

September 09

**Newbury District Swimming Club - Land Training Session for A
and B Squad (50 mins)**

Warm up: (have skipping rope ready)

1. Run on spot or around hall for 1-2 minutes.
2. Run on spot knees up for 10 sec every 20 sec
3. Swing arms forward back
4. Aeroplanes
5. spring jumps
6. Helicopters
7. Skipping
8. swing arms alternate
9. Burpees
6. Star Jumps

Stretch: (have mats ready)

10. **Neck mobilising.** Relax shoulders, rotate head steadily from right to left
11. **Streamline stretch.** Stand legs slightly apart with arms in streamlined position. Lean to the right/left and hold
12. **Hurdlers exercise.** Sit in hurdle position, trailing leg with toes out in breaststroke position. Reach down to leading leg with fingers. Try to put head on leading leg
13. **Crab arching.** Lay on back. With arms outstretched. With feet up under bottom try to get body off floor by pushing up with arms and legs. Arch back as much as possible
14. **Ankle mobilising.** In sitting position grip right toe and heel with right and left hands respectively. Rotate 5 to right, 5 to left. Switch to left foot and repeat
15. **Calf stretch.** Lean forward on wall with both hands on wall just above shoulder height. One leg forward, one trailing. With feet in contact with floor stretch trailing calf muscle by leaning forward
16. **Quadricep stretch.** Stand on one leg right hand grips left foot and pull up to bottom. Change legs
17. **Shoulder joint stretch.** Arm and palm of hand in contact with arm horizontal. Feet parallel to wall rotate body trying to get shoulders at right angles to wall or beyond
18. **Tricep stretch. Link hands behind back**
19. **Touch toes.** Legs straight, slide hands down legs as far as possible. Try to touch legs with head
20. **Sit in kneeling position,** feet tucked under bottom with toes pointing outwards in breaststroke kick position. Lean back, try to get shoulders on floor and hold.
21. . Left arm over shoulder, right arm up back.

22. Double arm stretch. Work in pairs stand behind partner and with partners arms extended behind grab hands (palms out) and draw towards centre behind partners back

Strength

1. Leg lift
2. sit ups
3. press ups
4. Cat arching
5. Alternate leg lift
- 6.

Circuit (short)

1. Skipping
2. dips
3. stride jumps
4. squat thrusts
5. sit ups
6. press ups
7. burpees
8. Cat arching
9. running on spot knees up
10. run wall to wall – touch floor

Plyometrics:

11. medicine ball exercises throw to one another
12. Stride jumps on bench
13. run wall to wall to