

AIS SHARKS SWIMMING STRENGTH & CONDITIONING

PRE- SWIM ROUTINE

Arms

- 10 reps Right / Left Arm Forward Swings
- 10 reps Right/Left Arm Backward Swings
- 10 reps Double Arm Forward / Backward Swings
- 20 reps Freestyle Arms
- 20 reps Backstroke Arms

High Plank Toe Touch (cross body: right to left & left to right)

8 x



High Plank Arm Stretches (crossover with watch face down, hold 3 seconds)

4 x



High Plank Legs Stretch (crossover with laces down, hold 3 sec)

4 x



High Plank Pointers (hold for 3 sec)

4 x



REPEAT ABOVE SEQUENCE x 3

ITW



Downward dog and cobra mobility
(hold for 3 breathes)



Tom's Big 5: 1. Pecs 2. Lats 3. Abs 4. Hips 5. Ankles