



## South West Swim Session Name: Dryland 3

Date: 13-04-2020

### Voluntary Session Fee

We have had a few of our swimmers asking how they can support South West Swim through these strange times where we are not running pool sessions.

I have therefore created a voluntary purchase link should you enjoy the content we are putting out for dryside work etc. **This is totally optional and voluntary**, and has been devised for athletes that wanted to contribute to any services we are offering at this time. Content will continue to be provided to all our Squad swimmers regardless as I know full well we will all be in different situations.

**If you did want to contribute to our work and help keep us moving forward then you can do so in two ways:**

1. Via your Booking System Account: Log into your account (or create an account if you wish) on our booking system and select to make a session fee donation at [https://www.wellnessliving.com/rs/catalog-view.html?id\\_sale=4&k\\_id=1722535&k\\_option=6170728](https://www.wellnessliving.com/rs/catalog-view.html?id_sale=4&k_id=1722535&k_option=6170728)
2. Via PayPal: Donate a session fee via Paypal at <https://www.paypal.me/southwestswim>

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 via PayPal, or a donation of your choosing.

**A big thank you for those that have asked how they can help keep us going at this time and those that have donated session fees for the sessions they have done.**

### Session Introduction

**Focus:** A Dryland Swim Specific Maintenance Session

**Supporting Video:** [https://youtu.be/Rw5Mi\\_f56yE](https://youtu.be/Rw5Mi_f56yE)

**Kit Recommended / needed for this session:**

Swim Bands / Therabands / Physio bands

Exercise Ball (or sofa)

Exercise Mat would be useful if you have one (for comfort)

## Important Note

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, 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 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](#)

### **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 - Core, legs and Swim movements**

**This week's session is going to focus on various exercises to build and maintain our swim fitness. We will use our bands to add a little load and if you have a tempo trainer then please set this to mode 3 as we will be working to tempo in one part of the session.**

- 1) Ballet Leg Kick Swings - Similar to the ballet leg kick we perform in the pool, but with just one leg. If you can stand on a box or step to get some slight elevation, with one leg at a time point your toes and move your leg back and forth under control, as if you were a ballerina. Squeeze your glutes as you would if you were performing this drill in the pool.  
If you wish to add resistance use a light band around your ankles.  
We are just looking to get movement and control in this exercise and a feel for kicking from the hip, ensure loose knees and ankles but movement generated from the hip.
- 2) As above but the other leg
- 3) Swim Kick Leg Raises - Lie on the floor with your arms by your side (or to make it harder in a streamline position). We are then going to lift one leg at a time in a

swim kick fashion. Keep your kick under control and from the hips and pointing your toes. Go at your own pace, hold the core tight

- 4) Laying Hip abductors - From the above position Roll onto your side and bring your knees up slightly, your bottom arm should be extended whilst the other arm is supporting. With Your knees starting together move the upper knee away and up. Keep your feet together.

If you wish to make this slightly harder then use a light band around your knees

- 5) As Above but on the other side
- 6) Squat Jumps - We get a little more energetic now with squat jumps. We are going to perform 3 Squats, with the last one being a jumbo into a streamline position. After landing, stabilise yourself and perform the movement again. Ensure you have ceiling height to do this movement. Then perform 4 squats into a jump, and so on.

Ensure good squat form, straight back, feet shoulder width apart and knees should not go over the feet.

- 7) Double arm shoulder pulldowns - Standing facing your anchor point bring your arms from shoulder level (pretend you're a zombie) and pull down to under the shoulder with a straight arm. Your arms should come to rest by your thighs / knees depending on stance. This week do this in a more squatted position, remember to keep everything under control and your back straight.

- 8) Swim Pulls (on yoga ball) - Now we are looking for the great band pulling technique we have been building up to and putting this together with a tempo. For this drill we are going to be using a yoga ball, laying our chest on this. If you don't feel you can do this yet then work with the bands the way we have done previously in a strong squat position. If you know your stroke rate then please set your tempo trainer to this rate, if not then set your tempo trainer to somewhere between 50-60 to start with and experiment with the rhythm.

We are going to be doing our full swim pulls with the flow of the temp trainer, ensuring a good bend at the elbow to press back. Recovery should be in a doggy paddle fashion, or if you are using a light band you could try a full stroke movement (but keep control of the band).

- 9) Chest press. Your stance should be one leg forward as if you were doing a lunge, facing away from your anchor point. Hold the bands at shoulder level, next to the chest and then press forwards. For swim specific targeting ensure your middle finger lines up with the shoulder as you press forwards. Bring the bands back to the start position under control.

- 10) YTWL stretches - This exercise can be performed standing freeley, or if you are after more flexibility and a challenge can be done against a wall or led down. If you have squad access to the Swim Smooth guru (or your own subscription) then you can find this exercise [here](#). Please investigate this exercise yourself and get to know your guru access :)

Perform 2 Minutes of each exercise (adjust as needed for fitness level) and 1 minute each side of movements 1&2 and 4&5 as you will be doing each side independently. Take 30 seconds - 1 minutes of rest between. Using these guidelines this part of the session should take 25-30minutes.

## Part 2 - Putting our band pulls into a swim set

We are now going to attempt to put a dryland swim set together. We are going to perform the equivalent of 5x100m swims with our bands, imagining that everybody can swim 100m in 1:30. We are going to use our tempo trainers (if you have one) set to your stroke rate (if you know it) or at a beep of somewhere between 50 and 60 on the tempo trainer. If you know you have a faster stroke rate than 60 then please go with a higher figure.

You can do this exercise standing, in our strong squad position or on the ball as we progressed to earlier. Recover either in a doggy paddle position or VERY carefully using a normal swim arm recovery position with the band under constant control (i.e. don't let the band swing your arms forward).

So, let's go with

**5x100m/1min30secs @ Stroke rate** (or an even rhythm if you don't have a Tempo Trainer)

Rest period **10 seconds only**.

### 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.

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](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>