



## Guisborough ASC – Pre-Pool Warm-up/Post Swim Cool Down protocol

### **General note**

These exercises should be performed immediately prior to leaving your house for to travel to pool.

### **Health & Safety Note**

To be performed in a suitable home environment, please take note of floor coverings ensuring they are not slippery (e.g. tiled or wooden floors), ensure appropriate footwear is worn.

If you are currently unwell or have any form of injury that may impact your ability to perform these exercises, please consult with your Coach immediately and report your illness/injury in line with standard club protocols

Please ensure that you consider moving your last meal before training to a slightly earlier time now that we are performing these at home rather than on poolside.

### **PRE-SWIM**

#### **RAISE TEMPERATURE FOR REMAINING EXERCISES.**

Link for details of exercises: <https://www.swimming.org/sport/raise-temperature/>

1. Jogging on spot – 1 min
2. High Knee Jogging – 1 min
3. Mountain Climbers – 1 min

#### **MOBILISE**

Link for details of exercises: <https://www.swimming.org/sport/mobilise/>

Upon completion of above please move to this phase of exercises.

1. Upper trapezius – minimum 30 seconds, followed by Sitting neck rotation minimum 30 seconds.
2. Standing Streamlined Reach Ups – repeat for 1 minute.
3. Shoulder internal and external rotation – repeat for 1 minute.
4. Sitting Thoracic Rotation – repeat for 1 minute.
5. Hip Internal Rotation in Prone – repeat for 1 minute.
6. Standing Calf Lunges – repeat for 1 minute
7. Knee extension/Ankle Dorsiflexion – repeat for 1 minute

Dry Side Warm Up & Cool Down – Home Completion V3.0

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Upon completion, please ensure you immediately change to standard club training attire to “stay warm”.

### **POST SWIM**

To be performed with your club approved foam roller immediately on arrival home from pool after hydrating.

Each exercise to be performed for a minimum of 45 seconds, if you feel any muscle group needs particular attention then repeat the appropriate exercise.

Link for exercises: <https://www.swimming.org/sport/self-release/>]

1. Lats rolling – repeat for each side of the body. Depending on your environment this can be done lying or stood up, both are demonstrated on video on the link above.
2. Thoracic Rolling.
3. ITB Rolling, repeat for each leg.

For detail of further exercises: <https://www.youtube.com/watch?v=duH3yMVktUY>

1. Calf roll – repeat for each leg
2. Hamstring roll – repeat for each leg.

### **General note**

Please provide comments on the exercises on a regular basis to your coach as part of your regular feedback cycle to your lane/squad coach.

Please raise any specific challenges you have at home with performing these exercises at home and we can adapt to your environment.