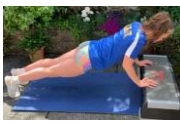


SAST - Return to the pool preparation 2020

Exercise	Recommended for...			Focus	Basic technical points
	Transition Development	Junior Competition	Youth Competition		
	Option #1	Option #2	Option #3		
Squat	Seat squat 1-2 x 15-20 reps 	Prisoner squat 2-3 x 10-15 reps 	Overhead squat (with equipment) 3 x 5-10 reps 	Leg strength for... Push and glides Starts Turns	- Feet shoulder width apart. - Squat by moving your hips/bottom back. - Straight back & looking forward all the time.
https://youtu.be/jHEW-KJTmkk					
Push	(Large) Incline push up 1-2 x 15-20 reps 	(Smaller) Incline push up 2-3 x 10-15 reps 	Push up (on knees or feet) 3 x 5-10 reps 	Upper body strength for... Pull of all 4 strokes	- Legs, hips & body in one straight line (plank). - Hands shoulder width apart. - Elbows point diagonally back (not straight back & not to the sides). - Straight strong body, hips and legs all the time.
https://youtu.be/X9b-oHjkhQs					
Brace	Plank on knees & elbows 1-2 x 30 seconds 	Plank on feet & elbows 2-3 x 30 seconds 	Plank on feet & hands 3 x 30 seconds 	Core strength for... Body position	- Legs, hips & body in one straight line. - Hands shoulder width apart. - Head inline with your spine / not dropping. - Straight strong body, hips and legs all the time.
https://youtu.be/-VE2HlybC-I					
Streamlining	Streamline Holds 5 x 5 second holds 			Body alignment for... Streamlining	- Lie on the floor in streamline. - Try and get your lower back in on the floor (no gap) by tilting hips. - Stretch into streamline and hold for 5 seconds, rest 5 seconds and repeat 5 times.
https://youtu.be/vg2JDrr6ckc					
Shoulder Mobility	"Y" - "T" - "W" - "L" shoulder stretch 3 circuits of each shape 			Shoulder flexibility for... Streamlining Technique on all 4 strokes	- Make the letter shapes with your body and arms. - Thumbs pointing up all the time. - One second pause in each position.
https://youtu.be/UCps7WPES8o					
Hip Mobility	Plank into easy stretch with rotation 1 x 10 reps 			Hip flexibility... Kicking technique Kicking ability	- Place your foot on the outside of your flat hand. - Rotate and push hands as far away from each other as possible.
https://youtu.be/HL_Hj2btYL8					
Ankle Mobility	Writing with your ankles 1 x the Alphabet 			Ankle flexibility... Kicking technique Kicking ability	- Write the Alphabet with your toes. - Use one foot at a time.
https://youtu.be/2IMo57pVScY					

Notes This is not a compulsory program and is provided for those swimmers willing to use it
 Swimmers should be supervised with all exercises to ensure correct technique - technical points are included above and in the videos
 All swimmers - irrespective of squad - are recommended to start at Option #1 (on the exercises where there are different options)
 Swimmers should demonstrate technical competence for the prescribed repetitions in order to progress to the next level