

Post Pool Recovery – what to do and why

Neck and shoulder blade



Stand with good posture. Tilt your head toward one shoulder until you feel the stretch on the opposite side. Hold approx. 15 secs. Repeat to other side. Repeat 3-times.



Stand or sit. Hold your hands behind your back Move your shoulder blades up and back. Hold 15 seconds. Repeat 3- times. Spine-Thoracic and Lumbar

Shoulder



Stand in a walking position. Bend your elbow and support the forearm against a door frame or corner. Gently rotate your upper trunk away from the arm until the stretching can be felt in the chest muscles. Stretch approx. 15 secs



Stand or sit. Bend and lift the arm to be stretched. Grasp your elbow with the other hand and push back and down until you can feel the stretching at the back of your upper arm. Hold the stretch for approx 15 secs.

Lumbar



Lying on your back with one leg bent. Bring your bent knee over the other leg and push your knee against the floor with the opposite hand. Then reach with the other arm to the opposite side looking in the same direction. You will feel the stretching in your lower back and bottom. Hold approx. 15secs. - relax. Repeat 3 times

Hip Flexor



Half kneeling. Tighten your stomach muscles to keep your back straight. Rotate the heel behind you outwards while pushing your hip forwards. Hold approx. 15secs. - relax.

Hamstring



Lying on your back. Lift your leg towards your chest. Place your hands behind the knee. Gently pull your leg towards your chest. Feel the stretch behind your thigh.

Hold 15 secs.

Groin



Sit on the floor with the soles of your feet together and as close to your Groin as you can. Push your knees down towards the floor. You will feel the stretching on the inside of your thighs. Hold approx. 15secs. - relax.

Quads



Stand holding on to a support. Bend one knee and take hold of the ankle. Do not lock the knee of the leg you are standing on. Draw your heel towards your buttock. Tilt your hip forwards so that your Knee points towards the floor. Feel the stretch in the front of your thigh. Hold 15 secs. Repeat three times.

POST POOL RECOVERY- WHY DO WE NEED IT?

Relieves post exercise aches (if done with a good swim down). Better recovery= better training the next day. Reduce risk of injury—less time out of the pool. 3 months out of pool injured = 6 months to get back to same fitness levels. Increase range of movement--improved performance by reducing stroke count. Reduce muscle stiffness Improves posture - better muscle contraction gives more power= faster swimming. Better posture gives better streamline. Reduce stress(yoga) - psychological effect. Gives muscle relaxation—especially after hard set-allows muscles to recover effectively. Promotes circulation—this makes the muscles healthier. Reduce energy demands (flexible joint requires less energy than stiff joint– more energy for propulsion through water).

What are the rules for stretching in swimming?

When should we stretch? After the cool down is done stretching should be done for 10 minutes. Never stretch when cold.

What position should we stretch in? Good posture should be adopted to ensure the joints are in a good position. Contract the lower core to make sure the back and core are strong during stretching.

How long should we hold each stretch for? To return a muscle back to its normal length a stretch should be held for 15 -20 seconds. If you feel more tightness than usual hold for up to 30 seconds. Try to breathe out as you stretch.

How many times should we repeat the stretch? Approximately 2-5 times per muscle group will be ok.

What type of stretch should be done? Re exercise - dynamic stretch Post

exercise—static or PNF stretches Make sure you stretch equally the front and back of your body.

Should we stretch into pain?

No - you should feel a mild stretch but no pain.

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