

LAND TRAINING

Juniors 1, 2 & 3

LAND TRAINING is an extremely important part of your training; swimming does not build enough muscles and strength, because it is non-weight bearing. Our land Training Coach, Martin Allen, plans sessions, which are 'swimming specific', i.e. he concentrates on work which complements the sport of swimming.

What do you do in land training?

- 'Circuit Training', you may already do this at School (year 7+) Core stability work
- You will work on your flexibility & pre-competition warm-up exercises.
- Plyometrics (jumping & bounding, skipping & hopping) this will help you with your starts & turns in the pool.
- Light 'free weights' for strength.
- DynaBand & Bungee work. Medicine balls.
- Relaxation.
- Please see Karen at the Club Shop to purchase any necessary equipment as required.

**SUNDAYS 6.00pm-7.00pm
DOWNSTAIRS ACTIVITIES ROOM**

PLEASE: Check the timetable for the dates sessions are on.

