

AT A GLANCE: THE SWIMMER'S WARM UP

A SIMPLE, REPEATABLE WARM-UP FOR EVERYDAY TRAINING.

FOUNDATION

1 Raise your TEMPERATURE

Get warm, raise heart rate and wake the body up.

COMPLETE: 2-3 MOVEMENTS - PERFORM 20-30 SECONDS

STATIC JOGGING

LIGHT JOG ON THE SPOT

- Stand tall
- Stay light on your feet
- Find a relaxed rhythm



FOCUS: Rhythm & Coordination

HEEL FLICKS

FLICK HEELS BEHIND YOU

- Flick heels towards glutes
- Stay light on your feet
- Keep a quick, relaxed rhythm



FOCUS: Leg Rhythm

JUMPING JACKS

MOVE ARMS AND FEET TOGETHER

- Jump feet out and in
- Reach arms overhead
- Land softly with control



FOCUS: Whole-Body Coordination

POGO JUMPS

SMALL ANKLE BOUNCES

- Bounce through your ankles
- Keep legs long
- Land quietly



FOCUS: Reactive Ankles

2 Mobilise your JOINTS

Move more freely with better control.

COMPLETE: 2-4 MOVEMENTS - PERFORM 6-10 CONTROLLED REPETITIONS

WALL SLIDES

SLIDE ARMS UP THE WALL

- Keep arms against wall
- Slide hands overhead
- Stay tall



FOCUS: Shoulder Mobility

SHOULDER ROTATION

ROTATE SHOULDERS WITH CONTROL

- Elbows stay level
- Rotate forearms down and up
- Move smoothly through your range



FOCUS: Shoulder Control

HIP LATERAL LUNGES

STEP SIDeways INTO A LUNGE

- Step out to the side
- Sit hips back
- Keep chest tall



FOCUS: Hip Mobility

HIP FLEXOR LUNGES

SPLIT STANCE HIP OPENER

- Step into split stance
- Lower under control
- Keep hips level

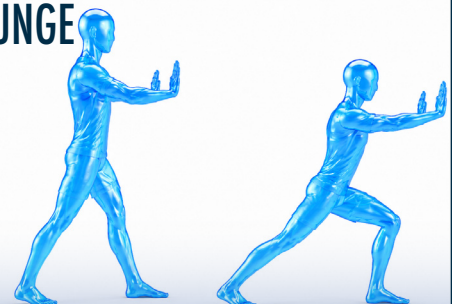


FOCUS: Hip Mobility

CALF STRETCH LUNGE

STRETCH THROUGH THE CALF

- Keep heel down
- Feel a light stretch
- Keep chest tall



FOCUS: Ankle Mobility

SET UP FOR SUCCESS - Potential issue » Better solution



TOO LITTLE SPACE

Use more on-the-spot movements and reduce travelling movements.

WET OR SLIPPERY POOLSIDE

Avoid bigger jumps or fast direction changes on wet or crowded poolside.

LOST BALANCE OR CONTROL?

Slow it down, reset and focus on strong shape.

TOO MUCH TOO SOON

Build warm-up in the correct order: 1 » 2 » 3 » 4 » 5

UNCONTROLLED MOVEMENT

Focus on quality before speed.

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3

Activate your MUSCLES

Switch on the muscles needed for good position and control.

COMPLETE: 2-4 MOVEMENTS - PERFORM 6-10 CONTROLLED REPETITIONS

SIDE LYING CLAMS

LIFT TOP KNEE SLOWLY

- Keep feet together
- Open top knee
- No rolling backwards



FOCUS: Hip Control

FORWARD PUNCHES

REACH HANDS FORWARD

- Arms stay straight
- Reach hands forwards
- Return slowly



FOCUS: Shoulder Blade Control

GLUTE BRIDGE

LIFT HIPS FROM THE FLOOR

- Push through feet
- Lift hips level
- Lower slowly



FOCUS: Glute Activation

SUPERMAN ARMS

REACH ONE ARM FORWARD

- Reach one arm forwards
- Chest facing floor
- Hips stay level



FOCUS: Trunk Stability

SUPERMAN LEGS

REACH ONE LEG BACK

- Reach one leg backwards
- Keep hips level
- Stay controlled



FOCUS: Hip Stability

4

Prime your MOVEMENT

Sharpen movement and get ready to move faster.

COMPLETE: 2-3 MOVEMENTS - PERFORM 6-10 CONTROLLED REPETITIONS

BOX PUSH UPS

PUSH FROM AN ELEVATED SURFACE

- Keep body long
- Lower under control
- Push away strongly



FOCUS: Push Strength

ZOMBIE SQUATS

SQUAT WITH ARMS FORWARD

- Reach arms forwards
- Sit hips down
- Knees track forwards



FOCUS: Squat Mechanics

SPLIT SQUATS

LOWER STRAIGHT DOWN

- Lower straight down
- Keep chest tall
- Front foot flat



FOCUS: Single-Leg Control

REVERSE LUNGES

STEP BACKWARDS INTO A LUNGE

- Step backwards
- Lower under control
- Push through front foot



FOCUS: Lunge Control



THE SWIMMER'S WARM UP DECK

A guided land-based warm-up system for age group swimmers 9-13+