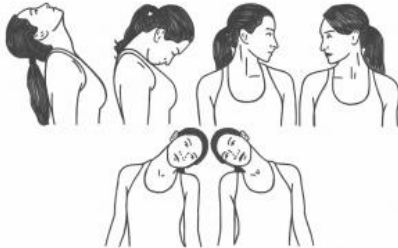
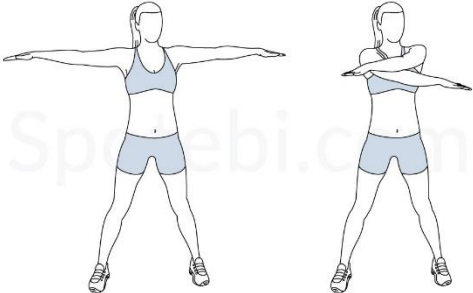
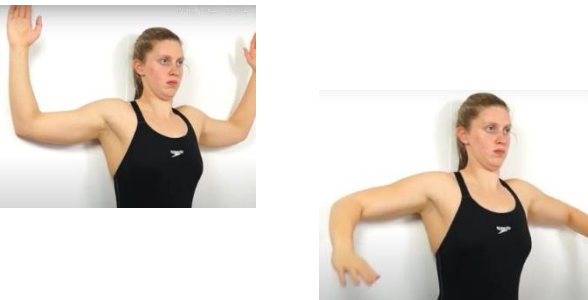


Land Programme

Exercises taken from Swim England

RAISE TEMPERATURE Pick 2-3 for 30seconds each	
Skiping	Stand on the spot.
Jogging	Jogging on spot.
High knees	Place arms straight out in front to guide knee height.
Heel flicks jogging	Place hand behind and tap with feet each time.
Mountain climbers	
Spiderman switches	

MOBILISE 10-20x each exercise	
Flexion -> extension - tilt forwards and back Neck rotation - look left to right Side flexion - tilt head to left then right	
Streamline reach ups	

Shoulders 1) Forwards 2) Backwards 3) Double arm forwards 4) Double arm backwards 5) Alternate arms	
Swing arms across body to touch opposite shoulders/waist and then open out - focus on opening chest	
Internal and external shoulder rotations. - Back flat against wall - Elbows stay pinned to wall - Focus in on slow, controlled movements	
Triceps swings or skiing - Swing 1 arm overhead to opposite shoulder, whilst other arm rotates behind back	
Thoracic rotations - Sit with hands on head and rotate left to right - OR - Thread the needle drill (on all fours)	

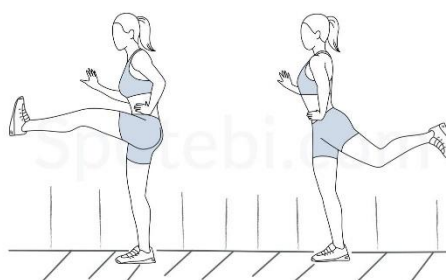
Side lying thoracic rotations

- If safe, lie on side and flex up top leg to 90 degrees
- Start with arms straight out at shoulder level, hands together
- Open through full range



Leg swings – forward and back

- Can use partner for swings.



Leg swings – side to side



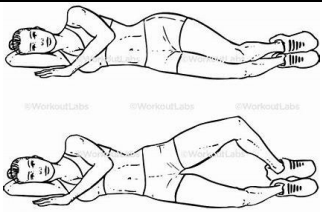
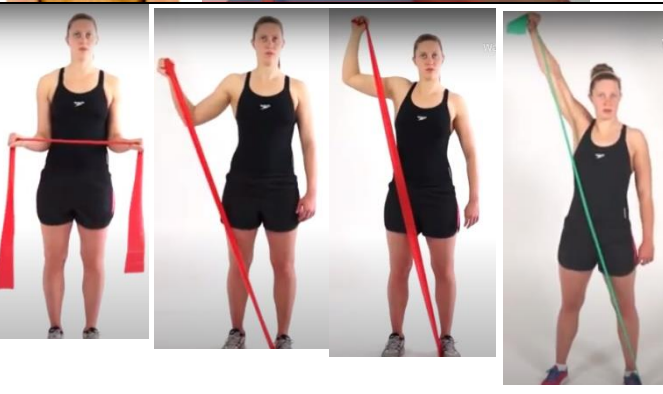
Prone hip internal rotations Or open / close gate pre training session

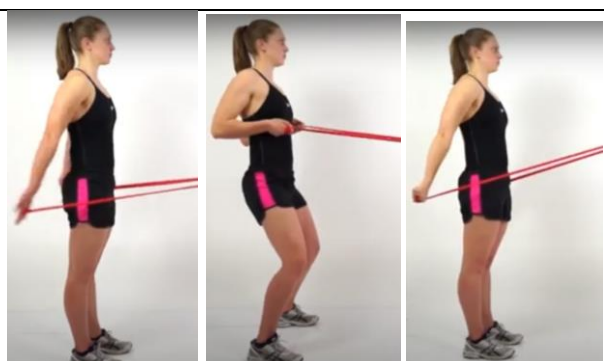
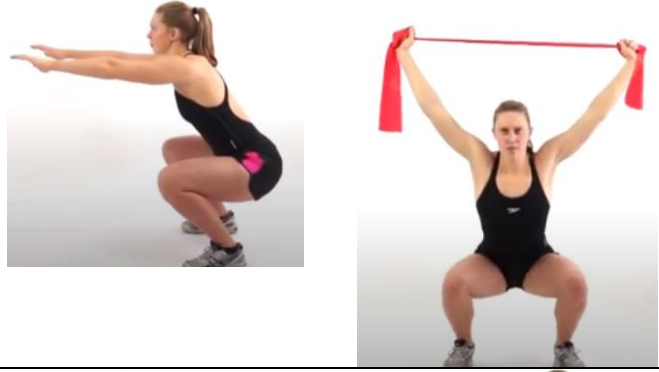
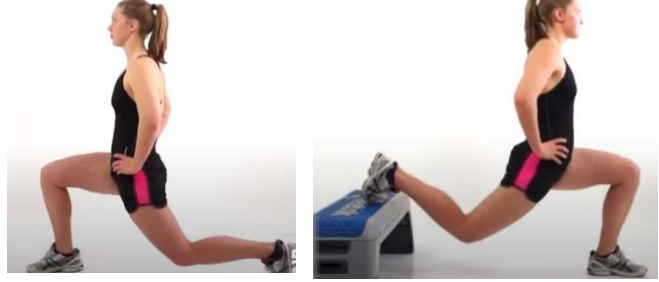


Side or front lunges - swap sides continuously	
Kneeling lunges - Kneel on one knee, other leg up at 90 degrees - Lunge forwards + return to start	
Heel raises - Stand by wall supported if needed	
Standing ankle rotations - can rest toes on the floor - can use partner for balance.	Ankle Rotation 
Alternate toe touches	

ACTIVATE

5 reps of each before trying next level

1) Glute bridge 2) 2 up 1 down - Double leg glute bridge on way up – single leg way down 3) Single leg glute bridge 4) Banded bridge – theraband above knees, keep knees neutral do not let them fall inwards	
1) Side lying clams 2) Side lying clams with toes lifted off floor 3) Straight leg abduction (raise leg off the floor straight up and down. 4) Straight leg abduction, then bring leg forwards and backwards keeping it straight	
1) Scapular squeeze - try with your arms straight out in front of you 2) single arm scapular squeeze 3) kneeling scapular push up 4) push ups	
Standing rotation with band 1) both elbows pinned into waist – rotate band out 2) banded overhead press – keep tension on the band and lift up + down 3) Keep elbow at 45° + rotate arm down + up 4) Shoulder and elbow at 90° 5) Sword drawers	
1) Arms only superman 2) Legs only superman 3) Opposite arm + leg into superman position 4) Superman with band	

PRIME 2 excs 3-5 reps each	
1) Box push up - On knees 2) Press up on knees 3) Full press up 4) Resisted push up with theraband	
1) Swimmer pulse with band – pulse = very small movements with arms staying by your side 2) Standing row – squeeze scapular together as back 3) Banded pull down – keep arms tight and strong through movement	
1) Zombie squat – arms straight out in front 2) Prisoner squat – hands on head 3) Banded overhead squat – keep band tight over head	
1) Split squats - Keep feet still - Keep torso upright 2) Reverse lunges – feet together, step 1 foot backwards and drop that knee down to floor like a lunge 3) Bulgarian split squat 4) Banded overhead reverse lunge – like the squat, keep the band tight during lunge	

Shoulder Mobility	Pointers
Thoracic mobility	Use thoracic mobility guidance as above
Slide arms up wall into SL	Sit or stand with back against the wall, keep arms in contact with wall
Shoulder Blade Stability	Lie on stomach with arms by the side Lift shoulders off floor and squeeze scapulars together for approx. 5seconds, then relax

Knee pain prevention	Pointers
Hamstring stretch	1. Standing stretch 2. Lie on back with towel behind leg, pull towel keeping leg straight
Hip Flexors	Kneeling lunge position, lean forwards to stretch out hip To increase, raise arm on same side above head and bend sideways
Hip Internal Rotation	1. Lie on front with knees together, let feet fall out gradually increasing angle as comfortable (picture as above in mobility) - Can add stretch by reaching for ankles
Gluteal	Sit on floor, cross one leg over the other and bring opposite arm (elbow) to outside of knee to feel stretch on glutes and back

Deep Core strength excs	Pointers
Dead bugs	Lie on back, knee bent with feet off floor + arms straight up extend opposite leg + arm then bring back to starting position
Plank	With shoulder taps NO HIP MOVEMENT
Table tops	Lie on back, feet on floor with knees bent, engage your core raise 1 foot off floor until knee is pointing at ceiling, return to starting position