

# Skipton Swimming Club Pre-Pool Land Work

This sheet will look at the first 3 components of R. A. M. P

Raise / Mobilise / Activate

An effective swimming specific warm up is vital if you want to perform at your best in the pool.

Swim England Link <https://www.swimming.org/sport/land-warm-up-swimmers/> Or Search – Swim England – Pre pool

Following this link will take you to the Swim England website where you will find videos for all of the following exercises and more

## 1 Raise Body Temperature

Complete around 5 minutes of simple movement activity. This can be done by using any or a combination of the following exercises.

Choose 1 or a mix it up for 5 minutes

- Skipping
- Jogging on the spot - use some short bursts of high knee lifts, Heel flicks etc
- You can make this more fun by practicing some simple dance steps, side stepping or high kicking or start jumps towards the end of the activity.

## 2 Mobilise your muscles and joints

After the [initial exercises to raise the body's temperature](#), continue your warm up with the following mobility exercises.

Ensure you complete three to five reps of each exercises before moving on to activate

- Trapezius Stretch
- Wall or Floor Streamlines or angles
- Rotators - Single arm or double arm against a wall or on the floor (or use a band)
- Trunk rotation Sitting/Kneeling Rotate and reach
- Trunk rotation Laying / Arms over
- Thoracic rotation "The Cat" "The Cow"
- Oysters
- Hip Rotation - Heel Lift - Br Dorsiflexion
- Hip Lateral Lunge
- Lunge & Reach - Hip Flexors
- Leg Extensions

## 3 Activate

After raising the body's temperature and performing mobility exercises, continue your warmup with three or four activate exercises.

- Glute Bridge
- Superman
- Rotators
- Serratus Push
- Lunge & streamline Lunge & Pec stretch
- Hands overhead squat
- Bulgarian Split Squat

