

AT A GLANCE: THE SWIMMER'S POST-POOL ACTIVE RECOVERY

SWIMMING-SPECIFIC STRETCHES AND RECOVERY STRATEGIES FOR TRAINING AND RACING.

Recover Better

Swimming places repeated demands on the shoulders, back, hips and legs. A short recovery routine after training or racing can help restore movement, reduce feelings of tightness and build positive recovery habits.

Post-pool recovery should feel gentle and controlled. The aim is not to force flexibility, but to help the body relax and recover after exercise.

Move slowly, breathe normally and avoid bouncing.

- Hold each stretch for 15–30 seconds
- Complete recovery routine: Approx. 5–10 minutes

Coaching Focus

- Move slowly and deliberately
- Breathe normally throughout
- Focus on relaxation rather than effort
- Stretch gently after training and racing
- Never force a position

Recovery Checklist

Immediately After Swimming

- Complete swim down where possible
- Rehydrate
- Stretch major muscle groups

Within 30 Minutes

- Drink fluids
- Eat a recovery snack or meal containing carbohydrate and protein

Later That Day

- Continue drinking water
- Prioritise sleep and recovery

RECOVER FOR SUCCESS



Potential issue » Better solution

RUSHING THE STRETCHES

Move slowly and hold each position.

BOUNCING OR JERKING

Stretch gently and stay controlled.

HOLDING YOUR BREATH

Breathe normally throughout.

STRETCHING THROUGH PAIN

Aim for a gentle stretch, not discomfort.

SKIPPING RECOVERY

A few minutes of stretching can help build good recovery habits.

1 Shoulder & Upper Body Recovery

PURPOSE: Reduce tightness, restore movement and support recovery.

DELTOID STRETCH

STRETCH THE BACK OF THE SHOULDER

- Reach arm across body
- Keep shoulder relaxed
- Hold still

FOCUS: Shoulder Mobility

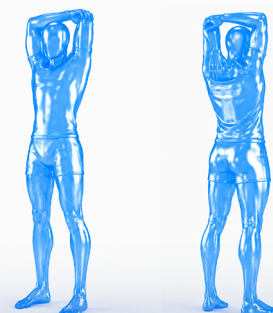


TRICEP STRETCH

REACH HAND BEHIND THE HEAD

- Elbow points up
- Stay tall
- Stretch gently

FOCUS: Overhead Mobility



TRAPEZIUS STRETCH

REACH ARMS FORWARD

- Reach arms forwards
- Round upper back
- Relax shoulders

FOCUS: Upper-Back Mobility

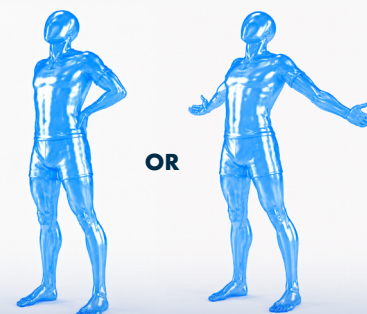


PECTORAL STRETCH

OPEN THROUGH THE CHEST

- Open chest gently
- Keep shoulders relaxed
- Breathe normally

FOCUS: Chest Mobility



LAT STRETCH

REACH LONG THROUGH THE SIDE

- Reach arm overhead
- Lengthen through side
- Keep hips still

FOCUS: Side-Body Mobility



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2 Trunk Mobility & Recovery

PURPOSE: Restore movement through the spine and trunk and promote recovery.

ABDOMINAL STRETCH

REACH ARMS OVERHEAD

- Reach tall
- Open front of body
- Breathe normally

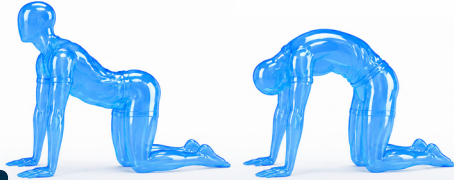


FOCUS: Front-Body Mobility

CAT-CAMEL STRETCH

MOVE SLOWLY THROUGH THE SPINE

- Round and arch spine
- Move slowly
- Breathe normally



FOCUS: Spinal Mobility

CHILD'S POSE STRETCH

REACH ARMS FORWARD

- Sit hips back
- Reach arms forwards
- Relax shoulders



FOCUS: Spinal Mobility

THREAD THE NEEDLE STRETCH

REACH ARM UNDER THE BODY

- Reach arm underneath
- Rotate gently
- Keep hips still



FOCUS: Upper-Body Rotation

SIDE REACH STRETCH

REACH OVERHEAD TO THE SIDE

- Reach arm overhead
- Lengthen through side
- Keep hips still



FOCUS: Side-Body Mobility

3 Lower Body Recovery

PURPOSE: Reduce lower-body tightness and restore comfortable movement.

QUADRICEP STRETCH

STRETCH THE FRONT OF THE THIGH

- Knees stay together
- Stay tall
- Stretch gently



FOCUS: Front-Thigh Mobility

HAMSTRING STRETCH

STRETCH THE BACK OF THE THIGH

- Keep long spine
- Keep soft knee
- Stretch gently



FOCUS: Hamstring Mobility

CALF STRETCH

PRESS HEEL INTO THE FLOOR

- Keep heel down
- Keep back leg straight
- Stretch gently



FOCUS: Ankle Mobility

HIP FLEXOR STRETCH

OPEN THE FRONT OF THE HIP

- Stay tall
- Keep hips level
- Stretch gently



FOCUS: Hip Mobility

GLUTE STRETCH

STRETCH THE BACK OF THE HIP

- Sit tall
- Keep stretch gentle
- Hold still



FOCUS: Posterior Hip Mobility