

## **Land Training and Flexibility/Mobility based exercises**

In these uncertain times the coaching team fully supports the committees stance in regards to cancelling all pool based training.

As a result I felt it was important to provide some guidance to parents and swimmers on exercises and flexibility exercises that could be completed in order to keep swimmers fit in the coming weeks.

I have attached below exercises and flexibility routines that can be completed and I have attached instructions/images in order to assist.

Please feel free to contact me if any further guidance is required.

The coaching team and the committee wish all swimmers and parents all the best and we hope you remain safe in these difficult times.

**The recommendations within this document are just that RECOMMENDATIONS. Please follow guidance provided by Government and health officials in regards to COVID-19. Any issues in regards to health then please call your GP or 111 for further assistance. My advice is to stay active where appropriate but please also remember to remain SAFE!**

### **Cardio Based Activities:**

I would also recommend where possible to attempt to just achieve some fresh air. The benefits of walking are not only physiological but can go along way having a positive effect on mental health.

In these uncertain times it is a great opportunity for swimmers to get outdoors and partake in some cardio based activities. There is a good case for running. It's a great way to improve cardiovascular health, maintain weight, and boost lung capacity. These are all benefits that could help swimmers with their performance. However, too much emphasis on running and not enough lower body strengthening exercises for swimmers may do more harm than good.

Too much running can cause wear and tear on the body, and exhaust the swimmer before in pool training begins. Problems with running style

can also lead to imbalances in the legs as well. This is problematic for swimmers, especially if the knees, quads, and ankles suffer.

Please ensure proper running trainers are worn if participating in running and keep distances within reason. There is a good 1.6km lap based at the Picket Twenty recreational grounds which also has outdoor gym facilities as well or the field at Charlton is also a great place to undertake a run (use the field that is also utilised for Park Run).

Many of the swimmers would have witnessed other swimmers undertaking skipping routines as part of their pre-pool workouts. Skipping is a great activity and some of the advantages of skipping include: Cardiovascular fitness, Leg strength, Stamina, Coordination, Bone strength, Balance, Agility and it is a full body workout.

For beginners please follow the below for a basic idea of what to do as a skipping workout. The below workouts use one form of skipping and I have attached a link to a video which will explain how to do both a basic jump skip.

1. Basic Jump is the traditional skipping that you will know. Please make sure that swimmers are light on their feet so that no excess pressure is passing through the feet/ankles or knees. The linked video is over 7 minutes long but please watch to get a feel of what technique we are looking to achieve.

<https://www.youtube.com/watch?v=TxFEUcIPUHs>

## **BLOCK A**

**(5 minutes):**

30 seconds	Basic Jump
30 seconds	Rest
30 seconds	Basic Jump
30 seconds	Rest

*Rest 60 seconds*

## **BLOCK B**

**(5 minutes):**

40 seconds	Basic Jump
20 seconds	Rest
40 seconds	Basic Jump
20 seconds	Rest

Once the above activity is too easy for the swimmer reducing rest and increasing activity is always a good way to increase cardiovascular endurance for the swimmer. There are plenty of skipping workouts that I can send so please contact me and I will update new routines when required.

As above, I would also recommend where possible to attempt to just achieve some fresh air. The benefits of walking include are not only physiological but can go along way having a positive effect on mental health.

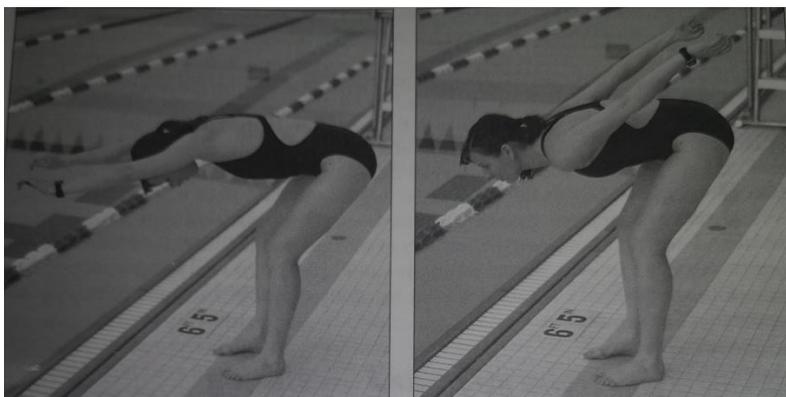
**Other activities could include Cycling or Rowing.**

**Flexibility/mobility based activities:**

In regards to flexibility and mobility no pain should be felt within the exercises. If any pain is experienced please stop the exercise and please consult your GP.

**Double arm skiing drill**

Bend forward making sure the back is straight and not curved, pushing arms to the front and then swing arms to the back. 30 seconds of movement repeat x3



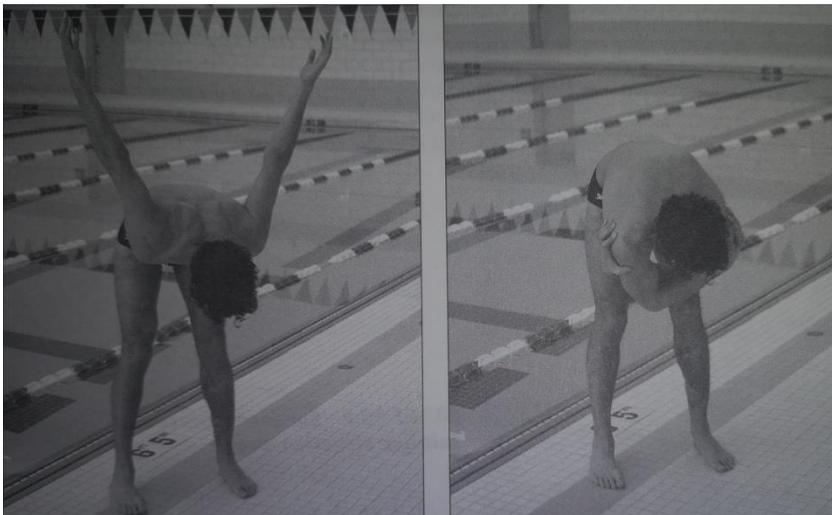
### **Alternate Arms Crossing:**

Bend forward swinging the arms alternately (left arm to right foot, then right arm to left foot). As one arm goes behind the body the other crosses in front. 30 seconds of movement repeat x 3



### **Arm Crossing and Swinging:**

Bend forward, arms swinging from the side and crossing in front of the chest. 30 seconds of movement repeat x 3



### **Bent arm wall stretch:**

In a split stance left leg front and right leg back, stand at the end of a wall or doorway. Bring the right arm up to shoulder height and position the palm and inside of the arm on the wall surface or doorway. Gently press the chest through the open space to feel the stretch. Moving the arm higher or lower will allow various areas of the chest to be stretched. Repeat exercise on the other side. Repeat x 3 for each side. Round 1 stretch for 5-10 seconds, Round 2 stretch for 10-20 seconds and for round 3 hold for 20-30 seconds.



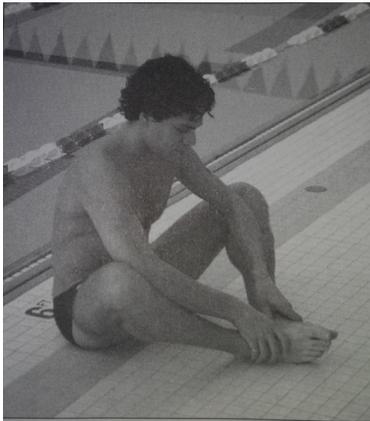
### **Extended Child's Pose on Fingertips:**

Kneel on the floor and touch your big toes together. Sit on your heels and separate your knees as wide as your hips. Bend forward from the hips and walk your hands out as far in front of you as possible. With arms extended and palms facing down, come up onto your fingertips as if you have a ball underneath your palms and melt the chest toward the ground.



### **Adductor Stretch:**

Sit so that the soles of the feet are touching. Grip the ankles and then use the elbows to push down against the inside of the knees to gain maximum stretch. Repeat x 3. Round 1 stretch for 5-10 seconds, Round 2 stretch for 10-20 seconds and for round 3 hold for 20-30 seconds.



### **Combined Internal Rotation Stretch:**

Stand beside a wall and lift the arm so that the forearm rests on the wall, forming a right angle with the upper arm. Gently lean toward the wall to feel the stretch underneath the arm. Perform on both sides. Repeat x 3 each side. Round 1 stretch for 5-10 seconds, Round 2 stretch for 10-20 seconds and for round 3 hold for 20-30 seconds.



## Teres Stretch

Stand and raise one arm, which bends across the body and take the hand past the opposite shoulder. Grip the arm at the elbow and gently apply pressure into the stretch. Perform on both arms. Repeat x 3 each side. Round 1 stretch for 5-10 seconds, Round 2 stretch for 10-20 seconds and for round 3 hold for 20-30 seconds.



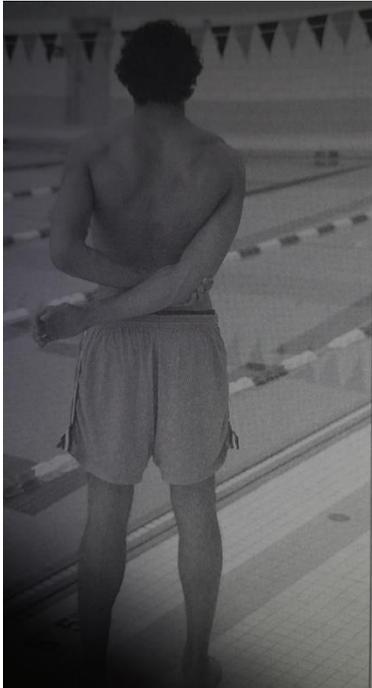
## Upper Trapezius Stretch:

Grasp the side of the head with one hand and gently pull that direction. **Please be careful not apply pressure to the neck.** While doing this exercise try and press the shoulder down. Both sides to be done. Repeat x 3 each side. Round 1 stretch for 5-10 seconds, Round 2 stretch for 10-20 seconds and for round 3 hold for 20-30 seconds.



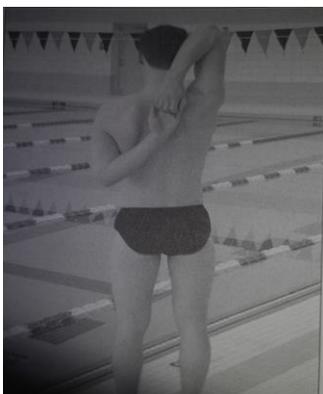
### **External Rotators Stretch**

Stand and push one hand across the back. Grip the elbow of that arm and pull inward to gain maximum stretch. Both arms to be done. Repeat x 3 each side. Round 1 stretch for 5-10 seconds, Round 2 stretch for 10-20 seconds and for round 3 hold for 20-30 seconds.



### **Internal Rotators Stretch**

Stand with one arm positioned behind the head (elbow up) reach up with the other arm. Fingers grip and the top hand pulls up while the bottom hand pulls down. Repeat x 3 each side. Round 1 stretch for 5-10 seconds, Round 2 stretch for 10-20 seconds and for round 3 hold for 20-30 seconds.



## Triceps Stretch

Raise one arm and bend it behind the neck placing the palm of the hand in the middle of the back. Apply pressure to the stretch by gently pulling inward toward the centre of the back and at the same time in the downward direction. Repeat x 3 each side. Round 1 stretch for 5-10 seconds, Round 2 stretch for 10-20 seconds and for round 3 hold for 20-30 seconds.



Most of the above flexibility exercises provided should be part of all swimmers pre pool routine and it is a good chance now to get into the habit of utilising them.

Please keep me updated with progress and if you need further guidance please feel free to contact me. Again please stay SAFE and I hope that we can all meet up at the pool soon.

Kind regards

Scott