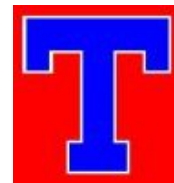




## TIVERTON SWIMMING CLUB

[www.tiverton-swimming.co.uk](http://www.tiverton-swimming.co.uk)

# Poolside Warm-Up / Warm-Down



### Being prepared for swim training

All swimmers need to warm up their muscles before getting into the pool for a training session, and also warm down afterwards. This list explains the range of activities all swimmers in Skill Development, Competitive, Non-competitive, Endurance, Performance 1 & 2, Club and Masters are advised to complete before and after a pool training session.

**Swimmers are expected to arrive at poolside 10 minutes before the planned start of their training session, to allow time to warm up BEFORE getting into the pool.**

### Pre pool warm up (to be completed before entering the pool).

High knees 15 sec  
Lateral jumps x10  
Mountain climbers x 16  
Spiderman x10  
On spot sprinting 15 sec  
Arm circles to arm swings x 10 (forwards and backwards)  
Shoulder touches x 10  
Lunge s/line arms x 5 per  
Standing s/l reach ups x5  
Thoracic rotations x 5  
Superman x5  
Glute bridge x 5 per  
Zombie squats x 8  
Leg swings x 10 per  
Cross leg swings x 10 per

### Post pool warm down (can be done in the shower)

Neck stretch x 30 per  
Cross chest shoulder stretch x 30 per  
Behind back shoulder stretch x 30 per  
Elbow to elbow or against the wall shoulder stretch x 30 per  
Side stretch x 30 per  
Kneeling lunge stretch  
In pairs- back shoulder stretch  
Sideways splits  
S/Line arms against the wall stretch  
Leg crossovers  
Side lying clams