



# Pre Pool Sessions Introducing the RMAP

ASA England Programmes



# Key themes of the session

- Health and safety
- Environmental factors
- Swimmers clothing
- Why warm up ?
- RMAP
- Which exercises ?

**MAKE IT FUN**

# Health and Safety—Risk Assessment

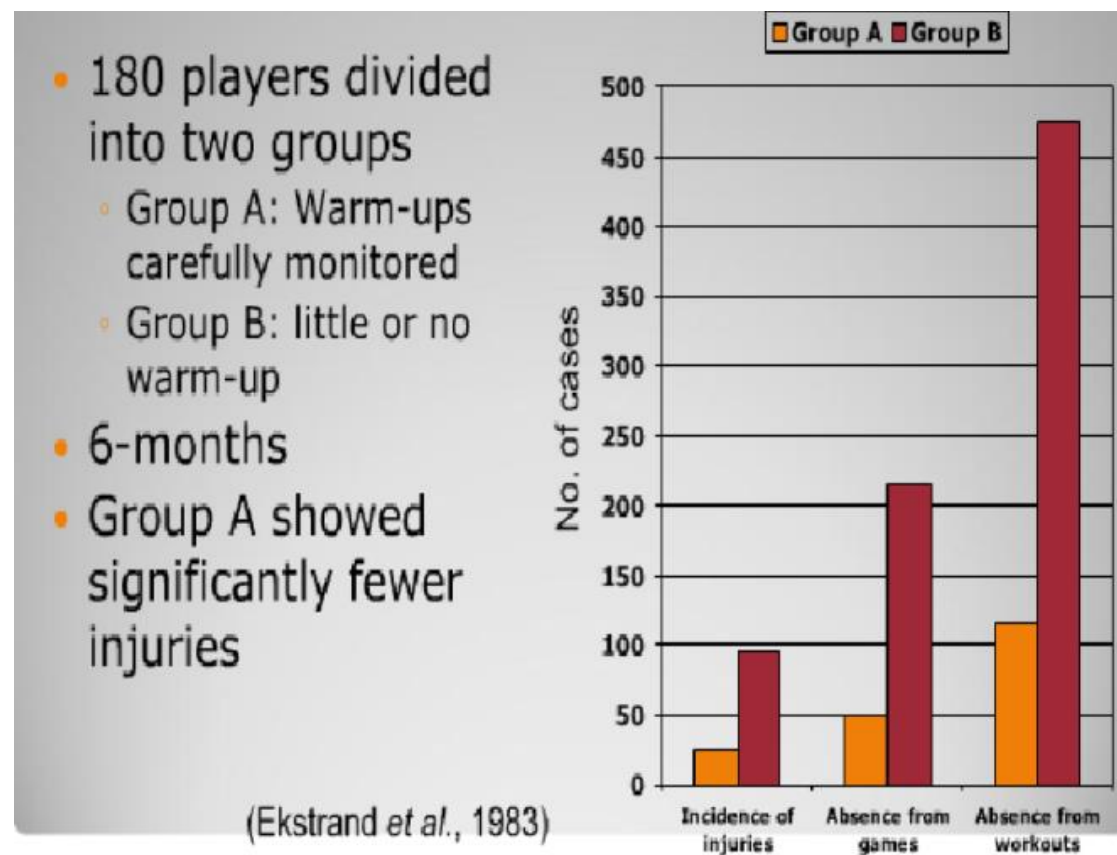
- Floor-most pre pool takes place on pool side
  - Wet
  - Slippery floor
  - Hard surface
  - Lack of space
  - Cold floor
- Ideally a studio or sports hall would be best to perform pre pool
- Perform quick risk assessment of the area and document
- If unsafe change exercises to ensure safety
- Temperature—ideally warm so raising the body temperature is easier
- Clothing-sweatshirt, shorts, trainers
- Do not do arm swinging exercises when cold



# Why Warm up ?

- Warm ups are a widely accepted practice preceding nearly all athletic events
- Prepare the athlete mentally and physically for optimum task completion – Conflicting research supporting its performance effectiveness (physiologically and performance related).
- Improved athletic performance has been attributed to increased core temperature, muscle temperature, blood flow and the additional ergogenic benefits they bring.
- Evidence is mixed on injury prevention.
- Many studies investigating warm up used poorly controlled procedures and tested different durations, intensities, modes and recovery periods

- Faster contraction and relaxation times
- Improved RFD and reaction times
- Improved O<sub>2</sub> delivery, where high temp facilitates O<sub>2</sub> release from haemoglobin and myoglobin.
- Increase blood flow to active muscle groups
- Elevation of baseline o<sub>2</sub> consumption – anaerobic sparing
- A COACHING OPPORTUNITY





- Endurance exercises: light activities (50-70% HRmax)
- Light speed/plyo/agility activities: plantar flexors and glute activation
- Light resistant training: bands/dowels
- Drills utilising specific patterns related to the sport
- Gradual increase in intensity



# Mobilise

- To mobilise key joints and ranges of motion used in swimming
- Approach focuses around movement (maintains elevation effects)
- Sport specific in nature
- Time efficient
- Mobilisation approach involves actively working muscle groups through full ROM while activating all key muscles involved as well as key stabilisers
- You must consider task specificity
- Mobilising must be dynamic and no static stretching





# Activate

- Activate key muscle groups involved in swimming
- Related to the needs of the athlete and the demands of the sport
- Often involve exercises associated with pre-hab, such as mini band work, glute activation, SL control, scapula stabilisers, rotator cuff etc.
- Individualised routines if required, Joint S&C and physio input



# Prime/ Potentiate

- Shift towards actual sporting performance, involving high force, high velocity activities
- Increase exercises to a point where athletes are able to perform their activities at their maximal levels
- Or select activities that may result in in supra-maximal effect, contributing to enhance performance
- Sport, movement specific
- Often involve exercises such as MB throws/slams, squat jumps, plyo's etc.





# Raise

## Raise temperature exercises 3-5 minutes



Skipping



Jogging



High knee jog



Heel flicks jog



Lateral jump jog



Mountain climber



Spiderman switches

Main menu

# Raise

## Mountain climbers

Assume a full press up position, head in line with the spine and maintain a long extended spinal position.





# Raise

## Spiderman switches

1. Assume a full press up position with one foot to the outside of the hand.
2. Switch feet over in a dynamic movement.
3. Maintain a long extended spinal position.



# Mobilise

## Thoracic rotation in 4-point kneeling

1. Maintain a square hip position.
2. Drop elbow down and through underneath the body.
3. Take the elbow out and up rotating up towards the ceiling.
4. Let the head follow the elbow.





# Mobilise

## Mobilise exercises 3-5 reps each



Upper trapezius



Sitting neck rotation



Standing streamline reach ups



Wall or floor slides



Shoulder internal or external rotation



Sitting thoracic rotation hands on head



Thoracic rotation 4-point kneeling



Side lying open ups



Hip internal rotation Ws lying prone



Hip lateral lunges



Hip flexor lunge



Standing calf lunge



Heel drops on step



Knee extension ankle dorsiflexion combination

[Main menu](#)

# Mobilise

## Advanced mobility 3-5 reps each



Upper traps stretches



Assisted neck rotation



Posterior Shoulder  
Mobility



Supine Internal to  
external rotation



W floor slides



Band assist thoracic  
rotation



Dynamic figure  
4 stretch



Suicide stretch with  
side flexion



Knee extension  
with SLR



Downward dog



Spiderman  
alternating open ups



Streamline squat

[Main menu](#)



# Mobilise

## Mobilise exercises 3-5 reps each

england  
programmes

the **asa**  
swim for life

BRITISH  
SWIMMING



Upper trapezius



Sitting neck rotation



Standing streamline  
reach ups



Wall or floor slides



Shoulder internal or  
external rotation



Sitting thoracic  
rotation hands on head



Thoracic rotation  
4-point kneeling



Side lying open ups



Hip internal rotation  
Ws lying prone



Hip lateral lunges



Hip flexor lunge



Standing calf lunge



Heel drops on step



Knee extension ankle  
dorsiflexion combination

**Main menu**

# Mobilise

## Mobilise exercises 3-5 reps each



Upper trapezius



Sitting neck rotation



Standing streamline  
reach ups



Wall or floor slides



Shoulder internal or  
external rotation



Sitting thoracic  
rotation hands on head



Thoracic rotation  
4-point kneeling



Side lying open ups



Hip internal rotation  
Ws lying prone



Hip lateral lunges



Hip flexor lunge



Standing calf lunge



Heel drops on step



Knee extension ankle  
dorsiflexion combination

**Main menu**



# Mobilise

## Standing calf lunge

1. Feet hip width apart.
2. Knee to push forwards directly over the front toe towards the wall.
3. Heel remains down on the front foot.



# Activate

## Zombie squat

1. Maintain an erect upright torso position.
2. Drop the hips downwards.
3. Controlled descent phase, activate glutes and perform a strong upward drive.





# Activate

## Neutral grip standing row

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Palms facing inwards and parallel to each other at shoulder width.



# Activate

## 2 up 1 down glute bridge

1. Feet hip width apart.
2. Neutral hip alignment.
3. Keep the pelvis level.





# Activate

## Activate level 2 exercises 3-5 reps each



2 up 1 down glute  
bridge



Clams heels lifted



Single arm serratus  
punch



Standing external  
rotation with band  
at 45deg



Legs only superman

Main menu

# Activate

## Activate level 1 exercises 3-5 reps each



Double leg  
glute bridge



Clams heels down



Double arm  
serratus punch



Standing rotation  
with band elbows in



Arms only superman

[Main menu](#)



# Prime 1

## Prime level 2 exercises 3-5 reps each



Knees down push up



Neutral grip standing row



Prisoner squat



Hands on hips reverse lunge

[Main menu](#)

# Prime 2

- Reaction game
- Start by getting into a low squat position in pairs with water bottle in between the 2
- On the whistle
- jump and streamline then return to pick up the bottle
- one without the bottle eliminated





