



### Age Group Squad Week 4

Hi team, we will have 3 zoom calls again this week and we will stick with the same process – Monday will be a yoga session, Wednesday an exercise session and Friday will be a catch-up chat. These will be at the same times again this week but will likely change the week after depending on my shifts.

For those not on Fridays Zoom Call the optional task set is to look up and learn about a swimming topic of your choice – this can be a swimmer, a race or and event. Once you have your topic please send in an email to [elst.coachingteam@gmail.com](mailto:elst.coachingteam@gmail.com) with a paragraph as long or short as you'd like about the topic – you can include youtube videos, photos or links to we pages. As I said this is **optional** – however I think it would be beneficial for you to give this a go and I'm interested to see what people choose.

A reminder to continue with the hip and ankle health document and complete it a **minimum** of three times a week to maintain a good range of mobility.





### Week 4 Warm Up

Please complete this warm up before every session:

5x (30s high knees, 30s cross squats)

3 x 10 internal and external thereaband rotations

3 x 50s cat/cow

3 x 15 Split Squats each side

3 x 30s streamline hold





### Week 4 Challenge

As mention on our zoom calls this is a time to get good at things that we maybe have a weakness in and we can all stand to get better at press ups – me included.

So this weeks challenge is to pick 2 times in the day to complete 20 negative press ups. A video link to negative press ups is below:

<https://www.youtube.com/watch?v=otG1M7Xl64I>

Watch this video carefully and consider how she keeps her elbows tight to her side and takes time and control to lower to the floor. This movement will help strengthen chest, shoulders, arms and core while improving your press ups all round.

Take you time and do these properly and see how they feel by the end of the week.





Saturday Workout 11/4

Warm up from page 2

Set 1

5 x

100 skips

30 Mountain Climbers

20 Leg Raises

Set 2

30 Jumping Jacks

30 Russian Twists

20 Jumping Jacks

20 Russian Twists

10 Jumping Jacks

10 Russian Twists

Finisher Set

4 x

20s on/20s off

V-Sit Right

V-Sit Left

V-Sit Both

Plank Shoulder Touches





### Sunday Workout 12/04

Do the Sunday challenge - it will go live 9am on the website and you will have until 9pm to submit your score!

Remember to do you warm up, negative press up and hip and ankle mobility

### Monday Workout 13/04

Mondays work out will be a zoom yoga session as detailed in the zoom list

I would still like you to do the warmup from page 2 and have a go at the hip and ankle health stuff. If you are unable to be on the zoom call, the link to the yoga we will be doing as a group is below for you to complete at home.

Remember negative press ups

<https://www.youtube.com/watch?v=vDrwLeCntdI>

### Tuesday Workout 14/04

Warm up from page 2 and remember negative press ups

TapouT XT – complete the video called Tapout XT that is available on the Youth Squad Page.

### Wednesday Workout 15/04

Group exercise on Zoom





### Thursday Workout 16/04

Run day!

From now we will be incorporating running into your land training – for those of you who are used to going for a run feel free to do your usual running routine – for those of you looking for a more gentle introduction follow the instructions below – the plan is to introduce more of these **alongside** the other training we are doing.

I know swimmers traditionally aren't great runners, but this is time to change that!

If you can't go far/outside etc try your best to do this running on the spot and those of you lucky enough to have treadmills, you can use that if needed.

10-minute brisk walk to warm up

30 seconds easy jog – keep chest strong and eyes looking forward

2-minute walk

30 seconds easy jog

2- minute walk

20 seconds easy jog

10 seconds faster pace

2- minute walk

As long as you can at a fast pace up to 30 seconds

2- minute walk

As long as you can at a fast pace up to 30 seconds

10-minute easy walk to cool down

### **EXTRA CHALLENGE**

After you have finished your 10-minute cool down try to complete **all 40** of your negative press ups.

### Friday Workout 10/04

Rest Day – See you on Zoom! Check the times

