



Para Swimming S1-5 Athlete Pre-Swim Routine

For this program: set up safely on the floor, elevated surface or in your chair with any support needed. If you use a wheelchair, it is highly recommended to do as much of this out of your chair as often as possible.

WU	Warm Up	(5')																						
Optional : Coordination drills (for example: Ball Throw & Catch) Foam or Lacrosse ball roll as needed - be specific, see dropbox for helpful videos and document																								
DM	Dynamic Mobility	(5-10')																						
	Side lying Windmill or Seated T-spine Rotation	Shoulder Mobility Drill																						
	Cobra or seated lat stretch	Wall Slide or Floor Slides (3x30")																						
	Static mobility as needed, guided by coach (Hip flexors, chest muscles, etc)																							
CORD	Technical Cord Work	(10')																						
Helpful Video: https://www.youtube.com/watch?v=uOLy6vPmTB4																								
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STAB I	Stability Series I	(5')																						
	1-2X (30" or 8-10 reps Each)	1-2X (30" or 8-10 reps Each)																						
<p><i>The exercises listed below are just suggestions. They should be varied and progressed often by your coach, team physio or support staff. Choose exercises that may be challenging, but you are successful at completing. They should focus on core stability and posture during dynamic activities.</i></p>																								
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STAB II	Stability Series II	(5-10')																						
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<p><i>These exercises are using a band, and again can be done face up on the floor or in a chair. For stability, you can do single arm variations.</i></p>																								
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EXP	Explosive, Speed or Power Development	(5')																						
	3-5X (5-10 reps Each)																							
<div style="background-color: #e1eef6; padding: 2px;">Choose 1-3 exercises</div>																								
<p>3x5" Isometric exercises - Use a Towel or Object (chair) Band exercises above - Complete with control, FAST</p>																								

**Emphasis is on tall posture and long necks. Avoid shoulders rolling forward or rib cage lifting up
Additions can be made: contact Swim Canada staff for further support