



28 June 2020 Sunday

Mobility session - All done slow and controlled
2 x 45s on each exercise with own rest

Rotator cuff
Lie flat into streamline
TYI
stick/Towel swings
Thoracic spine rotations x 2
Shoulder Press ups
Angry Cat/Sad Cat
Hamstring Walkouts
Standing Calf lunge x 2 (on wall, knee pushes forward over front toe. Heels remain
on floor)
Ankle mobility

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.