**HOME/DISTANCE-BASED LAND TRAINING DOCUMENT**

**Regional, CD1, CD2**

The purpose of the following document is provide some practical guidelines on land training, it will also allow your child/swimmer to still have a routine outside of the pool.

The programme can be split into two sections. A strength based section and a cardio/conditioning based section. Pick one of these to do each day and alternate between the strength session and cardio. You could do both daily, bur take at least one day off a week. If you do not have access to cardio equipment, do not fret over this, just complete the strength based session daily. A steady 10-20 minute jog or even walk outside could also replace the CV based session.

1. **WARM-UP/ MOBILITY/GENERAL STRENGTH SESSION**

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| Warm Up Strategies |
| Exercises | **Protocol** |
| Jog on the Spot | 5 Sets of - 10sec on 10s off |
| Tuck Jumps | 3 Sets of - 10 Tuck Jumps rest for 10sec (Aim to get Knees as high as possible) |
| Skipping  | 3 Sets of 30sec on 15sec off |
| Line Drill | Double feet – Forward and Lateral ( 3 Sets of 15s on 5secs off) |
| Burpees | 3 Sets of 6 Burpees – Rest for 15sec |

<https://www.swimming.org/sport/raise-temperature/>

This link will lead you to Swim England Swimming, feel free to follow there warm up routines if necessary.

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| Animal Movements |
| Exercises | **Protocol** | **Notes** | **Link** |
| Bear Crawls (FWD-BACK-L-R) | 4 Lengths (Any Distance – Aim for 10m, can be 8 lengths if you only have 4-5m length.) | Hands under shoulders and knees under hips – Slow and Controlled | <https://www.youtube.com/watch?v=cUxSCv8ecmc> |
| Upside Down Bear Crawls (FWD & BACK) | Hip to the sky (Slow and Controlled) | <https://www.youtube.com/watch?v=Xwcbm93mM-o> |
| Crocodile Walks | Opposite arm and leg move – Keep low to the floor | <https://www.youtube.com/watch?v=ZWhIGkpG1bI> |
| Duck Walks | Keep your chest up | <https://www.youtube.com/watch?v=Lm44SFUFcag> |
| Frog Jumps | Hands and feet must touch the floor | <https://www.youtube.com/watch?v=ZCBPPaWhDr4> |
| Spiderman Switches | Aim to get your full foot to you little finger | [Spiderman Switches](https://youtu.be/K3fEZdfcYE8) |
| Inch Worm with toe Touches | 2 Sets of 6 | Try and keep your leg straight | <https://www.youtube.com/watch?v=rmCOifHCDKE> |

The Land Training programme/exercises are exactly the same to those you have completed on Thursday evening. **\*Please pick one option from each exercises and complete it in your time. There is no set rest between exercises.**

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| General Strength  |
| Exercise | **Option** | **Protocol** | **Link** |
| Squats | 1. Zombie Squats
 | 3 Sets of 10 – Place a chair behind you | [Zombie Squat](https://youtu.be/np8Zs_eRW74) |
| 1. Streamline Squats
 | <https://www.youtube.com/watch?v=nxaog8pf0Mc> |
| 1. Broomstick or Band Overhead Squats
 | [Band Overhead Squat](https://youtu.be/Fsf1H4xzGi8) |
| 1. Squat Holds
 | 3 Sets of 20seconds | <https://www.youtube.com/watch?v=DgWvQGaQvWI> |
| Lunges | 1. Forward Lunges
 | 3 Sets of 6 each Leg | <https://www.youtube.com/watch?v=vfqHZpKaXXM>  |
| 1. Reverse Lunge
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| 1. Split Squat
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| 1. Split Squat Holds
 | 3 Sets of 15seconds | <https://www.youtube.com/watch?v=ZMO4MFc46ao>  |
| Press ups | 1. Full Press up
 | 3 Sets of 6 | [Full Press Up](https://youtu.be/3ed9cntgGMQ) |
| 1. Incline Press ups
 | <https://www.youtube.com/watch?v=0CcVzNxrcdc>  |
| 1. Press ups on your knees
 | [Press Up on Knees](https://youtu.be/JKkxkLpsfMA) |
| Jumps | 1. Broad Jumps & Stick
 | 2 Sets of 4 | <https://www.youtube.com/watch?v=knepnYB-29w>  |
| 1. Jump & Stick off a box
 | <https://www.youtube.com/watch?v=pMvFW5v0IO0>  |
| 1. Skater Jumps
 | <https://www.youtube.com/watch?v=1TH9H8ts4FE>  |
| Pull | 1. Press up row
 | 3 Sets of 6 | <https://www.youtube.com/watch?v=YvFXGoLJYAs>  |
| 1. Partner Pull/Rows
 | <https://www.youtube.com/watch?v=JgR0ZJuKxuM>  |
| 1. Banded Pull Down
 | [Banded Pull down](https://youtu.be/6E1_JxXLBBs) |

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| Trunk/Core |
| Exercises | **Protocol** | **Link** |
| Dead bugs | 2 Sets of 6 (Opposites) | <https://www.youtube.com/watch?v=mUMVASv0x7U> |
| Superman | [Superman](https://youtu.be/e--fPKX2Qyc) |
| Plank | 2 Sets of 30s | <https://www.youtube.com/watch?v=pvIjsG5Svck> |
| Side Plank Left\* | <https://www.youtube.com/watch?v=N_s9em1xTqU> |
| Side Plank Right\* |
| Shoulder Touches | 2 Sets of 6 Each Side | <https://www.youtube.com/watch?v=PaWjs2ksN-o> |

\*With Side Plank, if you are unable to complete the elbow and feet position the link below show you an alternative.

<https://www.youtube.com/watch?v=U7cLUU7110k>

Notes:

If you have access to equipment such as Medicine Balls-Dumb Bell-Kettle Bells, then all the exercises can be modified by just using the equipment instead of body weight. All exercises that have been provided are exactly what the squad go through on Thursday evenings.

1. **INTERVAL BASED BIKE, ERGO, SKI ERG SESSION**

Exertion levels on the ‘work’ segments should be 6-7 out of 10 intensity. These sessions are not designed to be maximal.

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| **\* warm up and cool down for 5 mins for each session type** |
| **Work Time** | **Rest Time** | **Number of Reps** | **Sets** | **Rest Between Sets (Mins)** |
| 30 | 30 | 8 | 3 | 3 |
|   |   |   |   |   |   |
| **Work Time** | **Rest Time** | **Number of Reps** | **Sets** | **Rest Between Sets (Mins)** |
| 60 | 60 | 5 | 2 | 1 |
|   |   |   |   |   |   |
| **Work Time** | **Rest Time** | **Number of Reps** | **Sets** | **Rest Between Sets (Mins)** |
| 30 | 15 | 10 | 3 | 3 |
|   |   |   |   |   |   |
| **Work Time** | **Rest Time** | **Number of Reps** | **Sets** | **Rest Between Sets (Mins)** |
| 45 | 15 | 4 | 3 | 3 |
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Any questions feel free to contact Ryan Livingstone rjlperformancecoaching@gmail.com or Ross Drummond ross.drummond@ncl.ac.uk