

ACTIVITY SHEET: WARM UP EXERCISES



ADVANCED - Prepare for your swimming training with these dry land exercises

Why it's important to warm up

It's important for more advanced swimmers to not only practice swimming technique, but also complete some exercises to improve their physical fitness.

Aside from improving general health and fitness, warming up with dry land exercises also helps swimmers before training in the water as it increases blood flow in muscles, which helps to prevent injury.



Exercises - Warm up exercises at home

These skills are suitable for children aged 10+ years old

Below are some simple exercises from Swimming Australia for children aged 10 years and up to complement their swimming skills practice.

Start with 10 repetitions of each exercise, increasing by small increments over time - to a maximum of 20. Make sure anytime you perform the exercises you are performing them correctly and without discomfort to avoid injury.

When doing these exercises, remember to breathe. Don't hold your breath!

While these exercises are designed for warming up before training sessions, they can also be done at home to maintain fitness.

1 Skipping

Equipment - Skipping rope

Use the skipping rope for 5 - 10 minutes

2 Half Squats

1. Stand with your feet shoulder width apart
2. Keep your arms out in front, a tall back and put your weight on your heels
3. Squat down until your thighs are horizontal



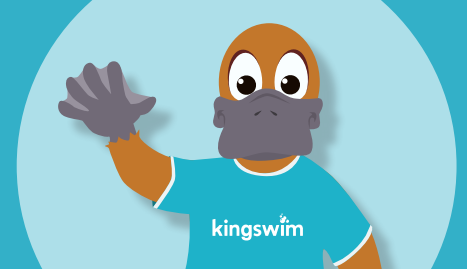
3 Two Arm Push

Equipment - Resistance band

1. Attach the band securely to something around shoulder height
2. Step away to tension the band with hands at shoulder levels
3. Press both arms forward, keeping your hands at shoulder level, making sure you keep a strong core position

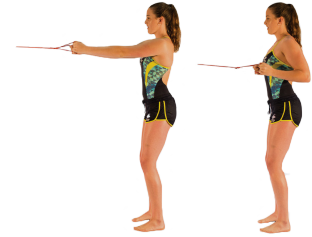


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4 Two Arm Rows

1. Attach the band securely to something around shoulder height
2. Step away to tension the band with hands at shoulder levels
3. Pull your arms back from a fully extended position to where your elbows are at a 90 degree angle, making sure you keep a strong core position



5 Front Plank

1. While lying horizontal on the ground, have your shoulders and elbows at a 90 degree angle, with your forearms on the ground
2. Push up onto your toes
3. Hold your position for 30 seconds, ensuring you maintain a flat body, with your head and neck in a neutral position in line with the body



6 Cobra to Child

1. Begin by lying flat on your front with your hands flat on the ground, in line with your shoulders and your elbows pointed upwards
2. Gently lift your head and slowly push your upper body into an extended position
3. Move your upper body back so your bottom is on your heels, keeping your hands in place and dropping your chest between your shoulders
4. Return slowly to the original position



Benefits of warm up exercises

- Improving fitness
- Increasing blood flow and preventing injury
- Helps to prepare swimmers mentally for a strong training session

Extension

Full Squats

1. Stand with feet shoulder width apart
2. Keep arms out in front, a tall back, and weight on the heels
3. Squat down as far as you can, maintaining a strong back position