

# LOVE TRI

## SwimWerkx

race team

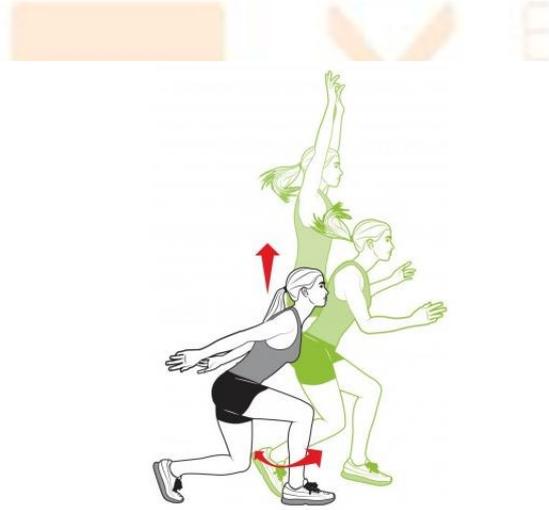
### Warm Up (chalk and or markers)

500m gentle run, using butt kicks, skips and bounding [1,2 &3] then into:

1. Box Drill - both feet into 4 boxes – lay or mark out 4 boxes a stride apart NSEW 5 rotations [into each box and back to start in centre: try and get quicker each session, if you fall or land with one foot then you repeat that rotation. Alternate NSEW with 1:30, 4:30, 7:30 and 10:30 box placement weekly
2. Box Drill - one foot into 4 boxes, lay or mark out 4 boxes a stride apart NSEW one foot only into box then back onto other foot to start, front foot not allowed to touch, 3 rotations, then change lead foot.  
Alternate NSEW with 1:30, 4:30, 7:30 and 10:30 box placement weekly
3. Quick Feet – Placement as above re boxes – Aim to step into each box with one foot, then the other, step back with the leading foot then the other, repeat 5 times into each box orientation. Change lead foot, repeat 5 times into each box orientation. [alternate is to march one step in the box and return to start with the trailing foot, not the lead foot]

Then Pick some or all the following, depending on whether the session is just plyo or a warm up before something else, like hill reps!

#### 4. 15 Switch lunges



##### Switch Lunge

Begin in the lunge position with one foot out in front and the other behind your body. Both knees should be bent at 90-degree angles. Make sure your front knee is directly over your front ankle and not pushed forward over your toes. Jump upward from the lunge position and switch legs in the air, landing in lunge position on the opposite side. Do 20–30 reps, totaling 10–15 on each side. Illustration: Oliver Baker

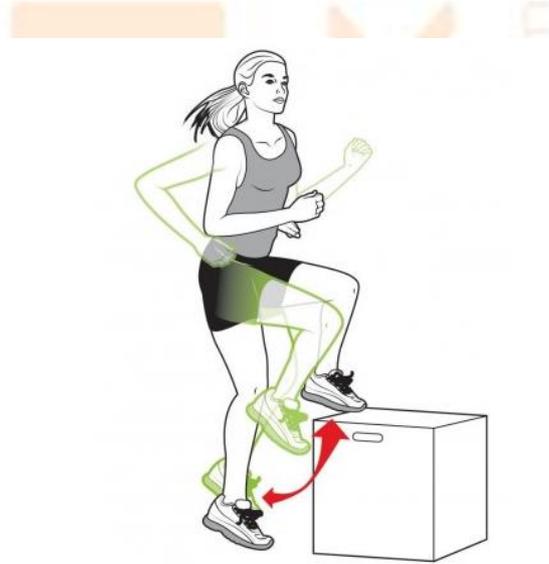
#### 5. Multi directional hops 15 each direction



##### Single-leg Hops

Begin by hopping in place on one foot 15 times. Then hop side to side on that foot 15 times. Follow that by jumping forward and backward 15 times. Illustration: Oliver Baker

6. Bench / Rock taps 20-40 each leg



**Bench Taps**

*Begin by standing in front of the bench with both feet on the ground. Rapidly alternate tapping the top of the bench with each foot, springing off the ground with each step. Move your arms in the running motion as your feet tap. Do 20-40 taps. Illustration: Oliver Baker*

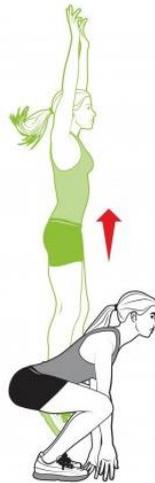
7. Progress into jumps, care if rocky or wet [don't do if wet or trainers muddy]



**Box Jump**

*Choose a box that is 1-2 feet high. Standing on the ground, squat downward and leap onto the box, swinging your arms forward for momentum. Jump backward off the box, being careful to bend your knees and land softly. If you have Achilles issues, step off the box. Do 10 reps. Illustration: Oliver Baker*

## 8. Rocket Jumps 15



### Rocket Jumps

Stand with your feet shoulder-width apart and bend down into squat position. Touch the ground with your hands and explode upward with your arms stretched over your head. When you land, make sure your knees are bent as you go right back into the squat. Do 10–15 reps. Illustration: Oliver Baker

## 9. If you can't find steps, then do it up a hill, at least 10, care if doing 2 or 3 at a time



### Single-Leg Bleacher Hops

Stand on one leg at the bottom of a flight of bleacher steps or stairs. Hop up a flight, walk back down, and repeat on the other leg. Complete two flights per side.

10. Jump Squats, ensure good form, avoid if knees hurting – 20 As an alternate add a rotational element into the set



#### Jump Squats

Stand with your feet shoulder-width apart and your back straight. Bend your knees and lower your backside downward, feeling your weight supported through your heels. When your thighs are parallel to the ground, explode upward, jumping with both feet and swinging your arms in the same direction.



## 11. Mountain climbers 15 each side



### Mountain Climbers

*Get in pushup position. Jump your right knee forward toward your chest, keeping your hips in plank position and stabilizing your upper body with your arms and shoulders. As you jump that leg back to starting position, simultaneously drive your left knee forward and repeat as if you were running in place.*

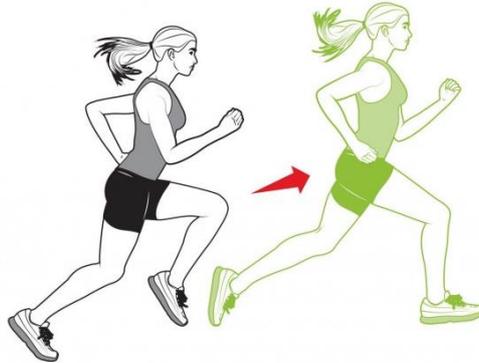
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## 1,2&3 Warm Up exercises



### High Skips

Skip forward, but instead of emphasizing forward movement, work to get maximum vertical height with each skip. To do this, drive your right knee and left arm upward and then alternate. Proceed for 20 meters, turn around and repeat.



### Leg Bounds

Bound in the forward direction, exaggerating your running form and jumping with each step for about 30 meters. Turn around and go back. Repeat 2-3 times. Illustration: Oliver Baker



### Butt Kicks

Get set as if you were going to jog forward. Instead of driving your knees forward, bring your heels to your backside as you jog. Pick up your feet as fast as possible, focusing on cadence over the forward distance. Proceed for 20 meters, turn around and repeat.