

# SWIM CORDS WITH PADDLES WORKOUT



## WARM UP AND WARM DOWN FOR ALL

Warm Up with limited resistance for 2-5min include arm swing arms & light stretch of shoulders/triceps etc



R = Rest period between sets

## 15MIN OF FURY

6x30sec Catch Focus R.20sec

Single arm for 30sec then swap

+++++++

10x Leg Raises (lie on back, lift legs up to 90deg)

+++++++

4x20sec Freestyle kick (lie on back & kick) R.15sec

+++++++

6x30sec Tricep Extensions (double arm - i.e. both arms at same time) R.20sec

+++++++

10x Leg Raises (lie on back, lift legs up to 90deg)

+++++++

4x20sec Freestyle kick (lie on back & kick) R.15sec

+++++++

6x30sec R.30sec

Full freestyle stroke focus on high elbow catch (both arms together) ie. high turnover

## 30 MIN OF GLORY

6x30sec Catch Focus R.20sec

Single arm for 30 sec then swap

+++++++

2x 10x Leg Raises (lie on back, lift legs up to 90deg)

R.30sec

+++++++

6x20sec Freestyle kick (lie on back & kick) R.20sec

+++++++

6x30sec R.20sec

-Tricep Extensions - Push Phase

-Both arms together

+++++++

2x 10x Leg Raises (lie on back, lift legs up to 90deg)

R.30sec

+++++++

6x20sec Freestyle kick (lie on back & kick) R.20sec

+++++++

6x 30sec R.20sec

Full freestyle stroke focus on high elbow catch  
Alternate each 30sec rep as odds fast high turnover -  
evens slow strong strokes (both arms together)