



mid sussex marlins

Pre pool workout of the week

Workout to be completed prior to the start of the session and before entry to the pool

Raise:

1m jog on the spot as 20s easy 10s fast with high knees

2 x 20 mountain climbers with 15s rest

Mobilise:

30s opposite arm swings (front and back) / 30's fly arms in bent over position

30's leg swings side to side (30s each leg gradually increasing range of motion)

30's body twist in upright position / good posture rotating trunk (shoulder / hips)

Activate:

8 lunges in streamline with control (4 each leg / side)

Band work – Internal rotator - 10 x both arms with control and fixed elbow (see wall pic)

Prime:

8 x Squat jumps into streamline with safe landing

8 x ball slams or press ups (if ball not available)