



Land Training Holiday Week

Hi guys, as you know the coaches are taking a week off to rest up and recover. Therefore, there will be no zoom calls next week and I am not giving you a land training programme.

If you would like to do something to keep yourselves active while we are off, you can use the previous weeks land trainings to put together your own programme.

My recommendation would be to do one core based, one running based and one thursday "challenge" workout.

I still recommend a level of mobility and flexibility work and keep using the ankle and hip mobility worksheet that we put out earlier in the lockdown period.

I would like to take this opportunity to thank you all for your dedication and hard work during this hard time – the time I have spent with you all on the zoom calls has made lockdown easier for me. Seeing how hard you have worked on the land training but also how you have embraced the games and silliness of the Friday calls has been great to experience.

Hopefully, we will be looking forward to returning to the pool soon, but I am confident of your ability to continue with the work we have been doing for as long as is necessary.

Thanks

Jamie

