

Home Exercises/Land Work

Monday-Wednesday-Friday

Warm up exercises

Heel jumps (10s)

Rebound Jumps (10s)

Squat Jumps (10s)

Above x 3

Good Mornings (20s)

Hamstring walkouts (20s)

Hamstring Leg hold SL (10s)

Other leg (10s)

Glute Bridge (20s)

Single Leg Glute Bridge (10secs each side/leg)

Drop Squats (5 reps)

Drop Lunges (5 each leg)

Circuit

5 minute jog, run, power walk, skipping, running on the spot etc

(Below 3 times through- take 2-3 mins rest btwn each circuit)

Squats (10)

Pistol Squats (5 each leg)

Romanian Dead Lifts (10 each leg)

Broad Jumps (10)

Side Plank twists (10 each side)

Deadbugs (10)

Press ups (10)

Archer press-ups (5 each side)

Shoulder touches (10)

5-10 min Full Body stretching to conclude

Tuesday, Thursday & Sat or Sun

Warm up exercises

Heel jumps (10s)

Rebound Jumps (10s)

Squat Jumps (10s)

Above x 3

Good Mornings (20s)

Hamstring walkouts (20s)

Hamstring Leg hold SL (10s)

Other leg (10s)

Glute Bridge (20s)

Single Leg Glute Bridge (10s)

Other leg (10s)

Drop Squats (5 reps)

Drop Lunges (5 each leg)

Circuit

30 mins power walk, jog, cycle, run (free to do add some 30 sec sprint/30 walks within)

Into

(Below 4 times through- take 2 mins rest btwn each circuit)

Press ups – wide (10)

Explosive Press ups – (3)

Single Leg Hop Jumps (5 each leg)

Leg raises (10)

Cross Crunches (5 each side)

5-10 min Full Body stretching to conclude

****** Additional/Alternative to the cardio sections above:-

If you have stretch bands/resistance cords.. some ideas below.. Another good set is to do 5-10 rep of your 100m free time on a timer working on the underwater pull. Can do single arm (for free style) or mix it up with double arm for Fly/Breast. Just keep those muscle remember those energy systems/pain thresholds for when ever we return. Take 30-45 secs rest between each rep..