SWIMWRITE

PEOPLE | PROCESS | PROGRESS



FASTER
STRONGER
BRIGHTER
TOGETHER

PRE-POOL WARM-UP

PREPARE
MOVE
SWIM
REPEAT

Jump Rope + Band Activation | 12–15 Minutes

1. DYNAMIC WARM-UP

Raise heart rate, temperature and coordination

Jump rope	45 sec
High knees	20 sec
Jump rope (alternate feet)	30 sec
Lateral shuffle	20 sec each way
Jump rope (faster rhythm)	30 sec
Pogo jumps	20 sec





SMALL
STEPS
BIG
PROGRESS

2. DYNAMIC STRETCHING

Open shoulders, thoracic spine, hips and ankles

Arm swings	10 each direction
Cross-body arm swings	10 reps
Thoracic rotations	6 each side
Walking lunge + overhead reach	5 each leg
World's Greatest Stretch + rotation	4 each side
Ankle rocks	8 each side



MOBILE
ATHLETES
SWIM
BETTER

3. BAND ACTIVATION

Shoulder stability, scapular control and rotator cuff activation

Band external rotation at side	10 each arm
Band external rotation at 90°	8 each arm
Scapular band rows	12
Band face pulls	10–12
Serratus punches	10 each arm
Straight-arm band pulldown	10–12
Band Y raises	8–10
Band pull-aparts	12



STRONG
SHOULDERS
FASTER
SWIMMERS

Coaching cues:

- Keep the elbow still and rotate from the shoulder
- Move the shoulder blades first, then the arms
- Reach forward without shrugging
- Long arms, shoulders away from ears

4. PRIME

Finish warm, reactive and ready to swim

Streamline squat jumps	2 x 5
Fast band swim pulls	2 x 6
Jump rope speed burst	2 x 15 sec



PRIME
PERFORM
SWIM

Goal: finish warmer, more mobile and switched on – not tired.

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SWIM | BELONG | BE MORE