



Development Squad – Week 1

Key:

ES = each side

EP = each position

opp= opposite

Day 1 – Strength

Warm up: 5mins of skipping/ running on the spot

Mobility: Walkouts x 5
Downdog – Seal – Childs pose (sit back on heels) x5 ep
Spidermans with arm raise (opp arm & same arm turning heel in) x 5 es
Cat Camels (Happy Cat/ Angry Cat) x 5 ep

Strength: 3 Rounds of 7 exercises with 15s between exercises where possible:

Push Ups (From knees, body in straight line from knees to shoulders, squeezing stomach & glutes, if unable to complete full press ups with proper form) x 10

Plank x 30s

Split Squat (start from the floor, back knee on towel/ pillow, front leg toes pointing forwards, knee in line with ankle) <https://www.youtube.com/watch?v=SGHnCftrZkA> x 5 es

Band pulls/ rows (standing with band around a fixed/ sturdy pole or seated with band around feet – keep shoulders down & back, controlled action in both directions) x 10

Flutter Kicks x 30s

Fire hydrants (tabletop position, keeping hips square, lifting one knee out to the side) <https://www.youtube.com/watch?v=ZVfcRHhcBgg> x 5 es

Side Plank x 20s es

Own stretches to finish

Day 2 – Energy Systems

Circuit: 5x (4 exercises 30s on 30s off) – Take first round steady as a warmup, build effort rounds 2-5.

Burpees // Skipping (with or without rope) // Mountain Climbers // Jumping Jacks

Stretch to finish – Quads/ Upper front leg, hamstrings/ Upper back leg, calves/ lower leg, shoulders...





Day 3 – Mobility

Fundamental I video (25mins) from <http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html> (covers a number of positions we already do and some we haven't, don't worry if you get confused about the breathing just try your best!)

90/90 T Spine Rotation (<https://www.youtube.com/watch?v=CqOjxk9xcno>) x5 es

Scorpions x 5 es

T Spine Reach & Pull through (https://www.youtube.com/watch?v=tk_nobpl74E) x5 es

Bear to Crab position: Don't worry if you get confused, have a go!

Start in tabletop position (hands & knees), lift both knees slightly off the ground (into Bear position), squeeze your core, lift your left foot slightly off floor, lift your right hand slightly off floor, knee comes under the body, arm comes over, finish in crab position.

Squeeze your core, lift your right foot slightly off floor, lift your left hand slightly off floor, foot/ knee comes under the body, arm comes over, finish in bear position.

Repeat until facing opposite direction in bear position to what you started then reverse the action...

From Bear position lift right foot/ left hand, knee comes under...

Squeeze core, lift left foot, lift right hand, foot/ knee comes under the body... until you are back to starting position.

Day 4 - Strength

Warm up: 5mins of skipping/ running on the spot

Mobility: Walkouts x 5

Downdog – Seal – Childs pose (sit back on heels) x5 ep

Spidermans with arm raise (opp arm & same arm turning heel in) x 5 es

Cat Camels (Happy Cat/ Angry Cat) x 5 ep

Strength: 3 Rounds of 7 exercises with 15s between exercises where possible:

Prone WIYTs (lying on front, arms outstretched thumbs up to ceiling, all whilst squeezing shoulders back & together lift arms to form a I then Y shape, pull elbows back to create W, arms straight out to sides to form T) x 10

Deadbugs (Opp Arm & leg) x 10 es

Wall Sits x 20s

Bench (Tri) Dips (can be done on a stable raised surface) x 10

Plank shoulder taps (try and keep hips still and back flat) x 10 es

Glute Bridges x 10

Scissor Flutter Kicks x 10s es





Day 5 – Energy Systems

3 rounds of a 10min exercise + 5min exercise with 30-45s between each exercise:

10mins

Skipping (as long as possible then 10s rest until time up)

OR

1min Jog, 30s high knees, 1min Jog, 30s heel kicks, 45s Jog, 15s sprint, 45s Jog, 15s Sprint

+

5mins

Stair climbs (carefully! jog up and down stairs)

OR

Step Ups (carefully! trying to increase speed)

Day 6 - Mobility

Repeat Mondays Mobility EXCEPT instead of trying to move from Bear to Crab I challenge them to move around the room in bear or crab position as many ways as possible – forwards, backwards, sideways. If they can set up an obstacle course with small objects they have to move round even better!

DAY 7 is 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).

