



## Week 1 – Land Training – Age Group Squad

### Saturday Workout 21/3

5 minutes Raising Heartrate

6 Rounds 30s on/30s off

Squats

Leg Raises

High Knees

Crunches

Heel Flicks

Russian Twists

Make sure to spend lots of time stretching after this and on the Sunday use your roller and tennis balls on the Sunday on any sore bits you may have

### Monday Workouts 23/3

5 minutes Raising Heartrate – skipping preferably

3x (3 x 10) reps of streamline slides r1 standing back against wall r2 lying on floor r3 seated back against wall

Theraband pulses – 3 x 20 above head, 3 x 20 in front of chest, 3 x 20 in front of hips with straight arms

**3 x 10 of internal and external pull theraband. Each Arm**

**3 x 10 sword draws with theraband**

All **bold** twice through

**3 x 20 split squats each leg**

**3 x 20 glute bridges**

**3 x 20 squats**





### Tuesday Workout Cardio and Core 24/3

Either a 20 minute run/30 minute cycle/50 minute walk

3 rounds of

20 Swimmer Crunches

20 Leaning Press-ups (hands on arm of sofa)

30s Plank

### Wednesday Yoga 25/3

Go to <http://www.swimmingspecificyoga.com/>

And do the 16-minute 15s video on the home page.

Also follow this up with any tennis ball and roller needed on sore parts from the Tuesday

### Thursday Kickboard Workout 26/3

All exercises to be completed with a kick board

10 rounds as 30 seconds of each exercise back to back with a 1-minute rest between. Meaning you work 2 minutes and rest 1 minute for 10 rounds.

Overhead Squat holding KB

Burpees facing KB jump over KB and Burpee facing KB

Russian Twist with KB

Leg Raise holding KB between Feet

### Friday Cardio and Core 27/3

Either a 20 minute run/30 minute cycle/50 minute walk

3 rounds of

20 Swimmer Crunches

20 Leaning Press-ups (hands on arm of sofa)

30s Plank

