



## South West Swim Session Name: Dryland LIVE

Date: 07-05-2020

### Session Introduction

We **highly** recommend you view the Supporting Video before embarking on this session this can be found at <https://youtu.be/H7xKWOHZGgl> ( this is the video for week 6 of the dryland sessions)

**Focus:** A Meet up based on the Dryland Swim session of week 6

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

Swim Bands / Therabands / Physio bands

Tempo Trainer

Stopwatch / Clock / Garmin

### Important Note - Disclaimer

**IMPORTANT:** This is NOT a PT led session, but a meet up of the squad to run through the session. Normal disclaimer detailed below.

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

**DO THIS PRIOR TO SIGNING INTO THE LIVE MEETING AS IT WILL SAVE SOME TIME**

**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

### **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 - Shoulder mobility & Stretch**

**See video for in depth explanation of exercises**

**REPS: We are going to perform 30 seconds of each exercise, moving between them very quickly with no rest. We will then take 30 seconds rest and repeat once more (add more sets if you wish).**

- 1) Tricep Press Down - With the band anchored high stand back to gain tension on the bands, put elbows into your sides and press down to extension, using the triceps. Return to the starting position under control
- 2) Bicep Curls - Either use a weight for a band for this exercise. If using a band, stand on the band or anchor it low in order to perform the exercise. With the arm by your side and in an extended position bring your hand up to the shoulder working against the resistance, elbows should be kept by your side. Lower the arm under resistance to the starting position.
- 3) Chest CrossOver (single arm) - standing side on from your high anchor point hold your band and move to start the tension. Arms should be extended to around shoulder height, draw the arm across the body
- 4) Repeat the above exercise but with the other arm

### **Part 2 - Swimulation x-train**

An energetic set today performed off two minute blocks. Ensure you are using good form throughout. For the Front Crawl based band effort try and stroke to your base stroke rate tempo, for the breast and fly pulls please just go with a nice even flow where you can focus on control and technique.

**REPS: we will be performing a reducing set of repetitions per block, starting with 4 x 2mins (1min band work + 30 secs exercise + 30 secs rest).**

4x1min swimulation as FC / Doggy Paddle **into** 30 seconds of running on the spot, progressing gradually faster into sprint **into** 30 seconds of rest (repeat to cover 5 times through in total)

#### **Straight into**

3x1min swimulation as Breaststroke **into** 30 seconds of skipping or simulated skipping **into** 30 seconds of rest (repeat to cover 4 times through in total)

#### **Straight into**

2 x1min swimulation as Fly pull **into** 30 seconds of ball kicks or Flutter leg raises **into** 30 seconds of rest (repeat to cover 1 times through in total)

#### **Straight into**

2x1min swimulation as Breaststroke **into** 30 seconds of ball kicks or Flutter leg raises **into**

30 seconds of rest (repeat to cover 4 times through in total)

### **Straight into**

2x1min swimulation as FC / Doggy Paddle **into** 30 skipping or simulated skipping **OR** Running on the spot (your choice), progressing gradually faster into sprint **into** 30 seconds of rest (repeat to cover 5 times through in total)

### **Part 3 - Cool down**

1 round of Band Stretching as per our warm up then some individual static stretching

#### **Notes:**

Take a look at our video on choosing bands and Ideas on anchor points at <https://youtu.be/MvD2OfRNZoM>

## **Cool Down (after the session if desired)**

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](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>