING ROUTINE

To be completed Monday – Friday or 3 times a week minimum i.e. Monday / Wednesday /Friday.

ROLLER

Spend additional time on sore spots, holding on top of them for a minimum of 10 seconds.



EXERCISES

Maintaining physical health & preventing injuries during lockdown training and on returning to the pool.

1. Shoulder lifts – 20 on each
 - Arms by your side, lifting both shoulders
 - Arms in 11 position with alternating lifts.
2. 10x Lying Hamstring stretches (each leg)
3. 60 seconds Y T W L shoulders (thumbs up)
4. 20x Downward Dog heel presses
5. 20x Glute activation with toes pointed
6. 20x Glute activation with toes down
7. 5x Arabesque
8. 5x Single leg squats
9. 10x Press ups (normal)
10. 5x Teasers
11. 5x Bridges (teaser style)
12. 20x Dead bugs
13. 20x Supermans
14. 10x Press ups
15. 5x Walk in & out of planks
16. 10x Leg raises
17. 5x Plank Walks (walk feet backwards)
18. 30 second Reverse Plank Hold
19. Side plank hold – 30 seconds on each side
20. Plank routine 10 touches on each section.
(non stop or with rest inbetween)
 - Elbow touches
 - Hip touches
 - Knee touches
 - Feet touches

STRETCHES

2x30 seconds on each stretch

