

Swimming Programme

(Repeat twice a week - Monday and Tuesday)

Exercise	Reps	Sets	Weight	Rest	Technique Points
Dumbbell Squat	12	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> 1. Stand holding Dumbbells to side of thighs, with bench/step in front 2. Pick up one leg and place foot on top of bench with foot pointing forwards 3. Drive upwards using leg, keeping torso upright 4. Lower down in controlled fashion and repeat 5. Always keep the knees tracking in line with the 2nd and 3rd toes, if they don't, decrease your range of motion until this is achieved
Chin ups (assisted if necessary)	12 each	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> 1. Start with arms straight (you can use a variety of grips - under, over, shake hand) 2. Lift body until chin is above bar 3. Return, with control, to start position
Dumbbell Stiff leg deadlift Leg Curl	12	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> 1. Stand holding the DB's with overhand clasp grip and arms to side 2. Place body weight on heels and push bum backwards 3. At same time lower torso maintaining posture in spine with small curve in low back 4. Keep bar close to you as you lower bar until feel stretch in hamstrings (approx just below knee)
Dumbbell Chest Press	12	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> 1. Lying on bench, grip bar at approx just outside shoulder width 2. Lower bar down towards chest keeping bar over midline of chest (in line with nipples) 3. As you do this keep your elbows tucked in to side of torso (this may feel strange at first). This will create a stronger shoulder structure hence avoid shoulder injury 4. Lower bar until bar touches chest and press upwards to start position
Dumbbell Alternate Lunges	12	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> 1. Start with feet hip width, step forwards with one leg into an exaggerated stride length. 2. Ensure that your feet are still hip width and that both feet are pointing forwards (especially the back foot as most people tend to have the heel turned inwards). 3. Lower yourself towards the floor keeping equal weight distribution between both legs 4. Just before the knee touches the floor push back up into the start position 5. Repeat with opposite leg and keep alternating until you achieve your desired number of repetitions
Dumbbell One Arm Row	30 secs	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> 1. Using dumbbell, adopt a staggered stance with one foot in front of the other, grab hold of the handle 2. Lean forwards and rest your forearm on the thigh of the front leg 3. Make sure you have a neutral spine with your naval drawn in, pull the dynaband until your shoulders are parallel with the floor 4. Lift the DB up so that your elbow brushes past your ribs achieving full range of motion. Make sure your elbow does not come out to the side 5. Lower the DB towards the floor until your arm straightens. Make sure you do not drop your shoulder (the shoulder holding the DB) below the level of the other shoulder

Exercise	Reps	Sets	Weight	Rest	Technique Points
Swiss Ball Leg Curl	12 each	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> 1. Place both legs on the SB hip width apart with toes facing upwards 2. Lift hips of the floor so that they are in line with ankles and shoulders 3. Turn palms out (supinated) so that they are facing to the ceiling 4. Curl SB towards you keeping toes pointing upwards and keep hips lifted off the floor in line with ankles and shoulders
Dumbbell Shoulder Press	12	3	N/A	Perform all exercises as circuit	<ol style="list-style-type: none"> 1. Take hold of the dumbbells, raise the dumbbell up level with the top of your shoulder 2. Press the DB up in an arc movement so that the DB finishes over your head 3. Lower the DB back down to the start position, repeat fro desired no of reps

Swimming Programme - Cardio

Session One

Session	Element	Exercise	Level/Resistance	Speed	Time	Sets	Heart Rate	Comments
1	Warm Up	Treadmill	1%	6-10kph	5 minutes	N/A	70-85% Max Heart Rate	Gradually Increase Heart Rate, level and speed over 5 mins
1	Interval	Running (Treadmill/Outside)	1%	6kph walk 12kph run	1 minute 1 minute	15	85% Max Heart Rate	Increase or decrease rest/work to suit fitness level i.e. Harder = Walk 1min run 2 mins
1	Cool Down	Treadmill or Walk	N/A	5 to 3.5kph	3-5 minutes	N/A	120bpm (beats per minute)	Aim to get Heart Rate below 100bpm
1	Stretch	Stretch	N/A	N/A	30sec each x 3sets	N/A	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

Session Two

Session	Element	Exercise	Level/Resistance	Speed	Time/Distance	Sets	Heart Rate	Comments
2	Warm Up	Tread Water	N/A	Slow to Moderate	5 minutes	N/A	60-85%	Gradually Increase Heart Rate, speed & level over 5 mins

Session	Element	Exercise	Level/Resistance	Speed	Time/Distance	Sets	Heart Rate	Comments
2	Swimming Session	Swimming Freestyle Freestyle Freestyle	N/A	Quick Moderate Slow to Moderate	25 metres 100 metres 200 metres	5 4 2	75-80%	Walk for 1 length recovery Rest for 1 minute between sets Rest for 30 seconds between sets
2	Cool Down	Swim on back without using arms	N/A	Walk	3-5 minutes	N/A	<120/<12	Aim to get HR <100bpm
2	Stretch	N/A	N/A	N/A	30sec each x 3sets	N/A	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

Session Three

Session	Element	Exercise	Level/Resistance	Speed	Time/Distance	Sets	Heart Rate	Comments
3	Warm Up	Swimming	N/A	Slow to Moderate	5 minutes	N/A	60-85%	Gradually Increase Heart Rate, speed & level over 5 mins
3	Swimming Session	Swimming Freestyle Freestyle Freestyle	N/A	Quick Moderate Slow to Moderate	25 metres 100 metres 200 metres	5 4 2	75-80%	Walk for 1 length recovery Rest for 1 minute between sets Rest for 30 seconds between sets
3	Cool Down	Walk in Pool	N/A	Walk	3-5 minutes	N/A	<120/<12	Aim to get HR <100bpm
3	Stretch	N/A	N/A	N/A	30sec each x 3sets	N/A	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

Session Four

Session	Element	Exercise	Level/Resistance	Speed	Time/Distance	Sets	Heart Rate	Comments
3	Warm Up	Walk/Jog	N/A	70rpm	5 minutes	N/A	70-85%	Gradually Increase Heart Rate, speed & level over 5 mins

Session	Element	Exercise	Level/Resistance	Speed	Time/Distance	Sets	Heart Rate	Comments
3	Walk/Jog	Outside	N/A	Jog/Run Walk	4 minutes 2 minutes	5	85%	To make easier run for 2 minutes, but can go out and walk/run for 30 minutes
3	Cool Down	Walk	N/A	Walk	3-5 minutes	N/A	120bpm	Aim to get HR <100bpm
3	Stretch	N/A	N/A	N/A	30sec each x 3sets	N/A	N/A	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back