

SHARKS SWIMMING STRENGTH & CONDITIONING

Q SWIM HOME ROUTINE - YOGA DAY 1 | TOM BARTON (AUS)

Elements of a Functional Pre-Swim Warm Up:

1. Readiness, 2. Physical, 3. Connection & Activation, 4. Awareness, 5. Specific Targeted areas for session

Sun Salutation

 <p>1. Streamline</p>	 <p>2. Cobra</p>	 <p>3. Downward dog, 3 pedal knees each leg with shifting hips side to side</p>
 <p>4. Streamline</p>	<p>Repeat Sun Salutation 1 -4</p> <p>2nd set – dynamic movement</p>	 <p>6. Lunges with 1 dip and pivot around the other side. 5 each side</p>
<p>7.</p>  <p>Drive knees forward and sweep out to the side Walk with your feet and crawl to the other side (3 reps each side alternately)</p>	<p>8.</p>  <p>-Pedal knees one on each side then cobra -Elbow to the ground to exhale and inhale looking up and pointing hands to the sky (5 reps each side then pivot and crawl around to the other side)</p>	<p>9.</p>  <p>-Table top position -Right hand stretch aligns to left hand then pull your hips away from the hand -Add a little bit of rotation facing the side -20 sec each side</p>
<p>10.</p>  <p>Pectoral Stretch (20 sec each side)</p>	<p>11.</p>  <p>Ankle Mobilization (Rock backward for 20sec)</p>	<p>12.</p> <p>Repeat 1 x Sun Salutation</p>
<p>Tom's Big 5: 1. Pecs 2. Lats 3. Abs 4. Hips 5. Ankles</p>		

Updated: Oct 2021