

City of Derby Swimming Club – Pre Pool Warm Up

<p>1. Cardio Warm Up 45 on 15 off</p> <ul style="list-style-type: none"> • Skipping • Star jumps • Marching/jogging on the spot <p>X 2</p>	<p>2. Mobility 20 each</p> <ul style="list-style-type: none"> • Leg swings • Arm rotations • Shoulder drop and rotate • Froggers • Scorpions
<p>3. Stretches (can be completed before or after a race) Hold for 10 seconds then change</p> <ul style="list-style-type: none"> • Float against the wall • Pectoral stretch • Pigeon stretch 	<p>4. Core Activation 20 each</p> <ul style="list-style-type: none"> • Dead bugs • Hip lifts • Shoulder taps • Streamline lunges • Squats • TW's • Plank walkouts

Shoulder drop and rotate:



Froggers:



Scorpion:



Float against the wall:



Pectoral Stretch:



Pigeon Stretch:



Dead Bugs:



Shoulder Taps:

