



DEVELOPMENT SQUAD – Week 19

Key:

ES = each side EP = each position opp= opposite EL = each leg
Skipping = with or without rope (pretend holding it) ED = each direction

This week!

A reminder for the next month of land training we are moving into more dynamic & complex movements building on the work from the first 15 weeks.

Our zoom calls this week will consist of 1x Circuit, 2x Mobility 1x Games for this week – the circuit zoom will be detailed below with the swimmers able to do it on their own or with the group over zoom if they able to. If they can't make a mobility zoom I would recommend they put together their own session focusing on the areas that need most improvement whilst including some of their favourite movements.

Daily Warm Up – before every session below.

Stretch Band Shoulder Overs

4x Cat - Camels

4x EP Plank walkout – seal – downdog

4x EL Spiderman with Arm Rotation

10x Jumping Jacks

10x High Knees

5x Squats

10x Scap Press Ups - Press up position, squeeze shoulder blades together, then push them apart keeping core stable & lower back flat

20x Mountain Climbers alt 5x Slow/ 5x Fast

Daily Cooldown stretches (After every session below!)

3x EP Cow – Cat Lunge (Cow- a lunge with hands on the floor pushing hips towards floor look forwards, then Cat- push hips up straightening both legs aiming to feel stretch in front leg)

Ankle stretches 1/ start in tabletop position (it's harder that's why!) turn your feet out as far as you can (like in Breaststroke) and CAREFULLY/ SLOWLY sit back until you feel the stretch.

3x ES Streamline Childs Pose – reaching to both sides

4x ES Reverse Scorpion – try to keep leg straight and touch your hand

Reminder to take a day off! However, I would like to leave some flexibility in the program so the day off can be fitted in around child care etc. Some people may want Sundays as the day off, others Tuesdays for example. Over the coming weeks try and keep it consistent which day it is (where possible).





Session 1 – Plyo + Strength

Plyo Primer – no extra rest

- 3x 10x EP Prone ITW Pulses – I is arms by side for pulses, keep shoulder blades back
- 3x Track Start Jumps – Start as if you were about to dive in the pool, head down/ hips high, and then jump up into a TIGHT streamline, aim for height and squeeze your glutes!

+60s rest

Circuit – 30s on 15s off (change side each round if necessary)

- 4x Reverse Lunge w/ rotation – hold hands out in front and rotate over front leg
- Negative Press Ups – Slowly lower, keep elbows tucked, return to starting position
- Single Leg Glute Bridge
- Leg Raises
- Burpees (no press up, streamline jump)

Core – 10 reps ES/EP

- 3x Plank Shoulder Taps
- Plank Leg Raises
- Side Plank Dip & Crunch
- Plank Pull Across

Session 2 – Circuit EMOM (Zoom Call)

Every minute on the minute – any extra time after the reps is rest

Twice through each round = 48 minutes

Minute	Round 1 (Warm - Up):	Round 2:	Round 3:	Round 4:
1	Jumping Jacks x30	Reverse Lunge x16	Mountain Climbers x50	Plank Up Downs x10
2	Heel Kicks x30	Skater Squats x16	Jumping Jacks x50	Flutter Kicks x40
3	Heel Flicks x30	Plank Leg Raises x20	Back Raises x20	Penguins x30
4	Spidermans x16	High Crab – Low Crab x20	Skipping x100	Leg Raises x20
5	Press Ups on Knees x10	Streamline Squats x20	Burpees x15	Deadbugs x30
6	Rest	Rest	Rest	Rest





Session 3 – Plyo + Strength

Plyo Primer – no extra rest

- 3x Press Ups 3x Negative, 2x Fast, 1x “Hop” – Try and push your hands off the ground slightly if you can, if that’s easy try and bring your feet off too.
3x ED ES Split Squat Hops – In a split squat position, hop/jump side to side.

+60s rest

Circuit – 30s on 15s off (change side each round if necessary)

- 4x Split Squat w/ rotation – hold hands out in front and rotate over front leg
Mountain Climbers – alt 4 Slow/ 8 Fast
OH Squats – Hold stretch band or towel, keep it above head
Prone IYWT’s – Move through each position for the 30s
Toe Taps

Core – 10 reps ES/EP

- 3x Plank Up Downs
Sit Up & Twist
Streamline Back Raises
Side Plank Leg Raises

Session 4 – Movement + Core

4x 30s on 15s off

Frog crawl (Squat down low, walk hands forwards until you reach Bear position and then jump feet into starting squat position, lifting hands off the floor)

Scissor Kicks

Scap Press Ups - Press up position, squeeze shoulder blades together, then push them apart keeping core stable & lower back flat

Hop + Stick – Hop from Left leg to right leg, land + hold your balance on one leg for the count of 3 & vice versa. As it gets easier, hop further.

Plank Shoulder Taps

High Crab Reach Over – Slow & controlled push hips high as you reach your right arm over your head towards left hand then repeat on the other side

