



South West Swim Session Name: Dryland 8

Date: 25-05-2020

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/9_rEUNmHDB0

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.

Band work for mobilising 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 10 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, 10 seconds rest and repeat (3 times in total)

Notes:

Main

[See video for explanations for all exercises. We highly recommend you watch the video before embarking on the session](#)

Remember, if you want company to do a version of this session then join us at 7pm on Thursday evening. [Sign up on the booking system to let us know you are coming.](#)

Part 1 - Swimulation attack

See [video](#) for explanation of exercises

REPS: We are going to perform 60 seconds of each exercise, followed by 20 seconds of rest between each. For an easier session do 30 seconds on / 10 seconds rest. Keep good form throughout

There are 8 exercises in this block

1. Swimulation
2. Chest Press to Row (1 rep of each)
3. Swimulation
4. Single Lunge Press
5. Swimulation
6. Single lunge press (opposite side)
7. Swimulation
8. Chest Press to Row (1 rep of each)

Remember 60 seconds on and 20 seconds off, keep rest periods strict and have kit ready to go.

Part 2 - Shoulder Burn

This part of the session focuses on the shoulders, there are some smaller movement (pulsing) exercises first, finishing with a large range of motion exercises. This is performed as Exercise and then swimulation, similar to the above.

REPS: 30 seconds of exercise straight into the swimulation for 60 seconds. Taking 20 seconds rest after the swim. For an easier set perform 30 secs exercise into 30 secs of swim, with 20 secs rest after the swim.

1. Shoulder External rotation **into** Swimulation (perform abductors as in the warm up but slightly faster pulses)
2. Shoulder internal rotation **into** Swimulation
3. Y position pulses **into** Swimulation

4. Full range Shoulder pull downs **into** Swimulation

Part 3 - Lose Yourself squad / slams

The finisher, I found this really hard, but satisfying. It was done in time to Eminems - Lose Yourself (by sheer accident as it came on whilst i was doing the exercise). Track can be found on YouTube at:

Clean version <https://youtu.be/m-1UqKjoet0> (it should be the clean version)

Naughty word version - <https://youtu.be/GmTekbB9Qyg> (not suitable for children's ears)

You could use any track I guess in the same way, this works well though whether you like the song or not :). The chorus has some great SLAM ques.

I used a slam ball but if you don't have one then just perform a slam action into the floor (see video)

Verse - Squats touching your hand on the ball (alternate hands)

Chorus - Slam ball, big efforts. If no slam ball raise your hands above your head and throw down as if you were slamming a ball into the floor. Lots of effort.

After the last chorus keep on slamming till the song fades.

Rest as appropriate within, this is a 5 minute plus heavy block. Do not push too hard if you are not ready!!

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_o

[ption=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>

