

Cardio Workout – Running (Pool)

Time	Content	Points of Emphasis
	<p>Energy System – Aerobic Session Type – Swimming Session Duration – 55 minutes (includes warm up and cool down) Equipment Required – Pool Notes – Full Body</p>	
15min	<p>Warm Up <i>Refer to Basketball Australia Functional Movement Video (notes below)</i></p> <p><u>Movement (Complete over 10 metres)</u></p> <ul style="list-style-type: none"> ○ Walking High knees extend up on toes ○ Lunges ○ High Hand Lunges ○ Step and Tip into Superman long arms ○ Quick High knee Skip ○ Quick High Knees ○ Quick Butt Kicks ○ Karaoke – High knee then wrap behind <p><u>Balances-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ One foot in front of other ○ Single leg balances ○ Single leg balances with soft matt underneath foot and multitask (i.e juggle or dribble) <p><u>TheraBand-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ Single leg raise to the side ○ Grab Walk <p><u>Proprioception Exercises</u> Refer to BNSW HPP Protocols <u>Strength and Stability-(15 reps change legs)</u></p> <ul style="list-style-type: none"> ○ Single leg dead lift (with chair staying against the chair) ○ Single Leg bridge ○ Hamstring bridge 	
4 min	<p>Water Running</p> <ul style="list-style-type: none"> - Run in the water for 30 seconds - Rest for 15 seconds - Complete 8 times 	
	Drink	
5 min	<p>50 metres</p> <ul style="list-style-type: none"> - Swim 50 metres at 80% effort - Rest for 1 min - Complete 2 times 	
	Drink	
3 min	<p>Water Running</p> <ul style="list-style-type: none"> - Run in the water for 20 seconds - Rest for 15seconds - Complete 8 times 	
	Drink	

5 min	50 metres <ul style="list-style-type: none"> - Swim 50 metres at 90% effort - Rest for 1 min - Complete 2 times 	
	Drink	
2 min	Water Running <ul style="list-style-type: none"> - Run in the water for 10 seconds - Rest for 10 seconds - Complete 10 times 	
	Drink	
5 min	50 metres <ul style="list-style-type: none"> - Swim 50 metres at 100% effort - Rest for 1 min - Complete 2 times 	
	Drink	
3 min	100 metres <ul style="list-style-type: none"> - Nice and easy rotating through different strokes (freestyle, backstroke, breast stroke and butterfly). 	
10min	<u>Cool Down</u> <ul style="list-style-type: none"> - Refer to BNSW HPP Recovery Protocols 	