



## PRE~POOL/ COMPETITION WARM UP

### SWIMMERS!!

Always ensure that you perform all exercises in a **SAFE** manner.

**PRE WARM~UP ROUTINE:** 5mins **SKIPPING** or **GENTLE JOG** to *loosen off and gently warm up muscles in preparation for exercise.*

1. Arm swing forward & back
  - Chin up, long relaxed arms & shoulders
  - Increase circles until hands come together above head
2. Arm swing side to side
  - As above
  - Increase swings until arms swing behind neck
3. Double arm swing with trunk rotation
  - Arms horizontal, shoulder height
  - Bend knee to create stretch on torso
4. Arm swing & Trunk rotation with clap
  - Arms as above
  - Hips facing forwards
  - Clapping shoulder height, in front of chest
5. Pulsing squats
  - Three small squats with slight knee flexion
  - One larger squat **NOT** more than 90°
6. 3 kicks stepping side
  - Back straight
  - Touch opposite foot to hand
  - Three side steps in opposite direction - repeat
7. Side lunges
  - Steady rhythm
  - Groin stretch
8. 3 kicks static
  - Back straight
  - Touch opposite foot to hand
  - Low/ medium/ high
9. High knees
  - Marching action
  - Bring knees too chest
10. Ski jumps
  - Feet parallel, slightly apart
  - Trunk rotation
11. Thumbs
  - Up/ Down/ Forwards/ Inverse (bend forward if required)
  - Horizontal/ vertical movements only **NO CIRCLING**
12. Arm Circles
  - Each arm, forwards and backwards
  - Increase rotation becoming more dynamic