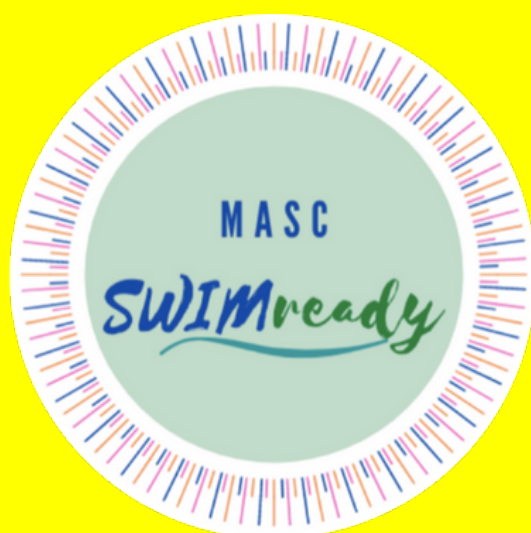


Musselburgh Amateur Swimming Club, home of the
Musselburgh Marlins



PRE & POST POOL ROUTINE SWIMREADY COVID-19 GUIDANCE

Last Updated: 26 August 2020





Pre-pool Routine

An effective swimming specific warm up is vital to allow swimmers to perform at their best in the pool and reduce injury risk.

Here is a simple pre-pool routine to follow before entering the water.

Raise Heart Rate:

1. Skipping – 60 seconds - <https://youtu.be/PGru1hQ7HgY>
2. Jogging – 60 seconds - <https://youtu.be/aucpNs-tO6k>
3. High knee jogging – 30 seconds - <https://youtu.be/yo288xxMMYw>
4. Heel flick jogging – 30 seconds – <https://youtu.be/vuQKheWSRH0>

Mobilise Muscles:

1. Standing streamline reach ups – 30 repetitions - <https://youtu.be/6LAgLOShJc8>
2. Shoulder rotations – 30 repetitions – <https://youtu.be/Z2qswXAG9pk>
3. Hip lateral lunges – 15 each side – <https://youtu.be/qFQocXfw3Tk>
4. Knee and ankle extensions – 15 each leg – <https://youtu.be/tvBiKiYxJY4>

Activate Muscles:

1. Glute bridge – 20 repetitions – <https://youtu.be/GqrIN7xVRM>
2. Superman arms – 20 each arm – <https://youtu.be/RmhSbJqA2UU>
3. Clamshells – 20 each side - https://youtu.be/wWg_gh9dNgo



Post-pool Routine

An effective stretching routine is vital to allow swimmers to recovery quickly and optimally and to allow swimmers to perform at their best in the pool during their next session. Stretching plays an important role in reducing injury risk too.

Here is a simple post-pool routine to follow after your session.

Stretches:

1. Triceps – Hold for 20 seconds each arm –
<https://www.youtube.com/watch?v=hSaqjF0dMMg>
2. Deltoids – Hold for 20 seconds each arm –
<https://www.youtube.com/watch?v=CPnpQVDzVgM>
3. Pectorals – Hold for 20 seconds each side –
<https://www.youtube.com/watch?v=4iAIXnsPCcc>
4. Neck – Hold for 20 seconds both sides -
<https://www.youtube.com/watch?v=AdUme1Z-DDE>
5. Quadriceps – Hold for 20 seconds each leg -
<https://www.youtube.com/watch?v=0aQ17FA1nck>
6. Calf - Hold for 20 seconds each leg -
<https://www.youtube.com/watch?v=RByH6Nd2jF0>
7. Hip stretch - Hold for 20 seconds each leg -
<https://www.youtube.com/watch?v=sK9GSzggw8s>