

All the latest **eSWIM** news

[View this email in your browser](#)

eSWIM

efficient & enjoyable swimming

eSWIM News - CRAP Newsletter #1

LET'S GET PHYSICAL!!!



Welcome to the first edition of **CRAP** - Covid Remote At home Programs - for all you lovely eSWIM clients out there looking for ways to keep fit and motivated in these kooky times. Each edition of **CRAP** will feature some exercises specifically designed to keep your body in shape for when we all triumphantly return to the pool sometime down the track. The **CRAP** Newsletter will also include reruns of previous info pieces on various aspects of swimming technique and we'll be running a very special **CRAP** competition to encourage inventive ways to keep you engaged in "swimming".

[Subscribe](#)[Past Issues](#)[Translate](#) ▼

In the near future, it's important we find ways to stay active within our homes and keep our bodies tuned for swimming movements. Anyone who has ever jumped in for a swim will attest to the fact that the only way to build swimming fitness is to swim, so while we're all going to lose a fair amount of that, we can ensure that we build strength and conditioning in the right muscle groups in the right way to ensure that you don't sink to the bottom when you do next dive in.

As you will have read in my previous newsletter, setting yourself up for **CRAP** training isn't expensive or difficult and you can get by with very few items. You certainly don't need a fully equipped home gym. Get inventive if you need to and use everyday items from around the house but if you do happen to have or can get your hands on a set of stretch cords, some dumbbells and an exercise ball then we're seriously ready to get **CRAPtastic**. A foam roller is also very useful but a rolled up beach towel works pretty effectively as a substitute.

I'll also be posting some short and highly **CRAP** videos of the exercises on Instagram so make sure you are following [@eswimelena](#). WARNING - I'm quite crap at a lot of these exercises, especially after a summer of inactivity thanks to a broken wrist so you'll all feel so much better about yourself looking at me doing them!

Time to get **CRAPtastic!!!**



CRAP SESSION # 1

Shoulders

Looking after your shoulders is paramount for swimmers. Shoulder pain is all too common and usually due to poor control, issues with technique and weakness or imbalance of the supporting structures. This can lead to impingement syndrome and/or rotator cuff tendinopathy and time out of the water (sore point at the moment!!). Now is a perfect time to build not only strength but also awareness of exactly what movements you should be doing, what you definitely shouldn't be doing and cementing the correct processes so they are ready to roll when you can actually put them into practice.

Any strength & conditioning program should focus on three main objectives:

Lengthening - ensuring optimal range of movement

Strengthening - building capacity and endurance capability

Embedding - building neural pathway strength to ensure consistency

All **CRAP** sessions will include easy, moderate and advanced movements with an explanation of the exercise and what to look out for. You can adjust the number of repeats (reps) up or down and add weights or take them away as you see fit.

All **CRAP** sessions will start with a warm-up sequence and then build to strengthening exercises, and then some stretching or cool down exercises and this will be the order that they are listed in. You can work through in this order or mix through the main section in a circuit-style program. As we build the range of exercises in coming newsletters you can also combine programs to get a full body workout or focus on areas that you know you need more work on. Always remember that you need to perform the skill well to gain the benefit - only perfect practice makes perfect!!

Each program will be designed to take approx 30 - 45 minutes but you can shorten or lengthen as you wish and you should rest for approx. 60 seconds between sets. There is a summary sheet for each program included as a link at the bottom of the set so you can print it out as a reminder for what you need to do.

CRAP SESSION #1 - Shoulders

Warm Up

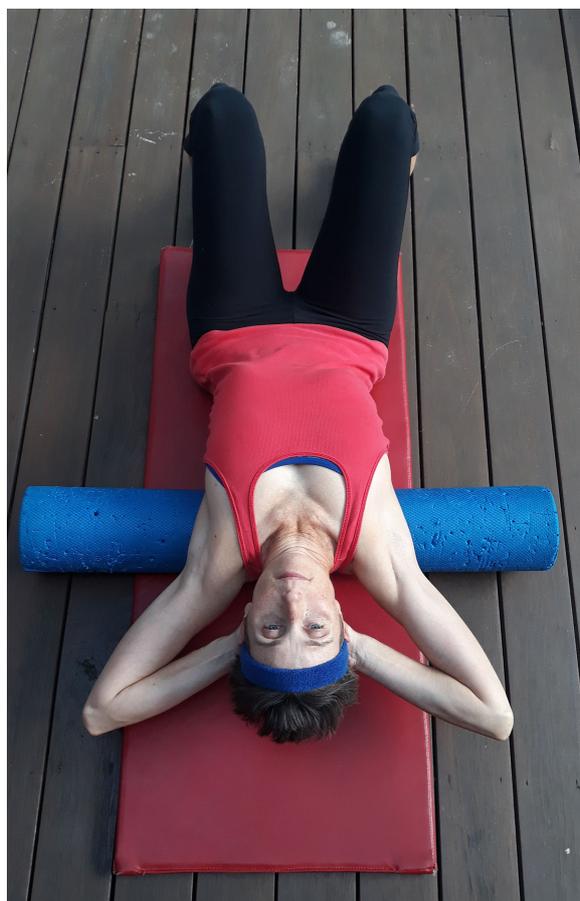
1. Threading the needle - set yourself up on all fours with shoulders over wrists and bottom over knees. "Thread" one arm under the torso and feel the shoulder capsule and middle of the back stretch. Repeat on same side for 10 reps then change sides. Repeat both sides ie 20 in total on each side.



2. Thoracic roll & extension - using a foam roller or rolled up towel, lie with your thoracic spine (mid-back or bra-line) over the roller or towel. Support neck with hands and if using a roller,

[Subscribe](#)[Past Issues](#)[Translate](#) ▼

approx. 30-60 seconds.



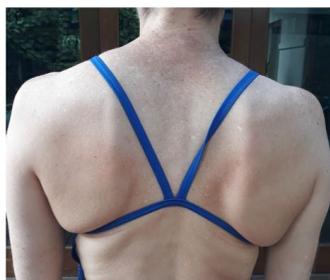
3. Shoulder circles - pretty much as they sound!!! Just warms everything up before we ask them to do too much. 20 on each shoulder - 10 forwards, 10 backwards.



Main Skills

4. Lat engagement - Your lats are the largest muscle in the upper torso and should be the primary driver for your stroke. Proper engagement of your lats will not only help to power your stroke but it should also greatly assist with shoulder stability as your scapula (shoulder blade) which sits above the lats, will help to anchor the shoulder. (Read the tech piece below for more

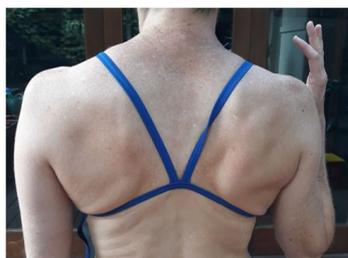
shoulders. Hands by your side, carefully engage your lats by pulling your shoulder blades in towards your rib cage and in towards each other. Now try and raise one arm above your head without losing the engagement in your lats. Swap arms and then finally see if you can do two arms together. Look out for the tops of your shoulders (traps) engaging because this will almost certainly mean your lats have disengaged. TIP - keep the distance between your ear lobes and your shoulders wide. You can then try engaging your lats in a streamlined position either standing or lunging if you want to really test things out. You can make this harder by adding weights but only after you've actually mastered the movements!! Practise this movement in everyday activities like hanging out the washing or reaching for the stash of flour you've hoarded on the top shelf of the pantry.



1 - relaxed



2 - engaged



3 - engaged + lift



4 - engaged + extension

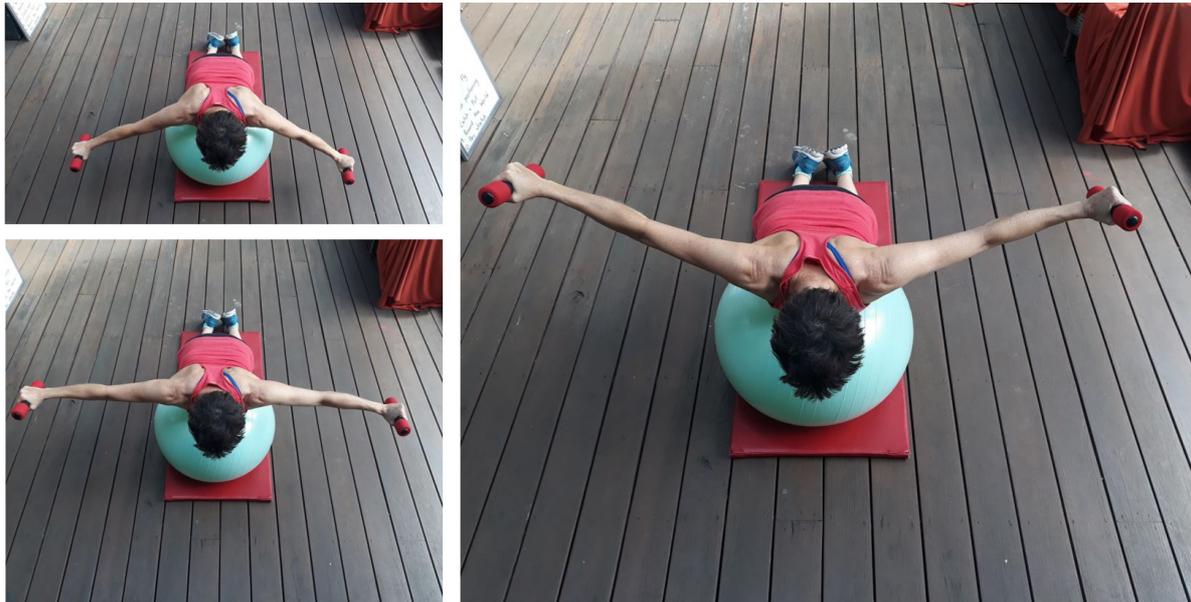


5 - engaged + extension both arms

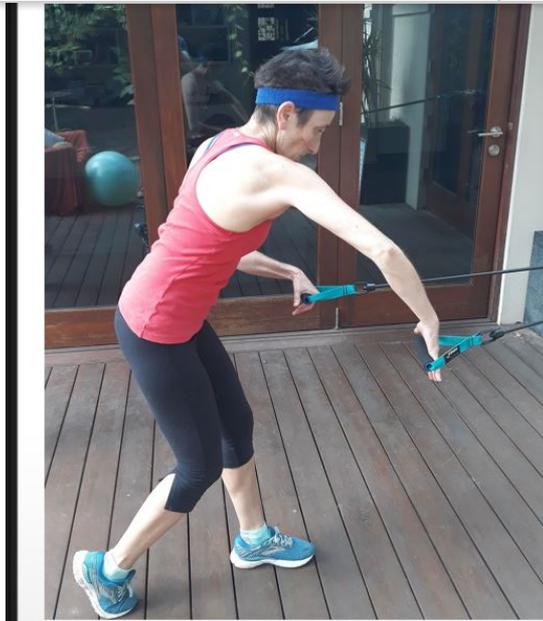
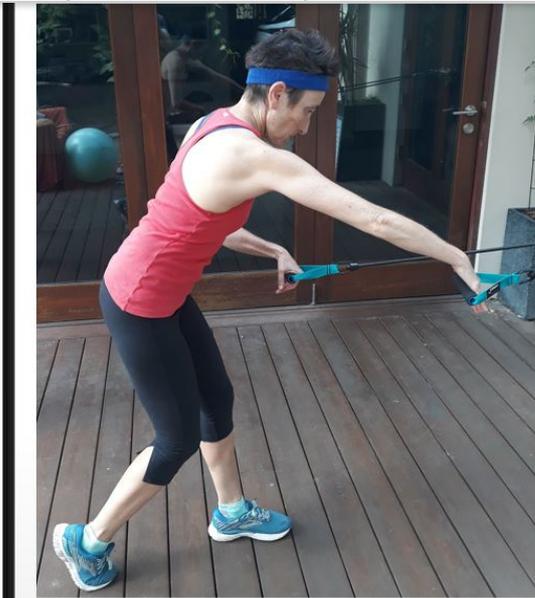
5. "W" fly - Lie face down with hands beside shoulders to make a "w". Hands off the ground, lats engaged and extend arms forward at an angle wider than the shoulders keeping them the same distance from the floor. Repeat 10 times and rest. Repeat 2-3 times until you feel the burn!! You can also do this standing in front of a wall if you find lying on your front too hard. If you get really good you can add some small weights.



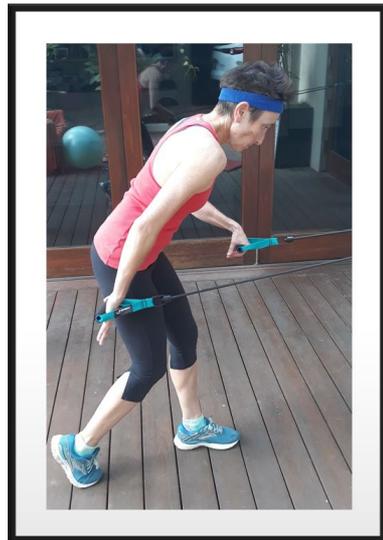
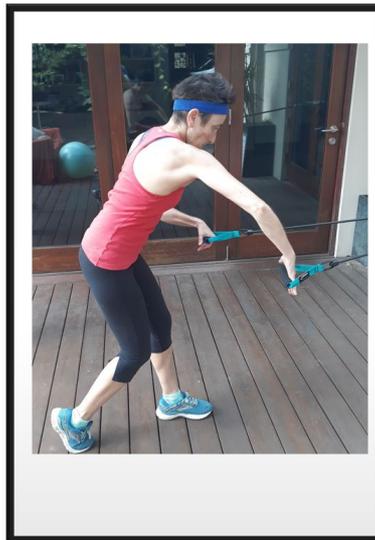
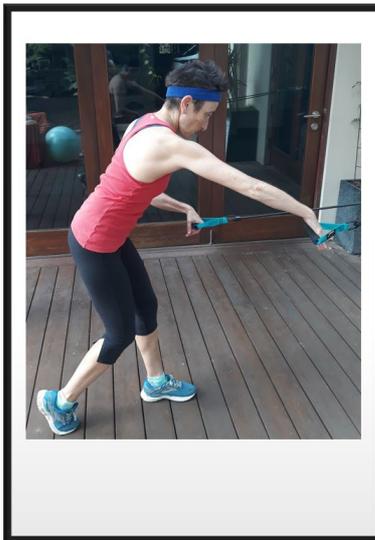
6. Dumbbell fly- Using the exercise ball or something similar and some small dumbbells (1-4kgs for most people), rest chest on the ball and extend arms out to the side at shoulder height. Raise arms using muscles between shoulder blades and control movements up and back to neutral. You can also combine the W fly with the exercise ball and weights. Work in sets of 8 - 10 or until fatigued. Start without weights if necessary.



7. Catch positioning - using the stretch cords / TheraBand or even an old pair of stockings or inner tube of a bike (got to get creative!), set yourself up in a prone swimming position. Engage lats and "drop" into catch position without adjusting the position of the upper arm. This is one of the most common errors made by amateur swimmers so any work you can do now to cement a high elbow catch will pay you back in spades next time you jump in. Do NOT perform the full stroke yet. Repeat catch and release phase for 8-10 reps on each arm approx. 2 -3 times through. You can adjust the resistance of the band by standing closer or further away.

[Subscribe](#)
[Past Issues](#)
[Translate ▼](#)


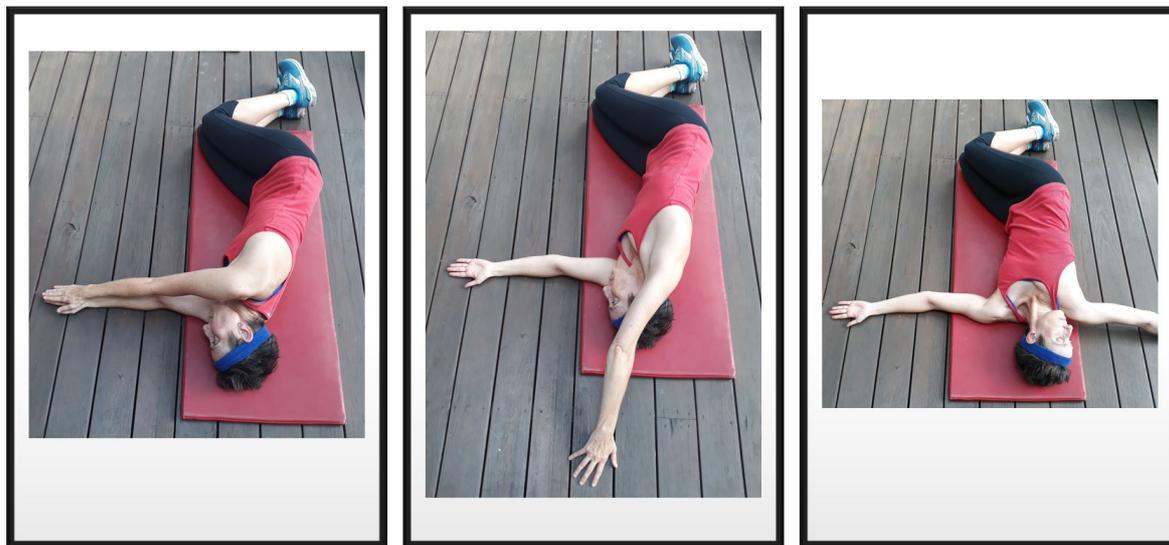
8. Catch & pull sequencing - This mimics the exact movements you should be performing during your underwater stroke in freestyle. Start as per the catch positioning exercise above and then pull the entire catch mechanism towards the back of the stroke finishing with your fingers pointing down to the ground. Do one arm for 8 - 10 reps then repeat with the other arm. When you get really good, you can alternate arms, do it with the exercise ball or on one foot and this will also train your core and balance (more on that next CRAP session). Remember that form is more important than strength and you should stop at the point of fatigue or your technique will fall apart. Also remember you can adjust the resistance by stepping closer or moving back.



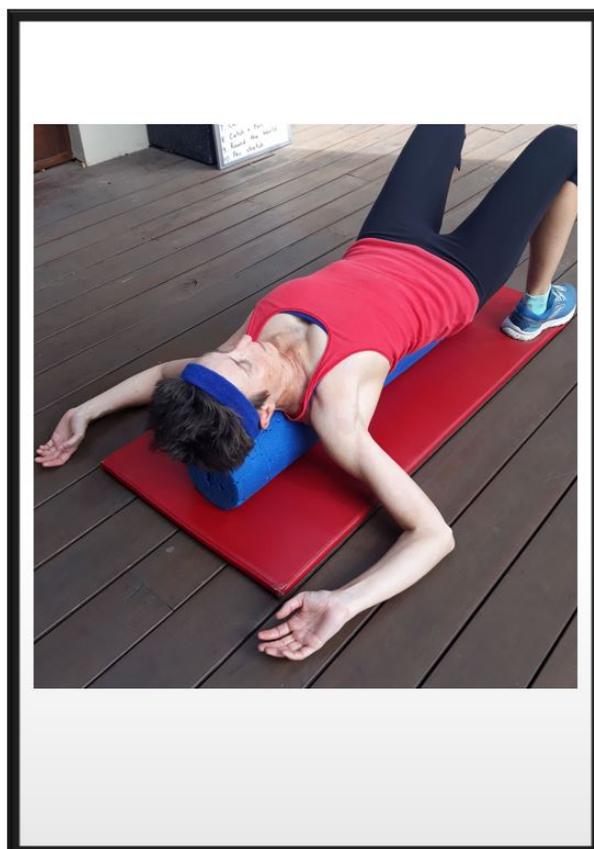
Cool Down / Stretching

9. Round the World - Lie on your side with both arms stretch out to one side so both arms are

times and keep your arm straight. Repeat 10 times per side and 2-3 reps for a total of 20 -30 per side.



10. Pec stretch and shoulder cool down - lie on the foam roller lengthways and allow arms to fall onto the floor (if possible). You should feel a nice stretch through the pecs. Ensure shoulders are relaxed and lower back is flat against the roller or towel. Legs should be bent and feet flat on the floor.



Print this out to remind yourself what exercises you need to do and in what order.

QUESTIONS? [Email me](#) and I'll do my best to answer them.



Each **CRAP** newsletter I will include a rerun of a previous technical info piece that I've written so you can all remind yourself of how you should be swimming when you actually do get a chance to swim!

This week we're looking at [BUILDING A BETTER CATCH](#).

#eswimhighanddry PHOTO COMP



places. With no travel and no pools, I'm launching a new competition - #eswimhighanddry.

Send in your most inventive ways to keep swimfit while in lockdown. The inimitable Tommy D is kicking things off with this entry actually from a couple of years ago.....a right Nostradamus in our midst. The rules are simple:

1. Take a photo of yourself illustrating how you're getting by without access to a pool - the more inventive and creative the better.
2. Make sure you are wearing your eSWIM gear.....if you don't have any, get creative!!!
3. Post your submission on Instagram and tag @eswimelena + #eswimhighanddry

Winners will be announced at the end of the lockdown. Prizes will be truly awesome.....if I've got any money left by then!!



ONLINE RESOURCES

It's pretty clear that there's a huge amount of information on the web and social media platforms, some of which is excellent, some of which is good, and some of which is downright dangerous. Here is a small selection of some of the resources that I tap into and recommend:

[GoSwim](#) - amazing catalogue of swimming specific drills. American feed that you can subscribe to for free and a daily drill will be sent. While much of the info will relate to actual swimming, there are dryland exercises included and the simple, clear presentation will help you understand the how and why of much of swimming. Backed up by a daily Instagram feed - @goswimtv

[@dandaly](#) - Instagram account with an awesome selection of dryland exercises specifically designed to get swimmers strong, supple and in control of their movements. New, innovative but extremely specific exercises and all performed with detailed explanations.

[Subscribe](#)[Past Issues](#)[Translate](#) ▼

well explained and a huge range to follow.

[Sleep4Performance - 20 workouts in your underwear in under 20 minutes](#) - Many of you will know Dr Ian Dunican who swims with eSWIM. Ian has put together this great series of workouts that can be done anywhere, anytime with little to no equipment, including limited clothing! Some will find these challenging to start with (and maybe always) but you can always modify to suit your starting ability and build as you go.

SUGGESTIONS FROM CLIENTS:

If you have any apps, social media feeds etc that you use and think others will enjoy, please [email me](#) and let me know and we'll include them in the next newsletter. First suggestions in are:

[Insight Timer](#), a free app with more than 30,000 guided meditations. Some are a bit cheesy, but lots are really beautiful. You can select time, style, focus, ETC!

[Down Dog](#), which has yoga, dance and [HIIT](#). It's free until April 2nd so you can check it out.

[Sleep4Performance](#) - Check out the huge range of free podcasts and YouTube webinars including two recent ones on COVID-19



Copyright © 2020 eSWIM All rights reserved.

To contact us please email:
elena@eswim.com.au

You have received this email as an enrolled client of eSWIM. If you no longer wish to receive these emails please [unsubscribe from this list](#)

This email was sent to phjl@westnet.com.au
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
eSWIM · HBF Stadium · Stephenson Ave Mt Claremont · Perth, WA 6010 · Australia

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

