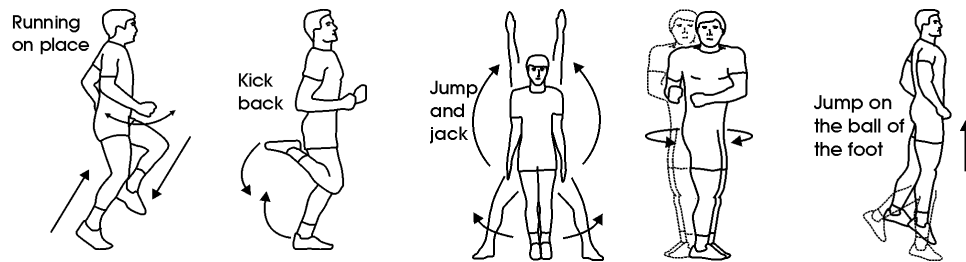


## Pre-Swimming Dryland Warm-Up Protocol

A proper dryland warm-up should involve three stages. These stages include aerobic exercise, dynamic flexibility, and neural activation. The following warm-up 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

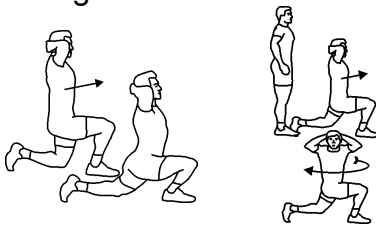
- Perform 5-10 minutes of any aerobic activity or combination of activities that will raise your heart rate and cause you to break a sweat
- Options include, but are not limited to: jogging, jumping jacks, twist hops, single leg hops (see diagrams below), skipping, rowing, cycling, or even swimming



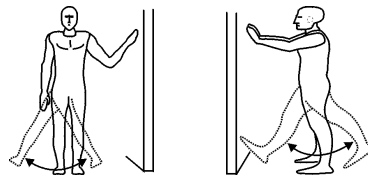
### Stage 2: Dynamic Flexibility

- 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 (you aren't going to be static while you are swimming so why would you need to do static stretches before you get in the water?)
- Examples include:

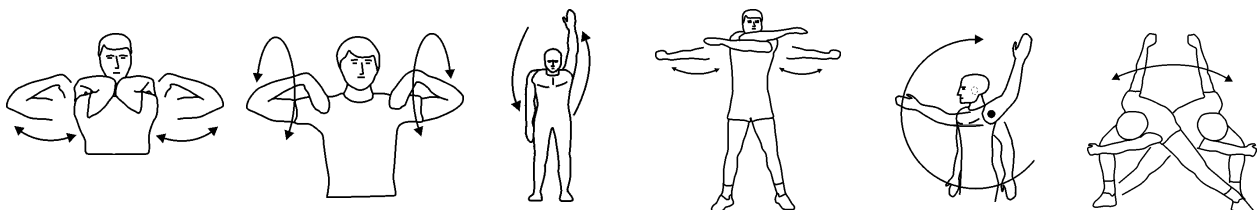
#### Lunge Walks



#### Leg Swings

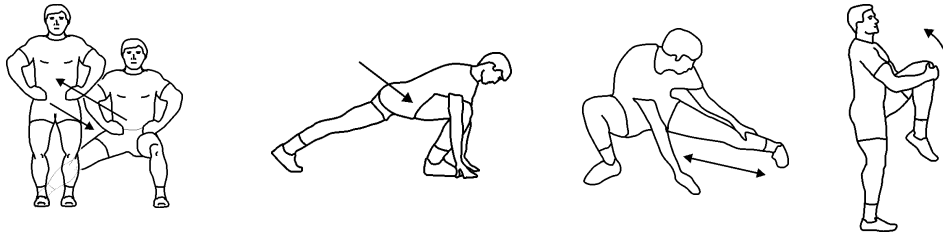


#### Arm Swings

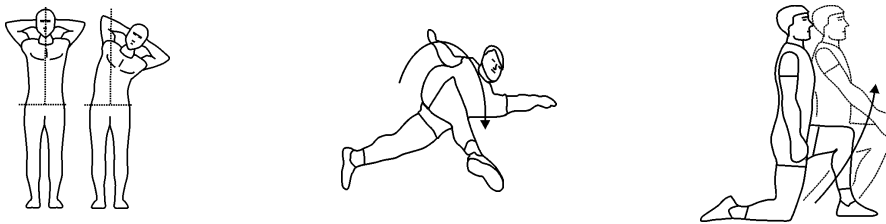


## Dynamic Flexibility (con't)

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 you are alert and ready to perform quick movements in the water (i.e. starts, turns, push-offs, high stroke rates etc.)
- Make sure this involves both upper and lower body exercises (swimming is a whole body activity)
- Here are some examples:
  1. 2x5 streamline jumps, 2x5 clap or power push-ups, and a reaction game like crows and cranes, duck-duck-goose or partner hand slapor
  2. 2x5 burpies with tuck jumps, 2x10 med ball chest passes, 2x20 metre reaction sprints