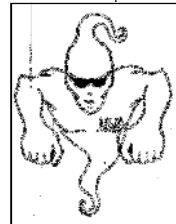
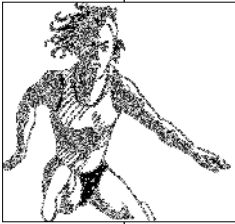


How can I help myself ???

Establish and maintain a routine

3-4 times a week
complete
a series of exercises
that will lead to
improved strength for
YOUR swimming



YOU
are what you repeatedly do
aim (work) to be excellent

**Expect to improve *only* if you
make an effort**

**Don't make excuses not to do things;
these are *as-well-as* activities,
not instead-of.**

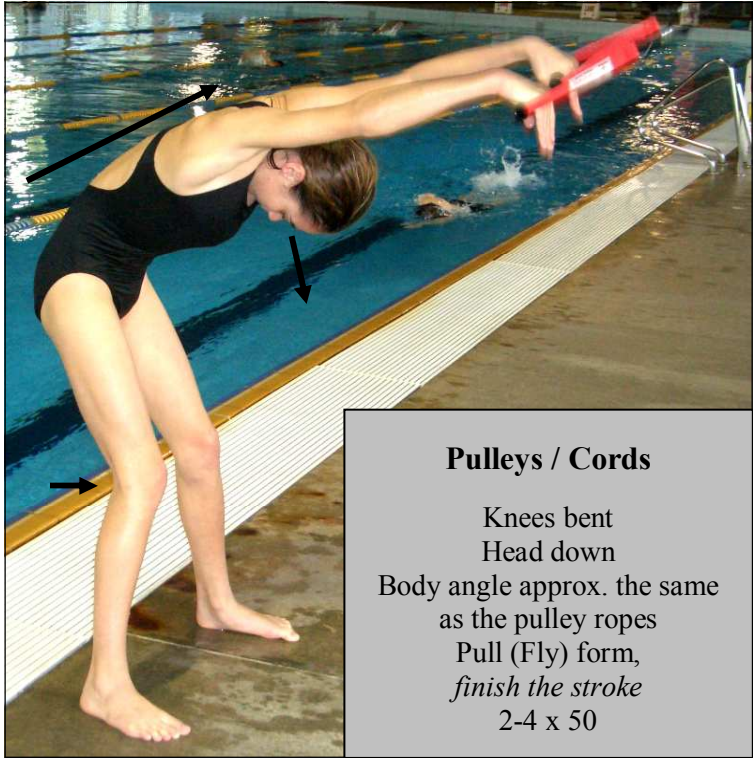
Russell Parsons

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Pulleys / Cross Body Lifts



Pulleys / Cords

Knees bent
Head down
Body angle approx. the same
as the pulley ropes
Pull (Fly) form,
finish the stroke
2-4 x 50

Try: **2—4 x 50 Pulleys** (as directed)
each separated by a set of Cross Body Lifts
5 Left Arm—Right Leg + 5 Right Arm—Left Leg

Work carefully—patiently—regularly (5 days a week)
Enhanced core body strength will occur
Improved performance will be assisted



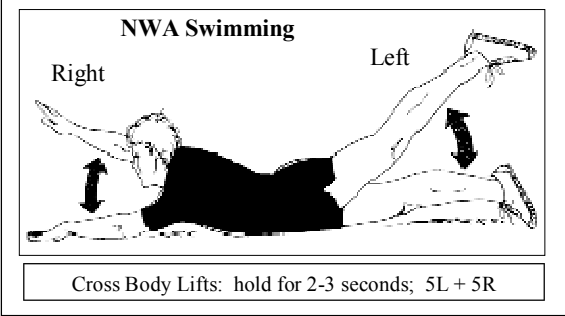
TV Stretch

Relax - extend your reach; hold the stretch for 10-15 minutes on each side, each day; relax into the stretch ... as you improve (over several days/weeks) elevate your elbow (e.g. 2-4 cm. ... simply place a book beneath your elbow ... your reach (length of stroke) will improve.

Do you remember the two fundamental ways to swim faster?

1. More
2. Same

Know the answer? Win a prize.



Cross Body Lifts

2 x 6-10L + 6-10R
Everyday, or
Every second day

Separate with pulleys

Two Core Body Strength Activities

Two simple activities ... better to do a little less than a little too much

Wood Chopper

Starting Position: Straddle stand, knees slightly flexed, upper body erect with a firm center. Ball held overhead.

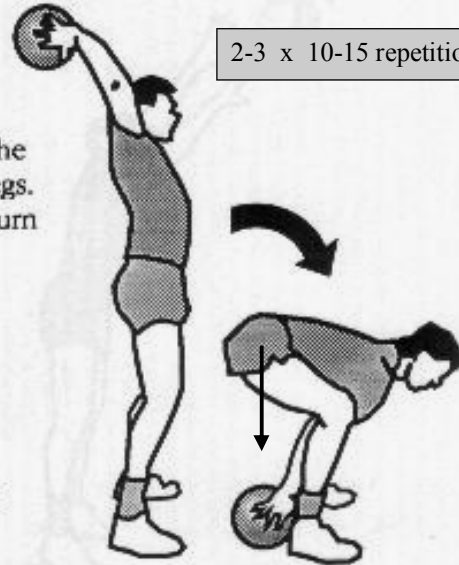
Movement Description: Swing the ball forward and down between the legs in a chopping action. Bend at the knees and at the waist as the ball swings between the legs. Extend the body and reach high with the ball on the return movement.

Rhythm/Speed: Moderate.

Weight Of Ball: 2 kg for the beginner. 5 kg for the advanced.

Variation: Reach alternating over the right and the left shoulders.

Medicine Ball could be any weight, e.g. 3kg dumbbell, 3kg disk weight, even a football or netball ... easy alternatives produce the same result.



2-3 x 10-15 repetitions

Feet flat on the ground throughout. Drop hips; sit-on heels; head up, back to parallel to the ground.

Russian Twist

Starting Position: Straddle stand, knees slightly flexed, upper body erect with a firm center. Ball held extended out from the chest.

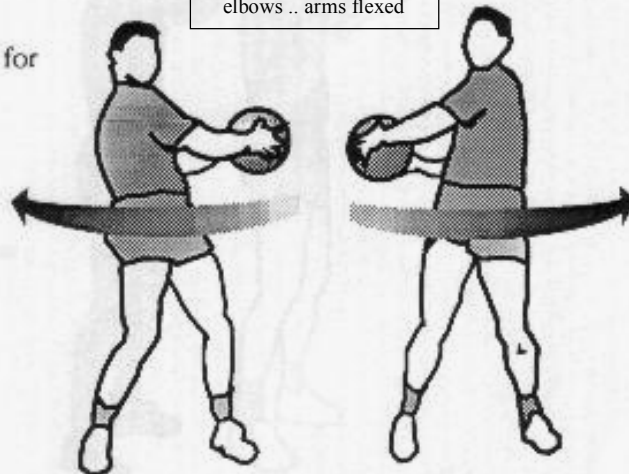
Strong grip .. Hands on sides of the ball, NOT above/below.

Movement Description: Alternating twist to the right and to the left while keeping the ball above the waist. Accelerate and decelerate the ball in a controlled manner.

Rhythm/Speed: Moderate.

Weight Of Ball: 2 kg for beginner. 5 kg for advanced.

Maintain hands level with elbows .. arms flexed



2-3 x 5L + 5R
building to
2-3 x 10L + 10R

From: Gambetta & Rodgers:
The Complete Guide to Medicine Ball Training