



Cardio Challenge- do 1/2x a week and record your times and share. Is a Strava RADS club page if you use

3/5/10km Run or as far as you manage to start **and/or**

5/10/20km+ Bike

Strength Program

Do 1or 2 Sets (2 mins rest between if doing 2) and try to do 2/3x a week. On the set time activities make of note of how many you do so you keep track and improve over the weeks.

Dynamic Warm Up-

*30 secs Star Jumps *Small Arm Circles (10 sec forward/10 secs backwards) *Leg Swings 10 e/side forwards and backwards *30 secs heels to bums running on spot

1) 30 Secs Press Ups (do from knees if required)

2) 20x Squats- to 90 degree at the knees, keep good back position. Older swimmers use weights additionally to make harder

3) 20 Sit Ups

4) Back extension/raises

5) 30 secs Mountain Climbers

6) 15 Tricep Dips (use a chair/step/bench etc)

7) 12 each arm Bicep Curls (younger swimmers use light weight a book, filled water bottle, tin of beans etc for some added weight), older swimmer use some D/Bells

8) 20 Russian Twist, legs of the floor for a challenge..

9) 60 Secs Plank

10) 20 Alt Reverse lunges

11) 60 sec Plank