



Broomfield Park Swimming Club Pre-Pool

BPSC Pre Pool – Preparation and Avoid Injuries	
Raise	
<p>Skipping Jogging High knees Lateral Jump Jogging Mountain climbers Spiderman switches</p>	<ul style="list-style-type: none"> - Purpose to raise Temperature - Purpose to raise Heart Rate - Condition to Race and Train Properly
Release	
<p>Lats Rolling Lats Rolling Standing Thoracic Roller Posterior Shoulder ITB Rolling</p> <p><i>Roll for 20-30s on each</i></p>	<ul style="list-style-type: none"> – Purpose to improve muscles function and quality – More Applicable to Senior Swimmer
Mobilise	
<p>Upper Trap Stretches Shoulder Internal & External Rotation Wall Slides Side Lying Open Ups Thoracic 4 Point Roatation Thread the Needle Hip lateral Lunge</p> <p><i>8 on Each</i></p>	<ul style="list-style-type: none"> -Purpose to loosen joints -Hip Flexor Lunges and any type of squat can come under mobility and activation exercises. Although not listed they are still important – Stability muscles important to loosen – Very important for getting into correct body positions.
Activate	
<p>2 up, 1 down Glute Bridge x5 each side Clam – Can be with Leg Lifted x8 Double Arm Serratus Punch x8 Standing External Rotation with Band Superman x10</p>	<ul style="list-style-type: none"> - Purpose to switch on muscles - Important for explosive movement - Important to Hold the Body Position of strokes which is the most important part of technique - TA Activation have video’s on Youtube to get into correct position however, just a cough activates core (Cover your mouth, March 2020).



Prime

Streamline Squat – Walk out – Spiderman into Rotation – Press Up – Walk Back x3 Arabesque into Streamline x3 on each leg

There is more however two exercises max, these work on whole body and are swimming related. Arabesque links to balance and being in the correct body position similar to when you swim – Positive Transfer of Learning

Although Pre-Pool and Post Pool seem a bit of a chore, these parts of your swimming sessions are integral for success. The short-term effects are hard to see which is why many of you may see these sections as a waste of time and a social. However, the long-term rewards and effects are clear from a coach's perspectives and as you grow older you will be able to recognize the difference. The conditioning of each body part from head to toe is imperative to individual's development through the LTAD (Long Term Athlete Development), which enables an athlete to be able to function into the correct body position's effectively when swimming with ease without any strain on main group muscles, stability muscles and Rotator Cuffs. The difference between an athlete participating in Pre/Post Pool properly and not participating properly is clear and is reflective of an athlete's attitude to their training and the correlation of success in races.

Tom & the coaching team