



South West Swim Session Name:

Dryland 14 - The 2021 New Year Session

Date: 02-01-2021

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 during the tougher times :).

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

Yoga Ball or Soft padded seat

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

Throughout the sessions we do we will stick to the same warm up plan .

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 of 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 week's session.

We are going to start the year with a great “little” themed session - The 2021 Session Plan.

You are going to perform:

21 Exercises

21 reps of each (or seconds if static exercises)

20 seconds rest between each

Ideally you will need a set of bands that are anchored to the wall, door etc AND a set of non anchored bands you can place under your feet.

Make any changes to kit within the 20 second rest period, everything should flow to allow this fairly easily if you have the two sets of bands.

There is no video to accompany this session. We have performed all of these exercises in our previous dryland workouts at one time or another.

Lets go! Have fun. Welcome to 2021 :)

Exercise	Rep or Time	Description
Leg swings (with band optional) Left	Reps	<i>Attach a band around ankles and move the leg under control forward and back working against the resistance to the front and back. Focus on good Glute engagement. Perform off of a step if you can.</i>
Leg swings (with band optional) Right	Reps	<i>Attach a band around ankles and move the leg under control forward and back working against the resistance to the front and back. Focus on good Glute engagement. Perform off of a step if you can</i>

High Knee to lunge Left	Reps	<i>From a standing position drive the knee to chest and then drive backwards into a lunge position. Repeat. Hold onto a chair or wall for stability if needed, keep movements under control.</i>
High Knee to lunge Right	Reps	<i>From a standing position drive the knee to chest and then drive backwards into a lunge position. Repeat. Hold onto a chair or wall for stability if needed, keep movements under control.</i>
Squat (Holding a band anchored under your feet is optional, This provides resistance)	Reps	<i>Standard Squat exercise, however, stands on your band to add resistance as you drive upwards. Keep movements under control and hold great form to keep your back stable..</i>
Transition to Floor		
Leg raises	Seconds	<i>Lying on the floor, on your back raise your legs and hold. Point toes (remember we are swimmers folks). Hands can be by your side or over your head.</i>
Flutter leg raises	Seconds	<i>As above but we are going to flutter kick from the hip as if kicking in swimming.</i>
Plank Kicks Raises	Seconds	<i>An old swimmers "favourite"! Place yourself into the plank position with a yoga ball or soft chair (i.e. a sofa) under your feet. Whilst holding the plank position kick from the hup against your yoga ball or chair. Hold good form. If you don't have something to kick against raise one leg from the floor at a time and hold for a 1-2 count, or simply perform a plank</i>
Transition to Anchored Band		
Chest Press	Reps	<i>Facing away from the anchor point of your bands perform a chest press movement to the front, squeeze at the top of the movement and then bring the band back . perform under control at all times</i>
Row	Reps	<i>Turn to face your anchor point and hold</i>

		<i>arms out just below chest level. Bring your arms back as if working a boat, bending the elbows and keeping them tucked in. Squeeze at the back of the movement and hold briefly before returning to the starting position,</i>
Single Arm Push Left	Reps	<i>Stand with one your right foot forward and left foot back facing away from your anchor point. With your right arm outstretched and stable to the front your left arm is the one that will be pressing the band forwards so should be holding the band near your left shoulder. Press the left arm forwards and rotate the shoulders as you do so.</i>
Single Arm Push right	Reps	<i>As above but on the opposite side</i>
Transition to non anchored band and place under your feet		
Shoulder raise to the side	Reps	<i>Anchor the band under feet and with arms by your side raise them out to the side until you get to shoulder level, working against the resistance of the band. Return to the start position. Movements should be performed under control</i>
Shoulder raise to the front	Reps	<i>As above but to raise to the front</i>
Bicep Curls	Reps	<i>Band still anchored under your feet, bring the arms to the side and fix your elbows to your side. Pull up with elbows locked in so arms go from your side to chest level. Squeeze at the top of the movement.</i>
Transition to anchored bands		
Shoulder pull downs	Reps	<i>Facing your high anchor point hold your bands with straight arms at eye level and pull down to the hips with a straight arm</i>
Tricep forwards extensions	Reps	<i>Facing away from your anchor point bring your upper arm up level with your shoulders and hands holding the bands by your ears. Fix your upper arms and</i>

		<i>push away with your hands to extend.</i>
Swimulation time to finish :)		
FLY SWIM PULLS	Reps	<i>Face your anchor point and bend the knees. Bends slightly forwards with a straight back and holds bands in front of you, now pull back to and past the hips as if mimicking a butterfly pull. Return to the start position</i>
FRONT CRAWL SWIM PULLS	Reps	<i>As per the fly swim pulls but replicates the front crawl stroke. 21 reps on EACH arm</i>
BREASTSTROKE SWIM PULLS	Reps	<i>As per the fly swim pulls but replicate the breaststroke pull phase.</i>
FRONT CRAWL SWIM PULLS	Reps	<i>As per the fly swim pulls but replicates the front crawl stroke. 21 reps on EACH arm</i>

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.

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>

