

Newbury District Swimming Club September 09

Land Training without weights:

Warm up:

Run/skip	4min	
Arm rotations	4mins	
Trunk rotations	4mins	
All body	3mins	15 min

Swiss ball

Crunches

Press ups

Plank

Core stability 12 mins

Stretching exercises upper body 10 mins

Stretch rope

Medicine ball

Triceps

Jumps

Core stability 12 mins

Stretches lower body legs 10 mins

Total 59 mins