



South West Swim Session Name:

Dryland 16

Date: 20-01-2021

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 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 [HERE](#) and on the link in the MAIN SET section below). 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 working on alignment, balance and body awareness.

Kit Recommended / needed for this session:

Swim Bands / Therabands / Physio bands

Tempo Trainer

Stopwatch / Clock / Garmin

A broom stick, weight bar, string or tap to make a central focus point on the floor.

SQUAD SWIMMERS ONLY - Join us for our “Social Workout with Coach” on Wednesday Evening during lockdown. This will be around 40-45 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

Please watch the introduction and Instruction video for this session at

https://youtu.be/CmKtUC0_4mw

(please also view the Swimterview video listed below)

Today's session uses a mix of alignment and balance focused exercises, some more demanding leg work and some long swimulations to finish off with.

You will need swim cords/bands high anchored high or waist height (I prefer high), a slam ball if you have one (don't worry if you don't) and a broomstick, bar, string or tape to create a centre line that we will use through this whole session (except for one exercise).

Please also view this weeks Swimterview with Christine Hardisty for explanations of the first two exercises, the link to the Swimterview video is <https://youtu.be/xldYYyAq0qk>

Block 1	Block 2	Block 3
<p>Alignment and stability focus 30 seconds on/ 30 seconds off for each exercise, followed by 60 seconds rest. Repeat this block THREE times in total.</p> <p>Have your body positioned centrally over your reference point on each exercise (bar,</p>	<p>Legs and balance 30 seconds on / 30 seconds off for each exercise, followed by 60 seconds rest. Repeat this block THREE times in total.</p> <p>Have your body positioned centrally over your reference point on each exercise (bar, broomstick, string,</p>	<p>Swimulation 3 minute block with 60 seconds rest performed as a swimulation pyramid.</p> <p>Face your swim cords anchor point. Bands can be anchored high or at waist height (I prefer high).</p> <p>Your easy effort</p>

<p>broomstick, string, tape or whatever you are using)</p> <ol style="list-style-type: none"> 1) The Archer 2) Kneeling Swim Prep 3) Swim cords Single arm Swim Press - Stand facing away from your anchor point, One foot anchored in front of the other for stability. One arm forward the other back and then press the arm forward whilst moving the lead arm back. All under control with constant tension on the bands 4) Controlled Swimulation - keep constant tension and fluid movement through the bands. Ensure you are aware 	<p>tape or whatever you are using). However REMOVE ANY BARS for the slam ball exercise</p> <ol style="list-style-type: none"> 1) Fast run on toes - Jump and change direction for added difficulty, try to land balanced. 2) Squat 3) Hop squats - 3 short hops into squat 4) Slam ball squat - hold slam ball whilst squatting, come up and raise your arms into a streamlined / stretch position and throw the ball down hard, repeat each rep. If you don't have a slam ball perform the same action but without the ball. 	<p>should be performed at your normal stroke rate (if you know this). You can set a tempo trainer to mode 3, using your strokes per minute number and go with the beep, then simply beat the beep on the fast efforts.</p> <p>Swimulation 50 easy/10 fast Straight into 40 easy / 20 fast Straight into 30 easy / 30 fast</p> <p>60 seconds rest then go back up the pyramid 30/30, 40/20, 50/10</p> <p>KEEP GREAT FORM AT ALL TIMES</p>
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of your arm alignment, rotate through shoulders and a little through the hips		
Rest 60 Seconds before repeating the above. 3 times in total	Rest 60 Seconds before repeating the above. 3 times in total	Rest 60 Seconds before repeating in reverse order. Repeat twice in total (i.e up and then down the pyramid). For a longer session or more difficulty repeat this block once more.

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>