

Cardio Workout - Swimming

Time	Content	Points of Emphasis
	Energy System – Aerobic Session Type – Swimming Session Duration – 80 minutes (includes warm up and cool down) Equipment Required – Pool Notes – Full Body	
15min	Warm Up <i>Refer to Basketball Australia Functional Movement Video (notes below)</i> <u>Movement (Complete over 10 metres)</u> <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 <u>Balances-(15 seconds change feet)</u> <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) <u>TheraBand-(15 seconds change feet)</u> <ul style="list-style-type: none"> ○ Single leg raise to the side ○ Grab Walk <u>Proprioception Exercises</u> Refer to BNSW HPP Protocols <u>Strength and Stability-(15 reps change legs)</u> <ul style="list-style-type: none"> ○ Single leg dead lift (with chair staying against the chair) ○ Single Leg bridge ○ Hamstring bridge 	
5 min	200 metres - Nice easy swim to warm up the muscles	
8 min	50 metres - Swim <u>easy</u> for 25m, then swim <u>hard</u> for 25m. - 25 seconds rest after 50m swim - Complete 6 times	
2 min	Recovery / Drink	
10 min	100 metres - Swim <u>easy</u> for 50m, then swim <u>hard</u> for 50m. - 25 seconds rest after 100m swim - Complete 4 times	
2 min	Recovery / Drink	
12 min	150 metres - Swim <u>easy</u> for 100m, then swim <u>hard</u> for 50m. - 90 seconds rest after 150m swim - Complete 4 times	

2 min	Recovery / Drink	
8 min	50 metres <ul style="list-style-type: none"> - Swim <u>hard</u> for 50m. - 75 seconds rest after 50m swim - Complete 5 times 	
2 min	Recovery / Drink	
4 min	150 metres <ul style="list-style-type: none"> - Nice and easy rotating through different strokes (freestyle, backstroke, breast stroke and butterfly). 	
10min	Cool Down <ul style="list-style-type: none"> - Refer to BNSW HPP Recovery Protocols 	