

CAMPS AT HOME

Land Training for Swimmers

While public pools remain closed here are some excellent ways to train for your next pool adventure!

1. Flutter kicks: Lie on your back with your arms along your sides. Keeping your legs straight lift them 10 to 20 cm off the ground, point your toes and kick your legs up and down in small motions, not letting them touch the floor.
2. Boat pose flutter kicks: This is a tougher version of the above that does more for your lower back muscles and hip flexors. Sit down, then raise your legs straight out and up while leaning back and stretching your arms straight out, balancing so you're in a V shape. Now do those flutter kicks.
3. Squats: You can do these with or without added weights, your thighs and gluteus maximus will thank you.
4. Superman: Lie on your stomach and stretch your arms straight out above your head (like Superman flying). First, lift your right arm and left leg and try holding for 15 seconds. Lower your limbs in a controlled fashion, then do the other side.
5. Running & Jumping rope: These are classics and fun! Don't underestimate the power of classics to build your endurance and strength.

