

Regional Performance/ Academy 3 Race Warm Up

Pre-Pool

8x Spider Man Each Side

8x Lunge and Reach Each Side

30 Seconds Scap Set

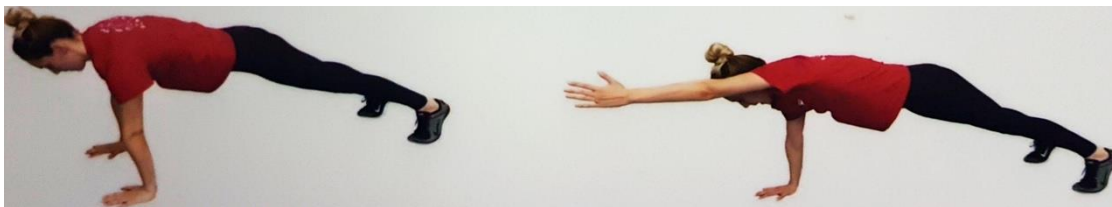
8x W Catch Each Side



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

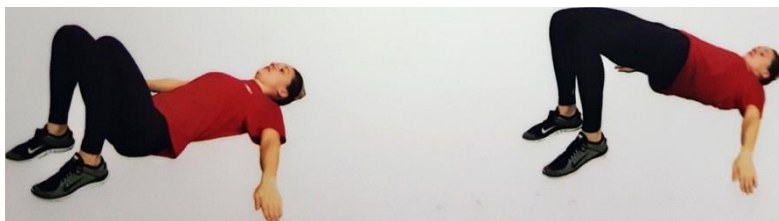


8x Alternate Arm Raises (Hold Each Position for 3 seconds)



12x Hand Taps Each Side

8x Glute Bridge (Hold for 5 Seconds)



12x Sit and Twist (Hold for 3 seconds)

Regional Performance/ Academy 3 Race Warm Up

Pool

400's & Over

200 Fc-Bk by 25's
100 Race Stroke Alt (25 Kick/ 25 Dr)
100 Race Stroke Alt (25 Dr/ 25 Perfect)
4x50 Fc Hard
4x50 Race Stroke Target 400 Pace
100 Race Stroke As (5m in + 10m out of turns + 10m into Finish MAX)
2x25 Race Stroke Dive Start Easy Speed

200's

200 Fc-Bk by 25's
100 Race Stroke Alt (25 Kick/ 25 Dr)
100 Race Stroke Alt (25 Dr/ 25 Perfect)
4x50 Fc Hard
4x50 Race Stroke Descend 1-4 (200 Pace + 5/3/1/0)
100 Race Stroke As (5m in + 10m out of turns + 10m into Finish MAX)
2x25 Race Stroke Dive Start As
1-1st 15m MAX
1-25 Easy Speed

50's/100's

200 Fc-Bk by 25's
100 Race Stroke Alt (25 Kick/ 25 Dr)
100 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