



STATIC STRETCHING AND WARM UP

Swimmers in ALL Squads should note the following for both training & competitions:

- Swimmers should always perform at least 5 minutes of light aerobic activity (arm and leg swinging, skipping etc.) before stretching.
- Swimmers should mobilize (Loosen) the joints before stretching.
- Stretches should be held for 30seconds
- Stretching should occur 30 minutes prior to competition

Static stretching, because it can promote relaxation, is also useful as part of a swim down protocol.

Stretching should be part of the daily routine for every swimmer. Stretching daily will help to maintain range of movement for life.

THE COACHING TEAM

STRETCHING PROGRAMME

Stretch 1 Pectoral's Major



Stretch 2 Quadriceps



Stretch 3 Metatarsal Arch



Stretch 4 Hamstring



Stretch 5 Lateral Trunk Flexors



Stretch 6 Gluteus



Stretch 7 Bent Leg Hamstring
Lumbar Rotators



Stretch 8 Thoracic

Stretch 9 Hamstrings



Stretch 10 Triceps



Stretch 11 Rhomboid Rotator Cuff



Stretch 12 latissimus

