

Academy 1 / Academy 2 Race Warm Up

Pre-Pool

8x Spider Man Each Side

8x Lunge and Reach Each Side

30 Seconds Scap Set

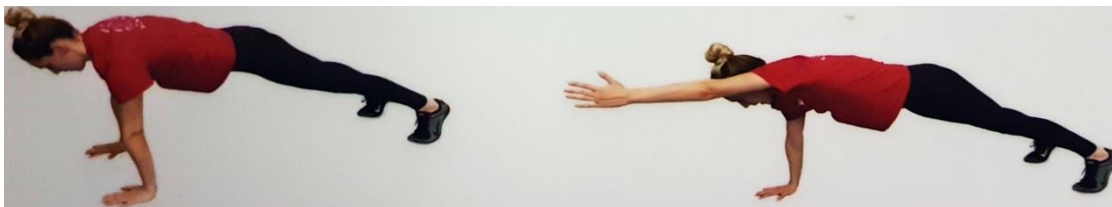
8x W Catch Each Side



8x Upward/ Downward Dog (Hold each position for 5 seconds)

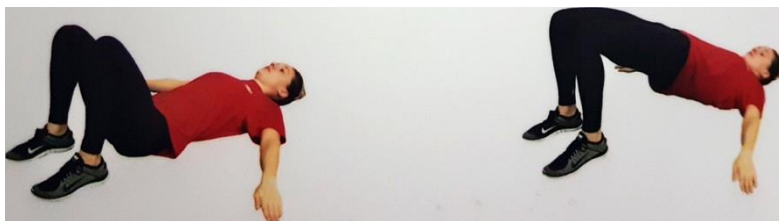


8x Alternate Arm Raises (Hold Each Position for 3 seconds)



12x Hand Taps Each Side

8x Glute Bridge (Hold for 5 Seconds)



12x Sit and Twist (Hold for 3 seconds)

Academy 1 / Academy 2 Race Warm Up

Pool

100's

150 Fc-Bk by 25's

50 Race Stroke Alt (25 Kick/ 25 Dr)

50 Race Stroke Alt (25 Dr/ 25 Perfect)

4x50 Fc Hard

4x50 Race Stroke As (25 at 100 Pace/ 25 Low SC)

100 Race Stroke As (5m in + 10m out of turns + 10m
into Finish MAX)

2x25 Race Stroke Dive Start 1st 15m

25's / 50's

100 Fc-Bk by 25's

50 Race Stroke Alt (25 Kick/ 25 Dr)

50 Race Stroke Alt (25 Dr/ 25 Perfect)

2x50 Fc Hard

4x25 Race Stroke As (12.5m at fast / 12.5 Low SC)

4 x 25m Race Stroke As (5m in + 10m out of turns max)
(From a distance of 12,5m from turn)

2 x 12.5m Race Stroke finishes

2x25 Race Stroke Dive Start 1st 15m max