



23 June 2020 Tuesday

Warm up – 5 minutes stretching

Choose your intensity:

Daily workout = 2 rounds of each set

Higher intensity workout = 3 rounds of each set

Each set 60s exercise then 15s rest

Set 1

Runners lunges Left then Right

Elevated split squat Right

Elevated split squat Left

Donkey kicks Left then Right

Fire hydrons Left then Right

Squats + hold for 3s

Set 2

Leg Raise

Russian Twists

Plank

Weighted Crunches

Crunch twists

1-leg bridge

Vertical crunches

Drink well during rests and drink extra if it's very warm

Parents: Please make sure the area swimmers are working in is safe particularly when jumping. Use a mat (or grass if it's dry) where possible and not a hard floor. Please try and move large objects or trip hazards out of the way. Taking part is not mandatory and please monitor your swimmers during exercise to help them stay safe, hydrated and don't let them exercise if they are not up to it.