

City of Oxford Swimming Club

Academy & Rising Stars Home Programmes



This is your new programme for the next three weeks (starting from Monday 13th April).

Your sessions will be on Zoom, Tuesdays and Thursdays. Please check the google drive for specific details.

Outside of Zoom sessions we are recommending swimmers to join in with Joe Wicks at 9am (stream on YouTube each morning) and also get extra physical activity in where possible. This could be anything from walking the dog, running, playing in the garden which I'm sure you are all doing already. We recommend these are at least done on Monday, Wednesday and Friday so you are getting some activity in each day!

PLEASE FIND EXERCISE VIDEOS UNDER THIS LINK

https://drive.google.com/open?id=1G3UtdaN-x165yLOXo-sJLtWiTmx_QNHc

TUESDAY SESSION

FOCUS: Various Movements & Fitness

1. Backwards Rolling

BACKWARDS ROLLING		
Complete Level 1 before moving to the next level! If you get stuck for too long then skip the level! 10 points per level, add up your total at the end of the week!		
Level 1	Level 2	Level 3
BACKWARD ROLL FROM CROUCHING	BACKWARDS ROLL FROM STANDING	BACKWARDS ROLL - STAND USING HANDS
Level 4	Level 5	Level 6
BACKWARDS ROLL - STAND USING HANDS THEN LONG JUMP	BACKWARDS ROLL - STAND USING HANDS FORWARD ROLL AND TUCK JUMP	MAKE YOUR OWN ROLL SEQUENCE

2. A couple of minutes practicing Frog Stand

3. Animal Movements – As many as you can do in 20 seconds. Two attempts on each movement.

- a. Monkey (side to side)
- b. Bear Crawl (4 steps forward, 4 steps backward)

4. Fitness - 15s on: 15s rest

- a. High Knees
- b. Heel Flicks
- c. Mountain Climbers
- d. Star Jumps or Jumping Jacks
- e. Burpee

THURSDAY SESSION

FOCUS: Jumping, Landing, Turn Movements & Strength

1. NINJA MOVEMENT 2

NINJA MOVEMENT 2		
Complete Level 1 before moving to the next level! If you get stuck for too long then skip the level! 10 points per level, add up your total at the end of the week!		
Level 1	Level 2	Level 3
CRAWL UNDER SOMETHING	SPIDERMAN CRAWL AROUND THE ROOM YOU'RE IN	MOVE ACROSS THE ROOM IN AS FEW STEPS AS POSSIBLE (SILENTLY)
Level 4	Level 5	Level 6
JUMP OVER TWO PILLOWS ON ONE LEG	JUMP SIDEWAYS OVER TWO PILLOWS	MAKE A 'THE FLOOR IS LAVA' COURSE

2. A couple of minutes practicing Cartwheels.

3. Turn Movements – 3 sets

- a. Knee Tuck (Streamline, tuck knees to chest) x3es
- b. Rock Em Up (Knee tuck, stand up, jump land, repeat) x5

4. Strength

- a. High Plank x10s
- b. Squat Hold x10s
- c. Reverse Plank x10s
- d. Forward Lunge, sock pass x5 es

Strength Progressions Week 1 – 2 sets Week 2 – 3 sets Week 4 – 4 sets
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DISCLAIMER

City of Oxford Swimming Club strongly recommends that you consult with your doctor before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise.

City of Oxford Swimming Club is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge City of Oxford Swimming Club from any and all claims or causes of action, known or unknown, arising out of City of Oxford Swimming Club's negligence.

Parents please supervise under 18 year old's when completing exercise programmes. Ensure the area where the exercises are being completed is clear of hazards and participants have completed the provided warm up.