



South West Swim Session Name:

Dryland 13

Date: 25-11-2020

Voluntary Session Fee To Support South West Swim

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 (apologies, there is no video this week). There is also a video explaining our standard warm up, this link can be found in the WARM UP section.

Focus: A Dryland Swim Specific Maintenance Session

Kit Recommended / needed for this session:

Swim Bands / Therabands / Physio bands

Tempo Trainer

Stopwatch / Clock / Garmin

Join us for our “Social Workout with Coach” on Thursday evenings at 7:30pm during lockdown. This will be around 40 mins of group workout with hopefully a bit of fun and social interaction.

Book a FREE spot [HERE](#)

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

Throughout the sessions we do we will stick to the same warm up plan (please note I have added an exercise into this routine since last week).

You can find separate video instructions on the warm up [here](#).

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

Apologies, there is no video for this weeks session.

Today we are going to start with a block of Core work, rotating through three exercises back to back and mixing the order they are done in.

We will then switch to some more swim specific movements and muscle groups. Focusing on Single arm movements and good swimulation form.

This workout is written in sections and blocks so please feel free to mix and match them, or adjust the times on and off each exercise depending on your available time and fitness level.

Part 1 - Leg Work

| Block 1 | Block 2 | Block 3 |
|--|--|--|
| Time on each and rest 10 sec / 30 seconds between blocks | Time on each and rest 10 sec / 30 seconds between blocks | Time on each and rest 10 sec / 30 seconds between blocks |
| Right leg swing (with band) | Right leg swing (with band) | Right leg swing (with band) |
| Left Leg Swing (with Band) | Left Leg Swing (with Band) | Left Leg Swing (with Band) |
| Squat with Bands | Squat with Bands | Squat with Bands |
| Flutter Kick on back | Flutter Kick on back | Flutter Kick on back |

Exercise descriptions:

Leg swings with band - Attach band around ankles and move leg under control forward and back working against the resistance to the front and back. Perform off of a step if you can.

Squat - Standard Squat exercise, however stand on your band to add resistance as you drive upwards

Flutter kick on back - Lie on your back and lift legs off the ground. Perform a flutter kick from the hip.

Part 2 - Upper Body Swimulation Mix

This part of the session is going to work bicep, tricep and shoulders and then finish with your choice of swimulation movement.

Perform the stated reps for each exercise and then the stated time for the swimulation.

Rest period is equivalent to the number of reps in each block, then 1 minute between each block (after the swimulation)

| Block 1 | Block 2 | Block 3 | Block 4 | Block 5 (optional) |
|---|---|---|---|---|
| 15 Reps Bicep Band Curls | 20 Reps Bicep Band Curls | 25 Reps Bicep Band Curls | 30 Reps Bicep Band Curls | 35 Reps Bicep Band Curls |
| 15 Reps Tricep Extensions | 20 Reps Tricep Extensions | 25 Reps Tricep Extensions | 30 Reps Tricep Extensions | 35 Reps Tricep Extensions |
| 15 Reps Shoulder raises to the Front | 15 Reps Shoulder raises to the Side | 15 Reps Shoulder raises to the Front and Side (1 rep of each) | 15 Reps Shoulder raises to the Side | 15 Reps Shoulder raises to the Front |
| 60 Seconds Swimulation Choice (choose between Front Crawl, Fly or Breaststroke) | 40 Seconds Swimulation Choice (choose between Front Crawl, Fly or Breaststroke) | 30 Seconds Swimulation Choice (choose between Front Crawl, Fly or Breaststroke) | 20 Seconds Swimulation Choice (choose between Front Crawl, Fly or Breaststroke) | 10 Seconds Swimulation Choice (choose between Front Crawl, Fly or Breaststroke) |

Exercise descriptions:

Bicep Curls - Stand on bands to anchor and hold with arms by your side. With elbows fixed to your side flex arm upwards, pause and lower back to the start point. Keep control of your bands at all times.

Tricep Extensions - Stand on bands to anchor and pull bands up behind the back and rest behind the head to start. Fix upper arms to the side of your head and extend arms upwards, return to the start point. Keep control of your bands at all times.

Shoulder raise - Stand on bands to anchor and hold with arms by your side. With your arms straight lift them to shoulder height to either the front, or the side. Keep control of your bands at all times.

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>