



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