



24 June 2020 Wednesday

Warm up – 5 minutes stretching

Choose your intensity:

Daily workout = Do each set for 2 rounds

Higher intensity workout = Do each set for 3 rounds

Core workout:

Set 1

45s each exercise for 3 rounds and 30s rest between rounds

Plank, up and down plank, 10s rest

Planks twists then plank jacks, 10s rest

Mountain climbers then spider climbers, 10s rest

Set 2

20 reps for each exercise and 30s rest between rounds

Leg shooters then Leg raises, 10s rest

Russian twists, in and outs, 10s rest

100s, crunches, 10s rest

Set 3

30 reps each exercise and 30s rest between rounds

Heel touches then Bicycle crunches, 10s rest

Full v sits then single v sits, 10s rest

Stretching

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.