



Land Training - Week 2

Warm Up

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

1. Jogging
2. High Knees
3. Star Jumps
4. Tuck Jumps
5. Mountain Climbers
6. Sprint on the spot

Main Exercises

Complete each exercise for 40 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 to Shoulder Taps** - Keep the back flat and bend the elbows. Keep elbows close to the body.
4. **Tricep Dips** - Sit on the floor with your knees bent, feet on the floor, hands on the floor behind you. To begin, lift hips off floor, bend your elbows and lower your body close to the floor, then push back up
5. **Squat to Streamlined Jump** - Squat to 90 degrees and do not bend from the back, jump up in a streamlined position
6. **Squat Thrusts** - Hands and feet on the floor, back straight, bring both knees to the chest then back out
7. **Half Burpees** - Squat thrust, jump up streamlined
8. **Full Burpees** - Chest to the floor, jump up streamlined

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/