

## Scottish Swimming

### Pre / Post Pool Routine

#### The 3 Areas

- The 3 key areas targeted in this routine are *Streamline / Hip Flexors / Hamstrings*.
- These are the 3 areas that were found to be the poorest in flexibility in Scottish Swimmers and the most relevant to Swimming.
- *Streamline* is important for: body position in the water; fly kick; starts; turns; stroke length.
- It can be restricted by your neck / upper back (thoracic) / shoulders (pecs, lats, rotator cuff) / low back / hip flexors.
- *Hip Flexor* flexibility is important for: body position in the water; fly kick; starts; turns; breaststroke – recovery phase on kick.
- It can be restricted by your hip flexors (these run from your mid-back to your leg!) / quads (front of thigh) / outside of hips / ITBs (outside of thighs) / Gluts (bottom!).
- *Hamstring* flexibility is important for: body position in the water; starting position on the blocks.
- It can be restricted by your feet / calves (back of lower leg) / hamstrings (back of thigh) / ITBs (outside of thigh) / gluts (bottom!) / lower back / upper back.
- And finally, flexibility in these 3 areas can help reduce injury risk, which means less time out the water.


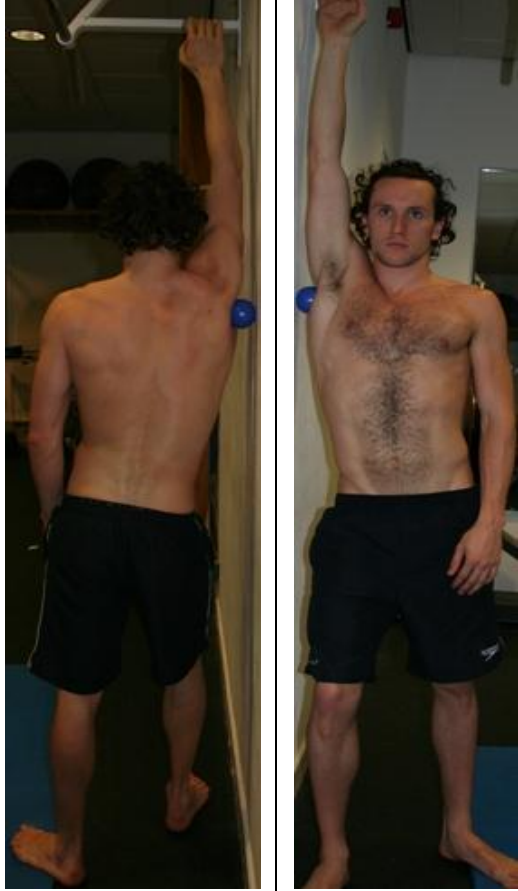

#### The Routine

- There are 6 exercises for each of the 3 areas.
- The exercises are a combination of ‘releases’ to release the tight muscle, ‘mobilisations’ to get the muscle and associated muscles moving and ‘stretches’ to improve the length of the muscle.
- It is not expected that you do the entire routine before and after each session.
- However, it is important that you use the time you do have to do part of this routine, even if it is only 5 minutes. Whether you pick one area per day and rotate them or do the stretches and mobilisations before and the releases after your session.
- You can also include these as part of any land-based training that you do.
- It is up to you and your coach to decide what works best for you!






#### Equipment

- You need a ball / peanut / roller. Keep them in your kitbag! The ball can be a tennis / golf / hockey / lacrosse / cricket ball. You choose!
- To make a ‘peanut’ tape 2 tennis balls together. To make a roller, wrap a towel round a water bottle.





**STREAMLINE RELEASES**

1. Pec Release + Peanut	2. Shoulder Blade Release + Ball	3. Sleeper Stretch Release + Ball
		
<ul style="list-style-type: none"> <li>• Position Peanut @ angle</li> <li>• Roll slowly forwards &amp; backwards</li> <li>• 30-90 seconds on each side</li> </ul>	<ul style="list-style-type: none"> <li>• Position Ball in Shoulder Blade</li> <li>• Find 'the spot'</li> <li>• Hold +/- Slide Hand up Wall</li> <li>• 30-90 seconds on each side</li> </ul>	<ul style="list-style-type: none"> <li>• Position Ball in Shoulder Blade</li> <li>• 30-90 seconds on each side</li> <li>• Then slowly move hand up then down x 10 each arm</li> </ul>




**STREAMLINE RELEASES + STRETCH**

4. Thoracic Release + Peanut	5. Traps Release	6. Lats Stretch
		
		
<ul style="list-style-type: none"> <li>• Place peanut between spine + shoulder blade</li> <li>• Flatten lower back into floor</li> <li>• Take hands from shoulders to above head + return</li> <li>• 10 repetitions each side</li> </ul>	<ul style="list-style-type: none"> <li>• Place peanut above shoulder blade</li> <li>• With knees bent lift bottom</li> <li>• 10 repetitions each side</li> </ul>	<ul style="list-style-type: none"> <li>• Keep bottom on heels</li> <li>• Place right hand on left + hold 30 secs</li> <li>• Swap + repeat 30 sec hold</li> </ul>

**HIP FLEXOR RELEASES**





1. TFL Release	2. Roll ITBs (Outside of Thighs)	3. Roll Quads
 		
<ul style="list-style-type: none"> <li>• Place Ball on outside of hip</li> <li>• Roll on ball until you find 'the spot'</li> <li>• Hold 30-90 seconds. Repeat each side.</li> </ul>	<ul style="list-style-type: none"> <li>• Roll ITBs in 3 sections</li> <li>• Bottom / Middle / Top</li> <li>• 10 rolls per section on each leg</li> </ul>	<ul style="list-style-type: none"> <li>• Roll Quads in 3 sections</li> <li>• Bottom / Middle / Top</li> <li>• 10 rolls per section on each leg</li> </ul>

**QUAD + HIP FLEXOR STRETCHES**






1. Quads Stretch	2. Hip Flexor Stretch	3. Combined Quad + Hip Flexor
		
<ul style="list-style-type: none"> <li>• Tuck bottom under</li> <li>• Keep knees together</li> <li>• Chest + head up</li> <li>• 30 seconds hold each leg</li> </ul>	<ul style="list-style-type: none"> <li>• Tuck bottom under</li> <li>• Arm up</li> <li>• Chest + head up</li> <li>• 30 seconds hold each leg</li> </ul>	<ul style="list-style-type: none"> <li>• Tuck bottom under</li> <li>• Chest + head up</li> <li>• 30 seconds hold each leg</li> </ul>



**HAMSTRING RELEASES**

1. Foot Release + Ball	2. Low Back Release	3. Glut Release		
				
		<ul style="list-style-type: none"> <li>• Place ball under sole of foot</li> <li>• Slowly roll ball up + down side to side</li> <li>• Once found 'the spot' hold + wiggle toes up + down</li> </ul>	<ul style="list-style-type: none"> <li>• Place ball on one side of lower back</li> <li>• Pull knee to chest then return to floor</li> <li>• 10 repetitions on each leg</li> </ul>	<ul style="list-style-type: none"> <li>• Place foot on opposite knee</li> <li>• Place ball under 'glut' of stretched leg</li> <li>• Roll slowly on ball until you find 'the spot'</li> </ul>

**HAMSTRING MOBILISATIONS**

1. Hamstring Mobilisation on Back	2. Calf Mobilisation	3. Gorilla Mobilisation
		
		
<ul style="list-style-type: none"> <li>• Flatten lower back into floor</li> <li>• Keep head on floor</li> <li>• Slowly straighten leg pulling foot towards you</li> <li>• 10 Repetitions each leg</li> </ul>	<ul style="list-style-type: none"> <li>• Keep bottom in air, head down</li> <li>• Push one heel down then the other</li> <li>• 10 Repetitions each leg</li> </ul>	<ul style="list-style-type: none"> <li>• Keep head down + bottom in air</li> <li>• Slowly bend + straighten knees</li> <li>• 10 repetitions</li> </ul>