

# PRE POOL

## Start with Skipping for 2-3 minutes RELEASE WORK

(before every session)

Perform each exercise for 30 seconds or 10 rolls before progressing. Pause for a few seconds on any particular sore spots. Try to add as much weight & pressure as possible.



**Feet – 30 seconds each foot.** Pause on sore spots and wiggle toes to release.



**Calfs-10 rolls each leg** changing the angles & pausing on any sore spots.



**Hamstrings – 10 rolls each leg.**



**Quads – 10 rolls.**

Do legs seperaetly if sore.



**Glutes – 30 seconds each side.** Roll slowly and pause on sore spots.



**ITB – 10 rolls up the side of the leg** (not over the knee). Puasing on sore spots for a few extra seconds.



Place ball above shoulder blade. Lift arm up and over head. **10 reputitions each side.**



**BACK – 10 Rolls.** Maintaining a good tight streamline hold.

## MOBILISATION

(included with 30minutes pre pool)  
Stretching key areas for swimmers and preparing muscles and supporting muscles for performance.



**10 Reps on each leg.** Straight back & bottom in the air. Push one heel down then the other.



**10 Reps Each leg.** Keep back & head flat on the floor. Straighten leg pulling toes towards you.



**5 Reps each side.** Open up chest to stretch and lower elbow to the opposite hand.



**10 Reps in total (5 reps each side)** alternating sides. Maintain a flat straight back. Bring foot outside hand and open up chest to stretch.

## ACTIVATION WORK – Warming up muscles ready to perform.



**SUPERMANS - 10 Reps Total.**

Maintain a straight back. Advanced version can be from a plank.



**DEAD BUGS - 10 reps Total**

Keep your back flat on the floor and belly button sucked in.

**WALKOUTS – 5 Reps.** Stand up straight, walk hands into plank, legs as straight as possible. hold a perfect plank and walk back



**DEEP STREAMLINED SQUATS – 5 Reps**  
Hold a tight streamline and maintain a straight back. Go as deep as possible.



**PRESS UPS – 5 REPS**

**SQUAT JUPMS – 5x1 (Single reps)**





# POST POOL

(After Training)

## RELEASE WORK

(after as many sessions as possible)  
Perform each exercise for 30 seconds or 10 rolls before progressing. Pause for a few seconds on any particular sore spots. Try to add as much weight & pressure as possible.



**Feet – 30 seconds each foot.** Pause on sore spots and wiggle toes to release.



**Calfs-10 rolls each leg** changing the angles & pausing on any sore spots.



**Hamstrings – 10 rolls each leg.**



**Quads – 10 rolls.**

Do legs seperaetly if sore.



**Glutes – 30 seconds each side.** Roll slowly and pause on sore spots.

## STRETCHING

(after as many sessions as possible)

Perform these static stretches after training to maintain flexibility and increase ranges of movement.

Each stretch should be performed :  
3x15-30 seconds

Perform stretches for longer or additional reps if improvements are required.



**QUADS** – holding the toes pull the foot to you bottom. Advance the stretch by pointing your knee behind



**HIPS** – Hold one arm in the air streamlined. Tilt the hips forward (or underneath yourself) and lean forward.



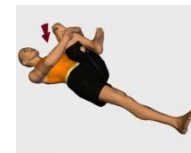
**HAMSTRINGS** – keeping the legs straight, place your hands on the floor and hold. This stretch can also be performed sitting down. Advanced version = head touching your knees.



**SHOULDERS** – Hands on the wall, lower your head to the floor leaning to add pressure. This is a good stretch to improve streamline through the upper body and combined with the previous stretch.

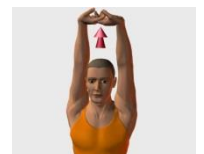
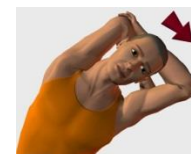
## FOR POWER STARTS & TURNS

Lumbar & Calf



## IMPROVE YOUR STREAMLINE

Shoulders and Lats



## MORE POWERFUL KICK

Flexible ankles

