

This warmup is suitable for swimmers and water sports in general.

Warmups do not need to be variable. They function to raise HR and blood flow to the muscles, and stimulate the brain and body to be ready to perform under physical stress.

Because an athlete warms up many times each week they can be a great opportunity to practice and train important movements and to stimulate important muscles.

General

1km or 6min jog

Jump rope (skipping) 70-100

Strength & posture

High & low external shoulder rotation WITH TUBING x 20/side

Low internal shoulder rotation WITH TUBING x 20/side

No moneys WITH TUBING x 20

Empty cans x 20

2-2 deadbugs x 10

Prone stars x 10

x 3

Clams with tubing x 15/15

Short knee bends or aeroplanes 5/5 x 3, 15s

Squats x 10-20

Walking lunges 5/5 x 2

Bent over backburners 5 x 2

Press-ups x 6-10

Windmills x 5-7/side

Overhead circles x 15/15

x 2

Dynamic (over 10m)

Hamstring pulls x 2/2

High knees/toes x 2/2

High knee skips x 2-3

Pre-turns (with or without carioca) x 2/2

Short 1leg hops 5m x 2/2

Tuck or squat jumps x 10

5m sprints from a 2pt position x 3-5

STATIC STRETCHES AS NEEDED