

## Pre-Swimming Dryland Warm-Up Protocol

A proper dryland warm-up should involve three stages. These stages include aerobic exercise, dynamic flexibility, and neural activation. The following warmup will ensure that you are properly prepared for your work-out so you can perform at your best, and be less prone to injury.

### Stage 1: Aerobic activity

□ Perform 5-10 minutes of any aerobic activity or combination of activities that will raise your heart rate and cause you to break a sweat

5-10 sets 45 seconds on 15 seconds rest

\*Skipping \*jogging \*cycling \*star jumps

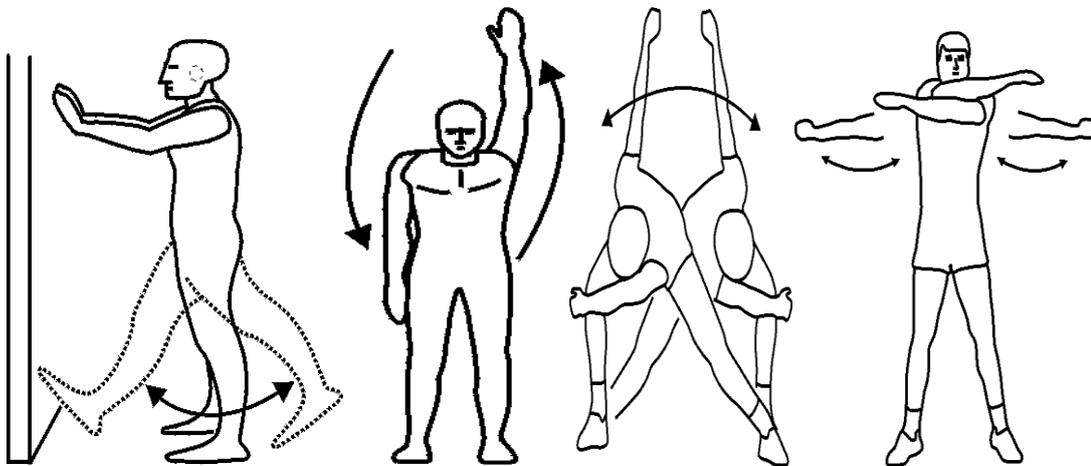
### Stage 2: Dynamic Flexibility

□ This stage should be approximately 10 minutes in length

□ The goal is to increase the range of motion of your joints and muscles in an active manner

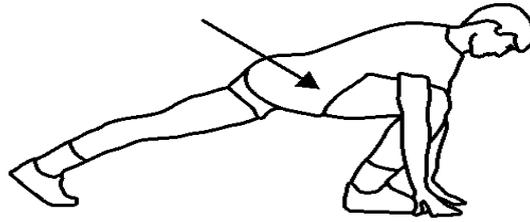
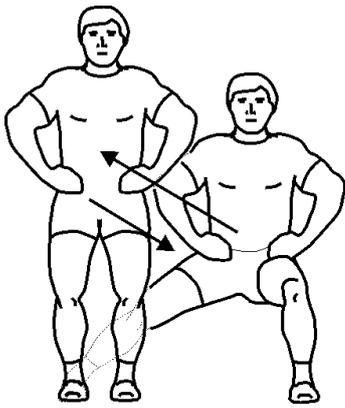
□ Examples include:

Leg Swings and arm swings

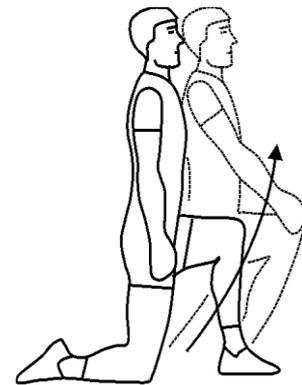
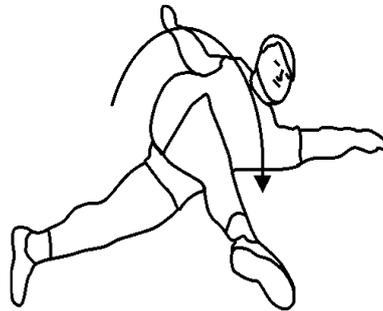
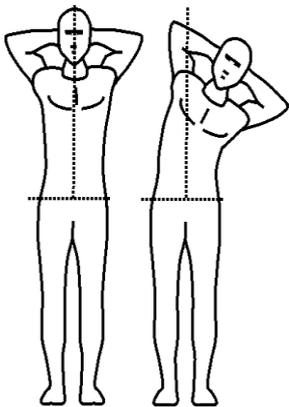


Groin and Hamstrings (hold each stretch for 1-2 seconds only, 5 reps per side)





Hips and torso (hold each stretch for 1-2 seconds only, 5 reps per side)



### Stage 3: Neural Activation

- This stage should be approximately 2-3 minutes in length
- The goal is to activate your nervous system so that the correct muscles are ready to fire in the water.

10 reps Compact position each arm

10 reps A\_T\_Y stretches



## Post Training Stretches



Stand upright with feet close together about 1m from a wall. Place both hands against the wall -- keep the lower-back flat while gently pushing down the upper-back.

### HIP FLEXOR STRETCH



Start in an upright kneeling position with one leg forward (knee at right angle). Move the the abdominal muscles tight and tilt the trunk forward. The stretch should be felt through the front of the thigh.

### ITB



One leg straight, cross the other over side, place elbow (same side as straight leg) outside bent knee. Gently push the knee across the body.



Hamstring

Breaststroke



Quads

Calf



Glutes



From a supine position cross one leg over the other (ankle resting over the knee). Lift the foot off the ground and pull the knee toward the head. At the same time lift the head slightly and tighten the abdominal muscles.