



South West Swim Session Name: Dryland 1

Date: 31-03-2020

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/tWnnolrXerM>

Kit Recommended / needed for this session:

Swim Bands

Therabands / Physio bands

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.

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

- 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.

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 this week, so use a light band and make the movements controlled and smooth. It's not about power or speed for this session.

- 1) Chest Press - Standing with your back to the band's anchor point press both hands forward to meet in the middle. This will warm up our chest muscles and provide a stretch in the chest and shoulders. Lean slightly forward when doing this exercise,

I prefer a lunge like stance.

- 2) 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
- 3) Double press - We are now going to mimic our pull phase of the stroke. Imagine going from our setup position at the front of the stroke through to our scull 2 position. This week we are focusing on moving both arms at the same time (almost like a butterfly action). Ensure you are bending from the elbow and engaging the triceps
- 4) Tricep extensions - Now we are going to take our arms from our virtual scull 2 position through to our exit position (scull 3) (apologies in the video i believe i say scull 2 and exit at scull1, this is obviously incorrect as its the scull 3 position on exit)
- 5) Full Movement - Ensure you have a good stable position during this drill. Once again we will be doing both arms together. Ensure you try to bend from the elbow to get a replication of our swim stroke. We are going to bring the band from the front of the stroke, bending from the elbow and pressing backwards

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 this week and a lighter band will give you more control.

We want to now engage our legs a little and build some core strength. Quite simple this week, just perform 3 x 1mins of squats. Keeping good form and a nice straight back, ensuring the knee does not pass over the feet. We will build on core and lower body work from next week

Notes:

If you require bands Christine has recommended a company called 'yogamad' or you can take a look at Amazon for all different styles of yoga bands, swimbands and therabands.

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

