



South West Swim Session Name: Dryland 2

Date: 06-04-2020

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 keep us going then please head to https://www.wellnessliving.com/rs/catalog-view.html?id_sale=4&k_id=1722535&k_option=6170728

You will find 3 contribution levels, or 4 if you did not want to contribute.

A big thank you for those that have asked how they can help keep us going at this time.

Session Introduction

Focus: A Dryland Swim Specific Maintenance Session

Supporting Video: <https://youtu.be/w84NsGrc1OM>

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)

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 arms 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)

Swim Band Sequence (3 times through in total. 1 minute on each exercise, 20 seconds rest)

Using your swim bands / stretch cords etc we are going to perform some basic pull

exercises. Ensure your bands are secured to whatever you anchor them too, we don't want them flying back at you causing injury. If you don't have swim bands perform these exercises by tensing a little to create contraction.

Remember to keep good posture throughout with a straight back, so you are fully supported.

We are looking at this as a technique maintenance set again this week, so use a light band and make the movements controlled and smooth. It's not about power or speed for this session, we will be introducing that next week.

- 1) 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.
- 2) Double Scull action - We are now going to mimic our Scull 1 drill. Bring your bands to a more extended and stretched position so they have a little resistance to them (i.e. move back a little). Get into a solid half squat position with a straight back and part the hands and sweep back inwards as if you were doing scull 1.
- 3) Scull 1 into scull 2 Double arm. As above but now we want to move from scull 1 position into scull 2 position, again mimic the action of this drill from the pool and try to move from 1 position to the other utilising a early vertical forearm. Do 5 sculls in each position, ensure you do this under control.
- 4) Single Arm Pull, Full Movement - Ensure you have a good stable position during this drill, we are going to be moving our legs as well as our arms through this exercise in a mini lunge fashion. We will be working single arms this week. Last week we performed this action with both arms together but this week we are looking at isolating and getting more of a "front crawl" replication. Remember to bend from the elbow to get a replication of our swim strokes early vertical forearm, mimicking pressing water backward during the pull phase. Do not try and replicate the recovery phase whilst doing this drill, return to the front position as if you were doing doggy paddle. On the first time through do not go to full extension, on the second and third times through move to full extension. See video for full explanation and demo.
- 5) Single arm shoulder / chest press. Your stance should be one leg forward as if you were doing a lunge, facing away from your anchor point. With one hand at a time hold your band near the shoulder and drive it forward (extending). With your other hand hold this in front of you and drive it backwards as the hand with the band moves forward. Rotate from the shoulders and core as you drive forward (see video as it is better to see).

Perform the above 3 times through in total, doing each exercise for 1 minute with 20 seconds rest. Use a light band, we want to focus on movement and technique again this week and a lighter band will give you more control.

Core Engagement

For this part of the session you will need a yoga ball, or a sofa. You will need to assume a press up position or a plank position, please be careful of your shoulder joints when performing this sequence. See video for demonstration.

Place your legs on the yoga ball and get into your press up plank position, we are going to

run through 2 simple positions that are going to engage your core, test your balance and finish with a kick flurry. Ben has demonstrated these positions in the video for you. Each Position will be done for 10 seconds and we aim to do both positions twice (back to back). If you find this easy then feel free to add time to it.

If you don't have a yoga ball you can do this sequence from a sofa, if you are using a yoga ball you may need somebody to hold it in place (as Ben and I demonstrated). Just be sure to tell them you are going to kick so they stay back from your flying feet :).

- 1) Hold a Static press up or plank position, engaging the core
- 2) Engage core and kick legs from the hips into the yoga ball. Start easy and build up speed through the week as you get more control and feel for the movement.

This sequence is 40 seconds of exercise in its written form. Take 20 seconds rest and perform 3 more times (4 in total). Adjust times to suit fitness level.

These static drills are quite tough, especially the leg kick part. If you struggle, drop to only doing 20 seconds worth of the exercise (i.e. once through the two positions rather than 4 times)..

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. We will aim to release a new session each week on a Monday.