



South West Swim Session Name: Dryland 7

Date: 12-05-2020

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/BJ0vn1HRPOA>

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.

Notes:

Main

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

Band work to warm up 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 30 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, 30 seconds rest and repeat (3 times in total)

Part 1 - Bottom to Top Workout

See video for explanation of exercises

REPS: We are going to perform 30 seconds of each exercise, followed by 20 seconds of rest between each. There are 5 exercises and we will perform this 3

times in total. Take a minute rest between each block. (add or subtract blocks if you wish to meet your fitness or time goals).

- 1) Ballet Leg kick Swings - Single leg swings as per the video. Engage the glutes and hip as the power source for the kick. Use a band to add resistance if you wish. You will need to perform this exercise on each leg
- 2) Ballet Leg kick Swings - As above but on the other leg.
- 3) Squat step - Perform a single squat (good form) and then step to one side and repeat, step back and repeat etc. Use a band around the ankles to provide resistance when stepping to the side.
- 4) Flutter leg raises - Lay on your back whether with arms by the side or in streamline / torpedo. Keep a strong core and lift your legs into a flutter kick movement. No need for big deep kicks, short movements are fine
- 5) Chest Press - With your anchor point behind you perform the chest press movement. We have done this movement several times before but if in doubt please review this week's video.
- 6) Shoulder Straight arm pulldowns - With the anchor point in front of you get tension in the bands with your arms slightly above shoulder level. We then pull the bands down to our hips, with a straight arm. Return to the start position under control. Speed up the motion (under control) as you move through the 30 seconds.

Part 2 - Swimulation x-train

A sprint kind of set today, 10 seconds rest in between the shorter efforts followed by an easier longer effort. We are going to start at a very high tempo and then reduce this as we work through the longer paced swims. IF you are using a tempo trainer then set this at BSR +20 seconds, reduce this by 2 or 3 SPM per rep. The longer 2 minute effort should be at BSR.

REPS: perform this 3 times through, differing times efforts as per below. Always 10 seconds rest, 1 minute between blocks.

10 seconds super fast (BSR+20SPM)
20 Seconds (reducing effort by 2-3 SPM)
30 Seconds (reducing effort by 2-3 SPM)
40 Seconds (reducing effort by 2-3 SPM)
50 Seconds (reducing effort by 2-3 SPM)
60 Seconds (reducing effort by 2-3 SPM)
Then 2 minutes at BSR

(Rest for 2 minutes before repeating)

Feel free to mix up the strokes if you wish to do so on this exercise, as we did last week.

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>