



South West Swim Session Name:

Dryland 12VariationA

Date: 20-11-2020

Voluntary Session Fee To Support South West Swim

During lockdown all of South West Swim's session content is currently 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 on the link in the MAIN SET section below.

Focus: A Dryland Swim Specific Maintenance Session

Kit Recommended / needed for this session:

Finis Swim Bands / Therabands / Physio bands

(<https://southwestswim.co.uk/store-menu/finis/finis-dryland-cords>)

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 band sessions but it is important to note that he is not a PT or Fitness Instructor, but currently in training for this.

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

By keeping the warm up the same you can get into a pattern of performing it at ease before the main session. Our new warm up can also be used before your swimming sessions with us in squad, or the lakes. Follow the plan below:

- 1. 3-5 minutes of light walking, running on the spot or skipping / skip jumps (or a mixture of all). This is just to get our heart rate up.**
- 2. Leg swings - from the hip, 20 seconds on each leg. Work continuously through the movements (i.e. no rest)**
 - a) Front to back swings (remember both legs)
 - b) Front Cross swings (remember both legs)
 - c) High knee to step back (remember both legs)
- 3. Arm swings - 20 seconds on each arm keep it light movement but under control (i.e. do not swing wildly)**
 - a) Windmill overhead backwards and forwards (change halfway through remember both arms)
 - b) Across Body (remember both arms)
- 4. Neck Mobility 20 seconds of each, relax the shoulders, movement under control**
 - a) Neck rotations with your head around clockwise
 - b) Neck rotations with your head around anti clockwise
 - c) Side Hold
 - d) Chin to chest hold (shoulder back)
 - e) side hold
 - f) Back hold (look up)
 - g) Neck rotations 10 seconds each direction
- 5. Core Twist Rotations - Do 20 movements per side, gradually increasing your range of movement.**

You can do this with a broomstick or pole over the shoulders, a band or just with your arms folded in front of you.
Stand with feet around shoulder width apart. Rotate your torso and shoulders along the long axis, as if rotating around your

spine and leaving the bottom half of your body stationary. Always look forward through the movement. Keep good control over the movement and gradually increase your range of motion.

6. Band work for mobilising the shoulders - can be done with or without a

External Shoulder Rotations - 20 seconds of each movement

a) 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.

b) then move your elbows so they are in front of you, and perform the same action

c) Then move your arms above your head and perform the same action

This sequence is great for strengthening the rotator cuff.

7. Internal Shoulder Rotations - 20 seconds of each movement

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.

Notes:

Main

See video for explanations for all exercises. We highly recommend you watch the video before embarking on the session (The video will be slightly different to the layout of this session)

This session is based on the Live version of our week 12 session plan.

You can cover the whole of this workout as written in around 40minutes, please extend or repeat as needed based on your time available and your fitness. The session is easy, all done in blocks of 30 seconds and is pretty non stop.

Always keep your swim bands under control and with constant tension on both the positive and negative reps. Be sure to have a good anchor point for your bands, for obvious safety reasons.

Enjoy.

Part 1 - Build

We are going to repeat 3 exercises, rotating order and building in time. This is based on the missing part of last week's session that I filmed, but accidentally deleted from the set plan.

Repeat a total of two times through (4 times if you wish to extend the session)
Time on each exercise and the rest period is all 30 sec. Perform the exercises back to back
Chest Press (Anchor point behind you)
Standing Row (Anchor point in front of you)
Squat (Anchor point in front of you)
Rest

Part 2 - Technique Swimulation

The timing is simple, 30 seconds of each movement, one after the other with 30 seconds rest after you have repeated all four movements, then straight into the next sequence.

When performing the single arm based drills I want you to focus on both the movement of the working arms **AND** the stability and position of the stable arm. Think “fingertips lower than the wrist, wrist lower than the elbow” and “Middle finger in line with the shoulder”. Try not to be too rigid in the upper body and rotate a little with each movement (see video). Let everything flow but always have great band control and form.

We want to think of the single arm exercises as **TECHNIQUE FOCUSED**, The double arm movements as **FAST AND PUNCHY** and the core movement as **SLOW AND CONTROLLED**.

Repeat this Part 2 times in total, extend if you wish to 3 times through. Each time through increases the ‘Cadence’ of the movement, whilst still keeping 100% control of the bands and your body movement.

Block 1 (Anchor point behind you)	Block 2 (Anchor point in front of you)	Block 3 (Anchor point behind you)
Single Arm Press Left	Single Arm Doggy Pull Left	Single Arm Tricep Extensions Left
Single Arm Press Right	Single Arm Doggy Pull Right	Single Arm Tricep Extensions Left
Punch (Press)	Punch (Pull)	Double Tricep Pullovers
Chest Press (slow and under control, feeling the squeeze in the chest)	Upright Row (slow and under control, feeling the squeeze in the shoulder blades)	Squat (slow and under control, feeling the squeeze in the glutes)
Rest	Rest	Rest

Part 3 - Finishing off

Effectively a repeat of part 1

Repeat a total of two times through (4 times if you wish to extend the session)

Time on each exercise and the rest period is all 30 sec. Perform the exercises back to back

Chest Press (Anchor point behind you)

Standing Row (Anchor point in front of you)

Squat (Anchor point in front of you)

Rest

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>

