



# Land Training - Week 3

## Warm Up

Complete each exercise for 20 Seconds, no rest - 3 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

- R.1 - **Full Burpees**
- R.2 - **Full Burpees + Plank**
- R.3 - **Full Burpees + Plank + Jumping Squats**
- R.4 - **Full Burpees + Plank + Jumping Squats + Press ups**
- R.5 - **Full Burpees + Plank + Jumping Squats + Press ups + Squat thrusts**
- R.6 - **Squat thrusts + Press ups + Jumping Squats + Plank + Full Burpees**
- R.7 - **Press ups + Jumping Squats + Plank + Full Burpees**
- R.8 - **Jumping Squats + Plank + Full Burpees**
- R.9 - **Plank + Full Burpees**
- R.10 - **Full Burpees**

## 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/](http://www.swimming.org/sport/land-warm-up-swimmers/)