



Land Training - Week 1

Warm Up

Complete each exercise for 20 Seconds, no rest - 4 times through

1. Skipping
2. Jogging
3. High Knee Jogging
4. Heel flicks
5. Mountain Climbers
6. Sprint on the spot

Main Exercises

Complete each exercise for 30 Seconds, 10 seconds rest - 3 times through

1. **Plank** - Keep the back flat and engage the core
2. **Plank with Shoulder Taps** - Keep the back flat and engage the core
3. **Press ups** - Keep the back flat and bend the elbows. Keep elbows close to the body.
4. **Double Leg Glute Bridge** - Feet hip width apart, push the hips up aiming for a straight body line
5. **Squats** - Squat to 90 degrees and do not bend from the back.
6. **Squat Jumps** - Squat to 90 degrees, jump up in a streamlined position
7. **Lunge** - keep the back straight, do not lean forwards
8. **Lunge and Twist** - arms straight out in front, twist over front leg

Stretching



Spend at least 15 minutes working through the stretching circuit. Perform each stretch twice holding for 30 seconds each

If you fancy doing more, there are more exercises here - www.swimming.org/sport/land-warm-up-swimmers/