

### Pre and post pool exercises and routines

Before a pool warm up at training or competition, a land based pre-pool exercise routine will get the body prepared to perform better in the pool. A simple and widely used model that is used extensively by the England Para-Swimming Talent Programme, is **RMAP**.

**R**aise: heartrate prior to exercise

**M**obilise: to ensure range of movement around joints

**A**ctivate: specific muscles

**P**rime: specific movements that will be required when you swim

Use the information you receive at Regional Training and work with your home coach, to find exercises that suit you and that you can build into an individual pre-pool routine. Ask your home coach if the club has a Pre-pool protocol.

**Before selecting exercises, consider your impairment and list any areas that it may impact, such as type of exercises you perform or any adaptations you might need to consider to perform them.**

Raise:

Mobilise:

Activate:

Prime:

### Post-Pool

After training or competing, it is important to undertake some land-based stretches after a swim down to help with recovery of muscles.

- It is important to have a post-pool routine that should include some static stretching.
- A static stretch is held for 20-30 seconds, with no movement which focuses on a specific muscle or muscle group.
- This helps to reduce the risk of injury and promotes muscle recovery to optimise performance in future training sessions or races.
- Use the information you have gained at regional training and talk to your home coach to develop your own post-pool routine. Also, ask your coach if your club has a post-pool protocol.

Post-pool stretches (hold for 20 - 30 seconds)	
Neck / shoulders:	
Arms:	
Back:	
Legs / ankles:	