

DRY 
LAND
SWIM
EXER
CISES



**BRITISH
TRIATHLON**

EXERCISES WITH SWIM CORDS

3-4 ROUNDS OF 3 TO 4 MINS

BUTTERFLY CATCH X 20

FULL BUTTERFLY X 20

SINGLE ARM UNDERWATER RECOVERY FC X 40

TRICEP PUSH BACKS X 10

(REST 90 SECS BETWEEN ROUNDS)

SEE HOW TO DO THIS CIRCUIT FROM SWIM COACH PHIL MURPHY [HERE](#)

FOR ANOTHER OPTION SEE THIS CIRCUIT [HERE](#) FROM OLYMPIC MEDALLIST JAZZ CARLIN

SWIM SPECIFIC STRETCHES

TRY 1 ROUND OF THESE 4 EXERCISES [HERE](#) AS USED BY SWIM LEGEND MICHAEL PHELPS

SWIM CONTROL & STRENGTH WORK

TRY THE FIRST 2 MINUTES OF THIS [VIDEO](#) FEATURING EX WORLD CLASS AND ENGLAND PROGRAMME ATHLETE MARK THRELFALL OF GTN

OUR RECOMMENDATION WOULD BE TO ALTERNATE BETWEEN THE SESSIONS ABOVE DEPENDING ON WHAT EQUIPMENT/BANDS YOU HAVE. PLEASE DO NOT ATTEMPT THEM ALL AT ONCE! BE SENSIBLE WITH HOW MUCH OF THIS WORK YOU DO, THEY ARE ACTUALLY QUITE HARD LITTLE WORKOUTS AND THE KEY IS TO DO THEM **CORRECTLY AND IN CONTROL.**