

Upper Body TOTAL TIME: 15 mins MAX TECHNIQUE, TECHNIQUE, TECHNIQUE					
Flexibility			Reps	Tempo	Reason
1	Wall Streamline	Shoulders			Allowing good streamline & stroke Length
2	Snow Angels	Chest			Allowing good streamline & stroke Length
3	Hands and Knees rotation	Back			Allowing good streamline & stroke Length
Stability & Control		Sets	Reps	Tempo	
1	CORE FRONT	3	15s	SLOW	Strong core for good body position in water
2	Pushing OVERHEAD	3	6	SLOW	Strong Arms for pulling in the water
3	Push UP	3	6	SLOW	Strong Arms for pulling in the water
4	CORE SIDE	3	20s	SLOW	Strong core for good body position in water
Lower Body TOTAL TIME: 15 mMAX TECHNIQUE, TECHNIQUE, TECHNIQUE					
Flexibility			Reps	Tempo	Reason
1	Hip Lunges				Starts, turns, healthy kicks
2	Hamstring Toe Touch				Starts, turns, healthy kicks
3	Crucifix				Connection in water, maintain healthy back
Stability & Control		Sets	Reps	Tempo	Reason
1	SQUAT	3	6	SLOW	To be explosive for starts and kicks
2	LUNGE	3	6	SLOW	To be explosive for starts and kicks
3	JUMP	3	6	SLOW	To be explosive for starts and kicks
4	CORE FRONT	3	20s	SLOW	Strong core for good body position in water

CORE TOTAL TIME: 15 mins MAX TECHNIQUE, TECHNIQUE, TECHNIQUE					
Flexibility			Reps	Tempo	Reason
1	Kneeling Rotation	Back			
2	Side Bend & Reach	Back			
3	Physio Push up	Back			
Stability & Control		Sets	Reps	Tempo	
1	CORE FRONT	3	15s	SLOW	Strong core for good body position in water
2	CORE SIDE	3	10s	SLOW	Strong core for good body position in water
3	DEADBUGS	3	10	SLOW	Strong core for good body position in water
4	CORE SIDE	3	10s	SLOW	Strong core for good body position in water

* The number of repeats (repetitions) and the number of sets are variables that can be manipulated for positive effect. The emphasis in this early years of training is on anatomical adaptation. The repetitions should be high (10+), however the quality of movement should be emphasised at all times as we are looking to progress quality of movement.