

# City of Oxford Swimming Club

## Academy & Rising Stars Home Programme 3



This is your new programme for the next three weeks (starting from Monday 4<sup>th</sup> May).

Your sessions will be on Zoom in the evening. 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=1jiOiBUhPLBIDXG0KeDhhGL9Wh3FbzcwQ>

# SESSION 1

## FOCUS: Various Movements & Fitness

NINJA MOVEMENT 3		
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
DO A TUCK JUMP (KNEES TO CHEST) FIVE TIMES IN A ROW	HOW MANY TUCK JUMPS CAN YOU COMPLETE IN 10s	HOW MANY SIDEWAYS JUMPS OVER A CUSHION CAN YOU COMPLETE IN 10s
Level 4	Level 5	Level 6
JUMP AND SPIN 180 DEGREES, LAND SILENTLY (TWO EACH WAY)	CAN YOU SPRINT ON THE SPOT BUT MOVE YOUR ARMS REALLY SLOWLY	IN BEAR CRAWL DO A SIDEWAYS SAUSAGE ROLL AND GET BACK INTO BEAR CRAWL QUICKLY (TWICE EACH SIDE)

1. Table Top Rocks x20s – 3 sets 20s rest in between.
2. Animal Movements – As many as you can do in 20 seconds. Two attempts on each movement.
  - a. Crab (4 steps forwards, 4 steps backwards)
  - b. Spiderman
3. Fitness - 30s on: 10s rest – 60s rest between sets
  - a. Sprint on the spot
  - b. Mountain Climbers
  - c. Split Jacks
  - d. High Knees

Fitness Progressions Week 1 – 3 sets Week 2 – 4 sets Week 4 – 4/5 sets
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# SESSION 2

FOCUS: Strength, Core

POPEYE 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! BONUS 10 POINTS FOR WORKING OUT WHY ITS CALLED GNILLOR.		
Level 1	Level 2	Level 3
HOLD A PRESSUP POSITION WITH FEET ON THE SOFA FOR 40s	HOLD A PIKE POSITION FOR 20s	HOLD THE BOTTOM OF A PRESSUP POSITION (JUST OFF THE FLOOR) FOR AS LONG AS YOU CAN.
Level 4	Level 5	Level 6
SAY OUT LOUD THE ALPHABET AT THE BOTTOM OF A SQUAT (REPEAT TWICE)	SAY OUT LOUD THE ALPHABET AT THE BOTTOM OF A SQUAT THEN DO A JUMP (TWICE)	COMPLETE 10 PRESS UPS

1. A couple of minutes practicing Frog Stands.
2. 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
3. Core
  - a. High Plank x20s
  - b. Reverse Plank x20s
  - c. Side Plank Left x20s
  - d. Side Plank Right x20s

Core Progressions Week 1 – 3 sets Week 2 – 4 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.