



Swim Science

At home land training sessions

Sample Warm Up:

3 Minutes Jogging / Skipping
10 x Streamline Lifts
10 x TYI
10 x Glute Bridge
10 x 3-Point Rotation (5 ES)
20 x Dynamic Hamstrings (10 ES)
10 x 90/90 Rockovers (5 ES)
6 x Climber Lunge + Elbow Drop +
Rotate (3 ES)

Session 1:

30 x Squats
15 x Press Ups
30 x Sit Ups
15 x Burpees
30 x Lunges
15 x V-Sits
X 2

Session 2:

60 Second Plank (1 Flat / 1 Left
Side / 1 Right Side)
50 x Double Unders
40 x Leg Lowers
30 x Single Leg Pike Ups
20 x Dips
10 x Press Up Shoulder Taps
X 3
(No skipping rope? Replace Double
Unders with Squat Jumps)

Session 3:

10 x Bulgarian Split Squats
10 x Press Ups
20 x Squats
10 x Dips
20 x Lunges
10 x Burpees
20 x Sit Ups
As many times through as
possible in 15 minutes.