

BASIC STRETCHING EXERCISES

Stretching is an important part of a swimmers preparation for training. Below is an introduction with a few basic stretches. The range of stretches will be further developed once these have been mastered.

MAIN REASONS FOR STRETCHING

- To decrease the risk of injury
- To enable full development of opposing muscle groups
- To increase mobility
- To improve blood circulation through relaxed muscles

WHEN TO STRETCH


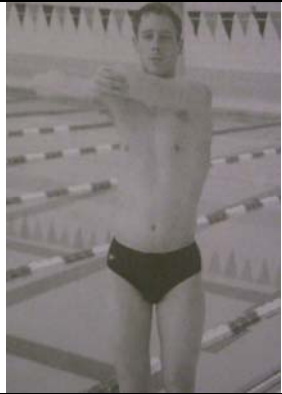


Stretching should be done prior to the main exercise. Muscles stretch best when warm so a gentle aerobic exercise to increase blood flow and raise body temperature prior to stretching is desirable. This can be achieved with a gentle run or swim. Allow 15 minutes prior to the main session for stretching.

HOW TO STRETCH

- The muscle is gently stretched to a point of discomfort NOT PAIN
- The stretch position is held for approximately 30 seconds
- Breath normally through out
- Repeat the stretch on both limbs trying to maintain a equal range of motion
- Stretches may be repeated more than once

INJURIES OR SORENESS

If you have an injury, are recovering from an injury or feel unusual soreness when stretching. Discuss this with your teacher or coach before progressing to the swim session.

<p><u>ARMS SWINGING, BACKWARD AND FORWARD</u></p> <p>Standing straight swing both arms in a backward circular motion gradually increasing the speed. Next swing the arms in a forward direction then in opposite directions.</p>	<p>No Picture</p>
<p><u>ALTERNATIVE ARM CROSSING</u></p> <p>Bend forward, swinging the arms alternately in front. As one arm goes behind the body the other crosses in front.</p>	
<p><u>TERES STRETCH</u></p> <p>Raise one arm to shoulder level, which then bends across the body, taking the hand past the opposite shoulder. The grip the arm at the elbow and gently apply pressure to the stretch. Repeat on both arms.</p>	
<p><u>TRICEP STRETCH</u></p> <p>Raise one arm then bend it behind the neck, palm placed in the middle of the back. The opposite arm then applies pressure by gently pulling inwards and downwards towards the centre of the back. Repeat on both arms.</p>	
<p><u>ADUCTOR STRETCH</u></p> <p>Sit with the soles of the feet touching. Grip the ankles then using the elbows press down against the inside of the knees.</p>	

**COMBINED INTERNAL ROTATION
ELEVATION STRETCH**

Stand side to wall and lift the arm so the forearm rests on the wall forming a right angle with the upper arm. Gently lean against the wall and feel the stretch underneath the arm. Repeat on both arms.



HAMSTRING STRETCH

One leg can be on the floor or slightly raised, the other is in a vertical position. The hands apply pressure by pulling back keeping the vertical leg straight. Repeat on both legs. This stretch can be done in a standing position with the outstretched leg resting on a support. A slight lean forward of the body increases the stretch.

