

Warm Up

15 minutes RMAP - <https://www.swimming.org/sport/land-warm-up-swimmers/>

10 minutes as: 45 secs jogging on the spot
15 secs running on the spot
10 star jumps
Repeat until 10 minutes is up

Pre-Set

5 - 10 minutes foam rolling

Main Set

Swim Specific Yoga Fundamentals 1 & Fundamentals 2

(<http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html>)

Warm down

15 minutes stretching