

# City of Oxford Swimming Club

## Academy & Rising Stars Home Programme 4



This is your new programme for the next three weeks (starting from Monday 25<sup>th</sup> May).

Your sessions will be on Zoom in the evenings. 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=13jBNdsa14zTNb1nR3ZtgJhN8uGTQznS>

# SESSION 1

## FOCUS: Various Movements & Fitness

THROW & CATCH		
<p>You need a pair of socks or a tennis ball. 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!</p>		
Level 1	Level 2	Level 3
<p>Throw the ball upwards, do a squat and catch it with two hands.</p>	<p>Throw the ball upwards, do a squat and catch it with one hand. Complete left and right hand.</p>	<p>Stand on one leg, throw ball up, catch one or two handed and repeat 10 times on each leg.</p>
Level 4	Level 5	Level 6
<p>High plank position, throw ball and catch in opposite hand.</p>	<p>High plank position, throw ball off a wall and catch in opposite hand.</p>	<p>Crab position, throw ball upwards, catch with other hand.</p>

1. Lateral Squat 2x4es
2. Animal Movements – As many as you can do in 30 seconds. Two attempts on each movement.
  - a. Frog Hops
  - b. Hedge Hog Tuckouts
3. Fitness - 30s on: 10s rest – 60s rest between sets
  - a. Heel Flicks
  - b. Lateral Jumps (left to right)
  - c. High Knees
  - d. Sprint On The Spot

<p>Fitness Progressions          Week 1 – 3 sets          Week 2 – 4 sets          Week 4 – 4/5 sets</p>
--

# SESSION 2

FOCUS: Strength, Core

POPEYE 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
Hold a wall sit for 30s	Hold a pike position for 30s	Hold a wall sit for 50s
Level 4	Level 5	Level 6
Hold a pike position with your feet raised for 20s.	Complete 10 squats holding something over your head.	Complete 12 squats and 12 press ups in any order.

1. Spiderman Switches 2 x 8
2. Turn Movements – 3 sets
  - a. Knee Tuck (Streamline, tuck knees to chest) x3es
  - b. Rock Em Up – SL Landing (Knee tuck, stand up, jump & land on one leg, repeat) x3es
3. Core
  - a. Overhead March (toes) x20s
  - b. High Plank Pull Through x20s
  - c. Superman (slow) x20s

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

## 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.