



South West Swim Session Name: Dryland 5

Date: 27-04-2020

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.

Want to know more about South West Swim? [Click here](#)

Session Introduction

We **highly** recommend you view the **Supporting Video** before embarking on this session this can be found at <https://youtu.be/F-cbnc6INGk>

Focus: A Dryland Swim Specific Maintenance Session

Kit Recommended / needed for this session:

Swim Bands / Therabands / Physio bands

Tempo Trainer

Stopwatch / Clock / Garmin

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 - Shoulder mobility & Stretch

See video for in depth explanation of exercises

REPS: We are going to perform 10 reps of each exercise without stopping, repeat twice for each arm. See video for demos.

- 1) Side Movement (Internal Rotation) - Similar to our warm up exercise but one arm

at a time. Stand side on from your anchor point with your elbow to your side and your arm out in front. Bring the arm across the body to the belly button with the elbow still in a stable position against your side. Return under control to the starting position.

- 2) Side movement in front of the body - From the starting position in the first exercise bring your arm up so your elbow is level with the shoulder, arm still at 90 degrees. Bring the hand / forearm down so that the palm is facing the ground and the elbow remains still, rotating the shoulder to perform the motion. Return under control to the starting position.
- 3) Side stretch - Feel a good stretch though the side of the body and triceps. With the band still in your hand stretch your arm upwards so that the upper arm is near your ear. Gently stretch feeling the stretch in your side and triceps.

Part 2 - Bands

See video for in depth explanation of exercises

REPS: 20 repetitions of each exercise and 20 seconds rest, repeat 3 times in total.

This set of 5 exercises ideally requires two separate bands to flow smoothly. If you only have one band do not worry, perform exercises 1 and 2 three times over, then move onto exercises 3-5 and repeat 3 times. It will just break the set down to make changes easier. If you have two bands perform the exercises 1-5 straight through as detailed.

Set yourself up for a good stable position with good core control, setting the shoulder blades together and back and drawing the belly button in.

- 1) Y Pulls with Band - Bands should be attached at a high or medium point. Grab your light bands and bring your body into the 'Y' shape (arms above the head, slightly apart). Gently bring your arms back to just behind your shoulders against the resistance of the band. This is not a big movement but you should feel it working in your shoulder. Remember good form all the time, hold core and think 'swim proud', no slouching.
- 2) Rows - Maintain a stable position. Bring your arms forward and then draw them into your side, as if rowing a boat. Control the positive and negative resistance at all times. When returning to the start ensure your middle finger is inline with your shoulder in front of you.

(It is at this point you can continue if you have a second band that's not attached to an anchor point). If you only have one band then repeat the above 2 more times)

For the next 3 exercises our bands should **not** be attached to an attachment point. For exercise 3 and 4 you will stand on the band, Adjust resistance by holding the band further down or wrapping around your hands, shortening the band..

- 3) Streamline Tricep Extensions - Stand on your band and hold the ends (or a suitable point). Bring your arms up so your upper arm is by your ears and your hand behind you (so down by the shoulder). Bring your hands and forearm above your head and move into a strong streamline position, hold for a count of around 4-5 seconds holding good form. Raise onto your toes if you wish to make it a little harder and get a bit more stretch. Return to the starting position under control

- 4) Bicep curls. Adjust tension of the band as described above. Start with your arms by your side and bring your hands up towards the shoulder. Keep elbows in place. Keep control of the tension both up, and down.
- 5) Chest Fly (with stretch) - holding an end of the band in each hand brings your arms up into the T position with the band stretching across your back around the shoulder blade area. Adjust the bands tension as described above so there is resistance to work against. With a slight bend in your arms bring the arm forward in an 'arc' until your hands are in front of you. Return back to the start position and pause, then let the arms go 3-4 inches behind you for a slight stretch. The bands will want to fling your arms backwards so work against this slight resistance. Hold for 3-4 seconds then return to the start position to repeat.

Part 3 - Swimulation - build bursts and easy recovery.

If you have a Finis Tempo trainer then set to your base stroke rate, if not use your body to guide effort level. We are going to be "swimulating" 20 second band efforts with 20 seconds rest and adding 2 strokes per minute each time.

You can do this exercise:

- 1) standing in our stable position
- 2) on a bench or ball

You can recover as:

- 1) doggy paddle recovery
- 2) overarm recovery (UNDER CONTROL)
- 3) using breathing patterns and rotating to breath (can be done in both of the above)

10x20 stroke efforts with 20 seconds rest in between each. Start at your base stroke rate and Increase stroke rate by 2spm each time

Follow this with 1 x 2mins swimulation at BSR

Repeat x1 (so working the set twice in total)

Part 4 (optional) - Repeat Part 2 once through

Optional final section is to repeat a single set of part 1 of this session. Easing the resistance if needed into more of a stretch and cooldown.

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 modules 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>