



South West Swim Session Name: Dryland 4

Date: 20-04-2020

Voluntary Session Fee

We have had a few of our swimmers asking how they can support South West Swim through these strange times where we are not running pool sessions.

I have therefore created a voluntary purchase link should you enjoy the content we are putting out for dryside work etc. **This is totally optional and voluntary**, and has been devised for athletes that wanted to contribute to any services we are offering at this time. Content will continue to be provided to all our Squad swimmers regardless as I know full well we will all be in different situations.

If you did want to contribute to our work and help keep us moving forward then you can do so in two ways:

1. Via your Booking System Account: Log into your account (or create an account if you wish) on our booking system and select to make a session fee donation at https://www.wellnessliving.com/rs/catalog-view.html?id_sale=4&k_id=1722535&k_option=6170728
2. Via PayPal: Donate a session fee via Paypal at <https://www.paypal.me/southwestswim>

You will find 3 contribution levels of £4, £6 or £10 in our booking system (or 4 if you did not want to contribute). We have suggested these same donations via PayPal, or a donation of your choosing.

A big thank you for those that have asked how they can help keep us going at this time and those that have donated session fees for the sessions they have done.

Session Introduction

We highly recommend you view the Supporting Video before embarking on this session this can be found at <https://youtu.be/vatjnk4FbAU>

Focus: A Dryland Swim Specific Maintenance Session

Kit Recommended / needed for this session:

Swim Bands / Therabands / Physio bands

Exercise Ball (or sofa)

Exercise Mat would be useful if you have one (for comfort)

Tempo Trainer

Important Note

The exercises in these sessions are those that Coach Jason does (or has done) in his own dryland swim specific training for fitness and maintenance. Jason is a Level 2 Swim Coach and can deliver basic dryland sessions but it is important to note that he is not a PT or Fitness Instructor.

You therefore undertake these sessions at your own risk, please take care with the movements and ensure you are holding good form throughout. If something hurts or feels uncomfortable please stop performing the exercise straight away.

Please build up to some of the exercises slowly if needed and perform less time/reps, or vary the exercise accordingly (i.e. remove or change kit to make the movement and exercise easier).

Warm Up

Perform a 5-10 mins dynamic warm up to get your body ready.

This could consist of a Jog on a treadmill, a jog around the garden, a spell on the turbo or a dynamic warm up including running on the spot, high legs raises, mountain climbers, squats etc.

Ensure you perform some arm swings and leg swings as part of this routine.

Do not perform any static stretches at this point in your session.

Notes:

Main

See video for explanations for all exercises. We highly recommend you watch the video before embarking on the session

Band work to warm up the shoulders

External Shoulder Rotations

- 1) With a looped band, hold your arms out to the front with your elbows tucked into your side and gently move your hands outwards, feeling a stretch in the shoulder muscles.
- 2) then move your elbows so they are in front of you, and perform the same action
- 3) Then move your arms above your head and perform the same action

Do around 10 repetitions of each movement, take 30 seconds rest and then repeat the sequence two more times (3 times through in total). This can also be performed without a band for those that have not got them or are just starting off. This sequence is great for strengthening the rotator cuff.

Internal Shoulder Rotations

Now attach the band to a mid height (door handle / elbow height) anchor point. We are now going to move the arm inwards. Start with your elbow pinned to your side with your hand / arm outwards (as if you were making an L shape).. With a fixed elbow move the hand inwards and across the body. Make sure the elbow is pinned to your side at all times.

Perform 10 reps and then swap arms, 30 seconds rest and repeat (3 times in total)

Part 1 -

This week's session is going to focus on various exercises to build and maintain our swim fitness. We will use our bands to add a little load and if you have a tempo trainer then please set this to mode 3 as we will be working to tempo in one part of the session.

- 1) Scull Combo - Move back so you get resistance on the band, feet should be shoulder width apart, slight bend in the knee and lean forward into a slight squat position. Keep your back straight and core engaged. Perform 10 seconds of each sculling motion (see video)
- 2) Shoulder pulldowns - Standing facing your anchor point bring your arms from shoulder level (pretend you're a zombie) and pull down to under the shoulder with a straight arm. Your arms should come to rest by your thighs / knees depending on stance. This week do this in a more squatted position, remember to keep everything under control and your back straight.
- 3) Led Raises - Lay on the floor facing your anchor point. Start with your arms by your 'pockets' and with a straight arm lift your arms over (arch) and go into a streamline position
- 4) Led Band Pullovers - Lay on the floor facing away from your anchor point (head closest to the anchor point, see video). Start with your arms in a streamline position with a little tension on the bands. Bring your arms over to the hips with a straight arm action (arch). This is basically the same drill as above in movement, but is pulling down, rather than raising up.
- 5) Led 'W' press into streamline - Go back to facing your anchor point as in exercise 3. Lay down and bring your arms into a W position (you would have felt this last week with our YTWL movement (see [here](#))). Leaving your arms on the floor push into a streamline position, Hold and release under control back to the W position.

REPS: Perform 2 sets of 30 seconds on / 30 seconds off of each exercise. Feel free to do this 3 or 4 times if you want more of a challenge, or increase the time to 1 or 2 mins with 30 seconds rest.

Part 2 - Pyramid 'Swimulation'

See video for in depth explanation

This part of the session uses a tempo trainer set to various stroke rates from BSR (Base Stroke Rate) +10 through to SPM0. If you do not have a tempo trainer use your own 'gauge of effort' for this session. Tempo trainers are available from South West Swim via the SWS App (collection only) or www.southwestswim.co.uk (collection and Royal Mail delivery).

Use your bands to emulate your swimming, remember good form at all times in terms of keeping a good posture and alignment. Always remember middle finger alignment (inline with the shoulder) and we should be starting to feel comfortable adding in the rotation of the stroke now.

You can perform the swim movements in this next exercise in a few ways:

- Doggy paddle recovery
- Overarm recovery, be sure to take care doing this and return the band under strict control and good movement. A light band should be used only.
- On a ball or bench with either of the above arm recovery methods

So we are going to perform:

4 x 30 seconds on / 30 seconds rest at BSR +10 (effort gauge Sprint)
30 seconds rest

3 x 1:00 on / 20 seconds rest at BSR+5 (effort level fast but not full sprint)
30 seconds rest
2 x 1:30 on / 10 seconds rest at BSR+5 (effort level fast but not full sprint)
30 seconds rest
2 x 1:30 on / 10 seconds rest at BSR+5 (effort level fast but not full sprint)
30 seconds rest
3 x 1:00 on / 20 seconds rest at BSR+5 (effort level fast but not full sprint)
30 seconds rest
4 x 30 seconds on / 30 seconds rest at BSR +10 (effort gauge Sprint)
30 seconds rest

Part 3

To finish our main block of the session this week we are going to do some leg and core work.

Perform 5 x 30 seconds on with 30 seconds rest of either (or both if you wish, mix it up)

- Yoga Ball kicks (performed in week 2) see video if unsure
- Laying Swim Kick Leg Raises (performed in week 3) see video if unsure

Notes:

Take a look at our video on choosing bands and Ideas on anchor points at <https://youtu.be/MvD2OfRNZoM>

Cool Down

5-10 minutes of light stretching. Try the stretching routine in the swim smooth guru at <https://www.swimsmooth.guru/streamvideo/cLi/qR/dryland-stretching-routine>

Session Notes & Tips

Please let me know how you feel this session went, and how / if the video helped you.

I try to design the sessions in moules or blocks, so you can swap things around, mix it up etc depending on fitness level, time available etc.

Try and perform this routine 3-4 times through the week, adjust and mix it up if you wish. We will aim to release a new session each week on a Monday.

If you enjoyed the session and want to contribute to South West Swim then remember to feel free to leave a session fee donation at https://www.wellnessliving.com/rs/catalog-view.html?id_sale=4&k_id=1722535&k_option=6170728 (you will be prompted to create an account if you don't already have one) or you can do so via paypal at <https://www.paypal.me/southwestswim>

