

## Dryland Warm Up – 15 mins for 2hrs Swim Sessions

A dynamic warm up routine activates your entire body in preparation for a swim training session. It is divided into 4 sections as follows:

1. Raise body temperature
2. Mobilise
3. Activate
4. Prime

The 3 main reasons for a dynamic warm up are:

1. Prevent injury – corrects for muscle imbalances and weak core strength.
2. Increase Stroke Rate – allows you to take more strokes in less time with more power.
3. Increases Distance/Stroke – more power application/stroke allows you to swim further with less effort.

The goal of any dryland program is to become stronger and more explosive in the water while decreasing your risk of injury.

### 1. Raise body Temperature (1:30)

- 30s jogging
- 15s heel flicks (heels almost touching backside) (hip flexors & hamstrings)
- 30s jogging
- 15s high knees (quads parallel to the floor)

### 2. Mobilise (2:00)

- Arm Circles - 5 x small forward, 5 x small reverse  
5 x medium forward, 5 x medium reverse  
5 x large forward, 5 x large reverse  
(targeting shoulder muscle)
- Swimming Arms - 5 to the left over the head  
5 to the right over the head  
5 to the left opening the chest  
5 to the right opening the chest  
(Targeting triceps and opening the chest)
- Legs - 5 x left leg swings & 5 x right leg swings (hip flexors & hamstrings)  
10 x walking lift knee to chest stretch (hip flexors, glutes & hamstrings)  
10 x alternate hip lateral lunges (gluteus medius, quads, hamstrings and calves)

### 3. Activate (7:00)

- Core - 4 x 10s Plank hold with hands and toes on floor 10s ri  
4 x 10s plank position and jump feet in and out 10s ri  
4 x 10s plank position and alternate arms in Superman hold 10s ri  
4 x 10s plank position and alternate legs in Superman hold 10s ri  
2 x 20s plank with T-Rotation 30s ri  
(shoulders, arms, abs, back, core, lats, glutes, hamstrings & overall balance)

### 4. Prime (4:30)

- 5 x Zombie squats (glutes, hamstrings, lower back and hip flexors) ri 30s
- 5 x left & 5 x right hand on hips split squats (glutes, hip flexors, quads, hamstrings & core) 30s ri
- 5 x Burpees 30s ri
- 6 x Alternating Jump Lunges 30 s ri
- Plank Progression  
(shoulders, arms, abs, back, core, lats, glutes, hamstrings & overall balance)