



## South West Swim Session Name: Dryland 10

Date: 03-06-2020

### Voluntary Session Fee To Support South West Swim

All of South West Swim's session content during lockdown is being provided free of charge, as our main aim is to give swimmers support and ideas, as well as keeping you fit and engaged with your swimming.

However, it does take a lot of our time to prepare, release and present these sessions to you. If you enjoyed the session and want to contribute to our work, it would help us keep going during the lockdown period. You can do this in two ways:

1. By logging into your SWS Booking account [HERE](#)
2. By Donating a session fee via Paypal [HERE](#)

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 when using PayPal, or you can add a donation of your choosing.

If you are not able to contribute please still enjoy the session, this is a voluntary scheme and we understand many may not be able to contribute. I would like to say a big thank you to those that have helped and donated session fees for their sessions. It has helped to keep us going at this time :).

*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/wKqnLdyfqx0>

**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 - Disclaimer

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, and by following the plan or video agree to this and that South West Swim are not liable for an injury or loss that is caused. 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.

### **Band work for mobilising 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 10 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, 10 seconds rest and repeat (3 times in total)

**Notes:**

## Main

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

Remember, if you want company to do a version of this session then join us at 7pm on Thursday evening. [Sign up on the booking system to let us know you are coming.](#)

### Part 1 - all over fitness

See [video](#) for explanation of exercises

**REPS:** As indicated below in the plan, along with rest

#### Block 1 - Shoulders

1. T Exercise (see video). Whilst stood on your band, or with a pair of dumbbells we are going to do 30 reps in total in this sequence

Shoulder Raise to the front

Shoulder Raise to the side

Shoulder Raise to the rear

**10 seconds rest**

2. Shoulder Press. Whilst stood on the band we are going to perform a shoulder press above our heads - 20 reps in total

**10 seconds rest**

3. With the band around our back we are going to press away from us, as if we were chucking a ball at a wall with both arms. Alternatively you can .....throw a ball at a wall

**10 seconds rest**

4. 1 minute of leg raise kicks

**1 minutes rest**

#### Block 2 - Biceps and triceps

1. Curls 10 reps of each movement with no pause, standing on the band or using dumbbells as

Bicep curl only coming half way up

Bicep curl starting half way up and raising towards the shoulder

Bicep curl full movement

**10 seconds rest**

2. Tricep extension Right arm - 20 reps, using a band that you are stood on or dumbbells  
**10 seconds rest**
3. Tricep extension left arm - 20 reps, using a band that you are stood on or dumbbells  
**10 seconds rest**
4. 1 min high knee raises, driving the leg back (30 seconds each leg or alternate legs)

### **1 Minutes rest**

### **Block 3 - Chest**

1. Chest press using the band behind your back or facing away from an anchor point - 30 reps  
**10 seconds rest**
2. Chest fly - again with band as above. Hold the band with your arms in a 'T' and bring the arms forward in an arc position (straight arms with a slight bend at the elbow, not a press action)  
**10 Seconds Rest**
3. 1 minutes squat, use a band if you wish to add resistance by standing on it and holding it by your sides. When you're low you should have some resistance so when you drive upwards the band is under tension.

Remember 60 seconds on and 20 seconds off, keep rest periods strict and have kit ready to go.

### **Part 2 - Simulation Medley**

A short burst of swimulation this week with different arm patterns as we build. We are doing this on reps this week, rather than time. 10 seconds rest between each rep.

10 FC pulls (ultra slow)  
20 Breaststroke pulls  
30 Fly Pulls  
40 FC pulls  
30 breaststroke pulls  
20 fly pulls  
10 FC Pulls (ultra slow)

Take 1 minutes rest and repeat (x1 or x2)

### **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](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>