

All the latest **eSWIM** news

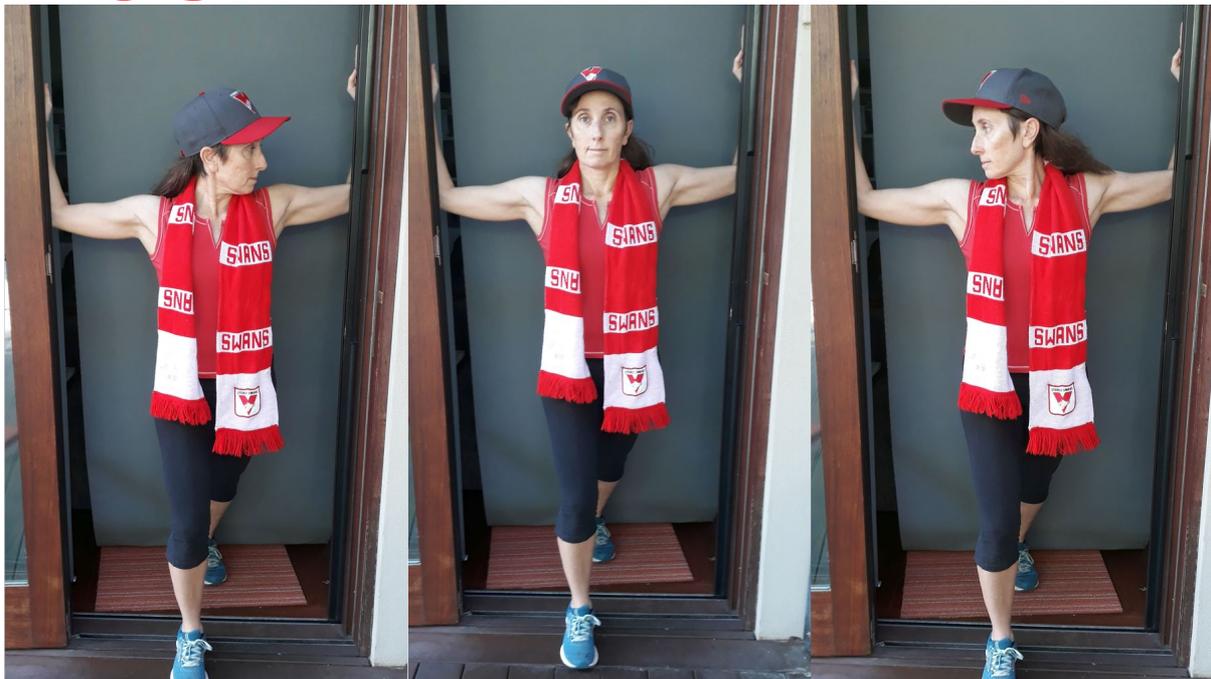
[View this email in your browser](#)

eSWIM

efficient & enjoyable swimming

eSWIM News - CRAP Newsletter #5

POSITIVE ADAPTABILITY



What a warm welcome you all gave Francesca last week and it would appear that she enjoyed herself too! It seems that she's paved the way for some other very special guests and this week I'm pleased to welcome Sharmayne from the Sydney Swans Supporter's Club who will be taking you through **CRAP Session #5 - Head, Shoulders, Knees and Toes** - a full body workout with a built-in dedication to all our sporting teams.

Although, as Shar correctly points out in her intro video ([@eswimelena](#)), those innovative and

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

the legality and logistics of such a decision. Too many have been quick to question the NRL's ballsy declaration of the resumption of their season in May, lambasting their desire to provide an "essential service" for all 53 fans of rugby league. After all, as Peter V'landys, Chariman of the Australian Rugby League Commission, quite rightly pointed out, "Australia without rugby league isn't Australia". We should be applauding this level of blind commitment and encouraging other baseless statements to boost Team Australia's morale during this dark period.

There won't be many people who haven't been affected by the changes brought about by the Covid-19 pandemic sweeping the world. For many the effects will be devastating and pervasive, but for those of us who are currently thankfully only having to deal with the ramifications of social restrictions, staying positive and being able to adapt are key to keeping motivated while still acknowledging that we are in unprecedented times.

Motivation is always closely aligned to goals and the processes you engage to work towards those goals. Effective goal setting should always be malleable and manageable but must also present significant enough challenges and markers along the path to success to keep you engaged. Nothing has changed in that process but the contents of your goals may have shifted considerably given the lack of access to squads, pools etc. On the positive side, however, you may have more time on your hands and be willing to try new modes of exercise.

There are some key things to remember when setting goals:

1. You should have a mix of short, medium and long term goals so you get a regular sense of achievement and reward.
2. Goals should be developed with realistic training capacity ie available time and access to facilities / equipment, and physical fortitude.
3. Flexibility and adaptability are critical for ongoing and long term success.

Finding new goals or new ways to reach existing goals might mean you need to get creative with how you train but it shouldn't mean giving up. Sometimes forced change does us the world of good as we find new ways to keep fit and focused. So, whether you've ventured into the ocean for the first time ever for your training, implemented regular home workouts, started walking, jogging or pole dancing, remember that if you set yourself achievable but challenging goals you are more likely to stick at it and continue to see improvement.

The best time to start is now so pull your finger out and let's get cracking on **CRAP** Session #5.

Subscribe

Past Issues

Translate ▼



CRAP SESSION # 5

Heads, Shoulders, Knees & Toes

G'day, Sharmayne here from the Sydney Swans Supporter's Club, filling in for Elena who's feeling a little crook after her birthday celebrations yesterday. One glass of Passion Pop and she's cactus. Now, I thought it would be a good idea to don our club colours and support our sporting teams who have been left high and dry this season. Doesn't have to be a footy team of course. You could wear the green and gold of Team Australia while you're craking out these exercises.

CRAP Session #5 - Head, Shoulders, Knees & Toes, as its name suggests, pretty much covers a little bit of everything today. It's a solid medium level workout that will build on some of the skills you've developed in earlier programs. You can make it harder by doing more reps, holding heavier weights, increasing resistance on the bands or go for a 20km run beforehand. Whatever you do, make sure you make it count!

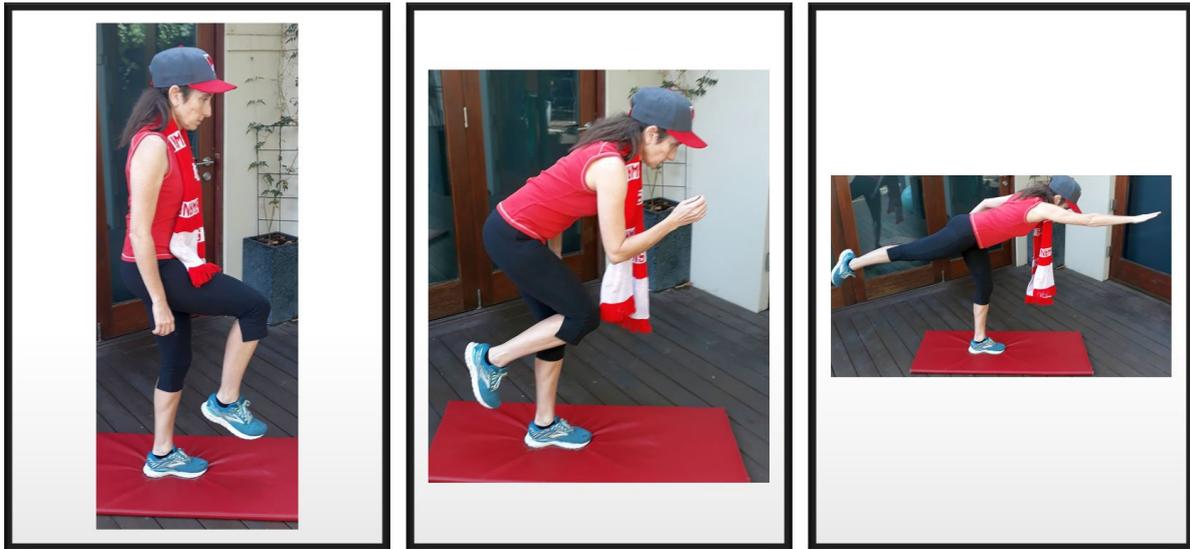
CRAP SESSION #5 - Heads, Shoulders, Knees & Toes

Warm Up

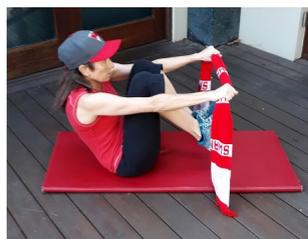
1. Shoulder roll with pole - Holding onto a pole (or broom handle), and keeping elbows straight, draw large clockwise circles with your right hand and allow the left hand to follow. The pole should move in front of your body and behind. Swap directions so the left hand is drawing clockwise circles. 10 in each direction and 2 times through on each side. The wider your group the easier it is on your shoulders but try not to cheat and bend your elbows!



forwards so both are parallel to the ground. Hold for 2-3 seconds and return to starting position. Keep foot evenly planted to maintain balance. 8-10 each side then swap sides. 2-3 times through each side.

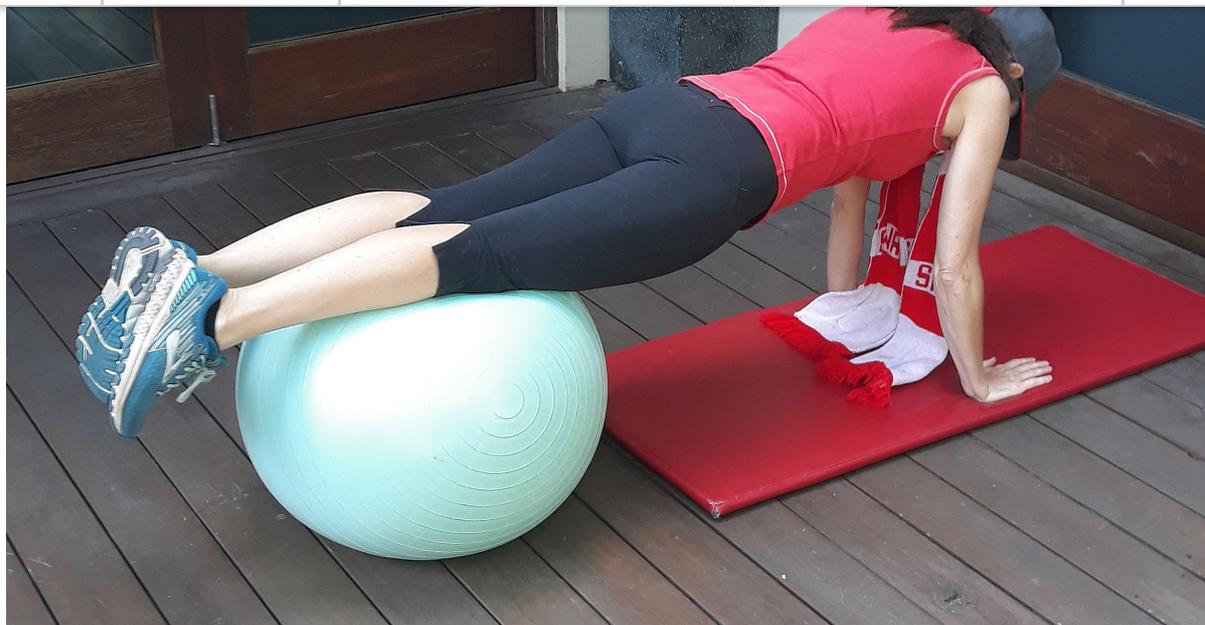


3. V-sits - Holding a towel, scarf or stretch cords, sit with feet off floor and legs extended, hands above legs. Draw knees towards chest and thread towel around and under legs, extend legs and then repeat in reverse keeping feet off floor for the whole set. 8-10 repeats. 2-3 times through.

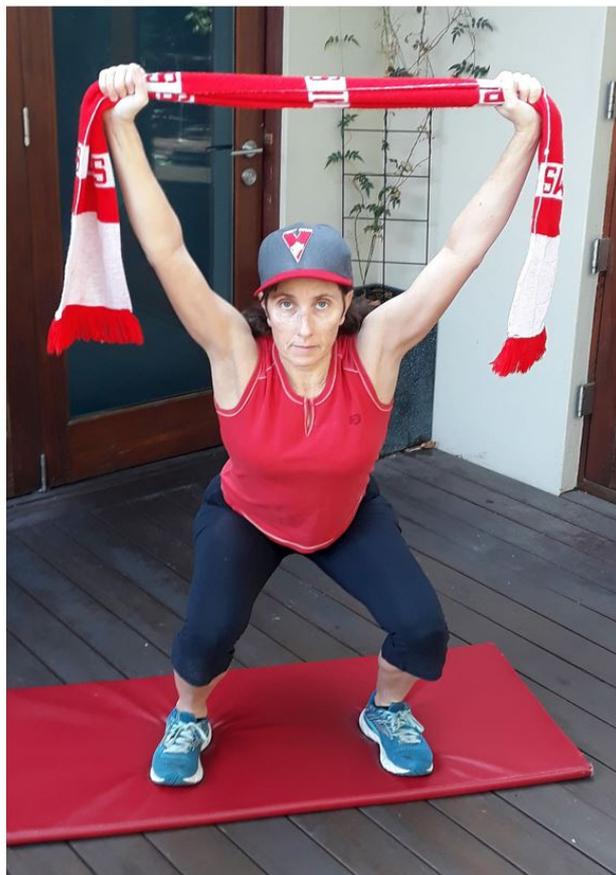
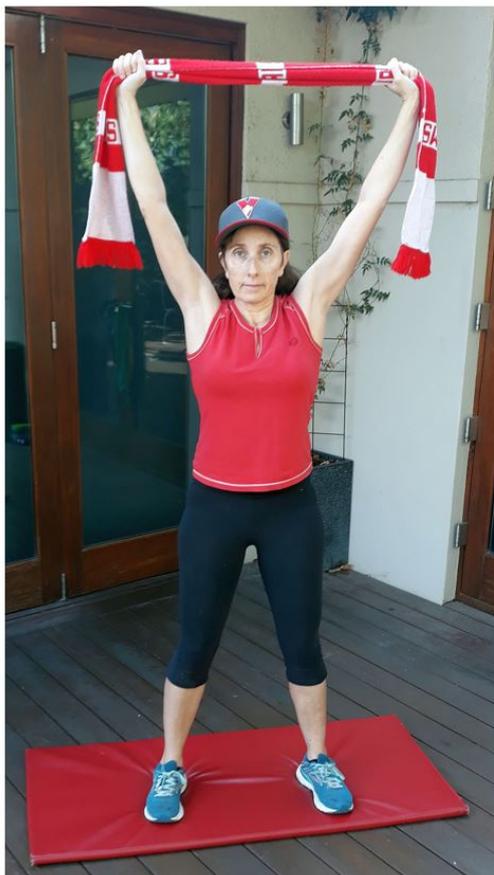


Main Skills

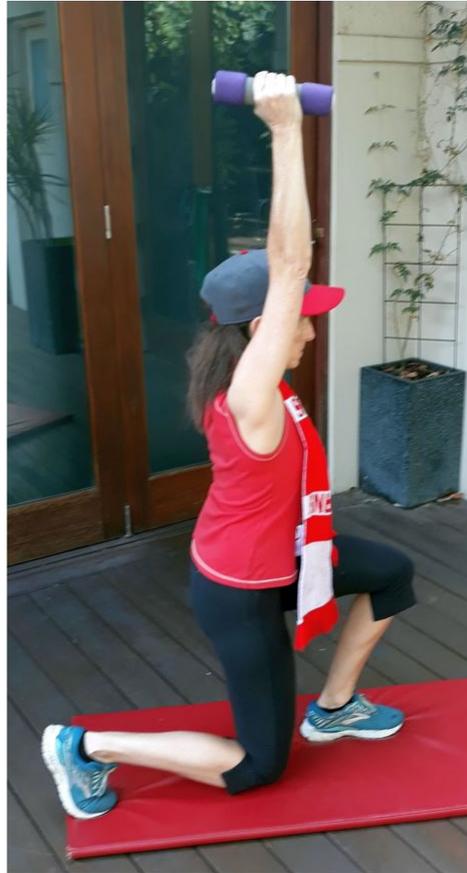
4. Ball kicks - Using the exercise ball, lie with shins on the ball and hands on the floor with arms and legs both straight. Fast, little flutter kicks from the hips ie do not bend at the knee, for 30-45 seconds. Rest 20 seconds and repeat 6-8 times.



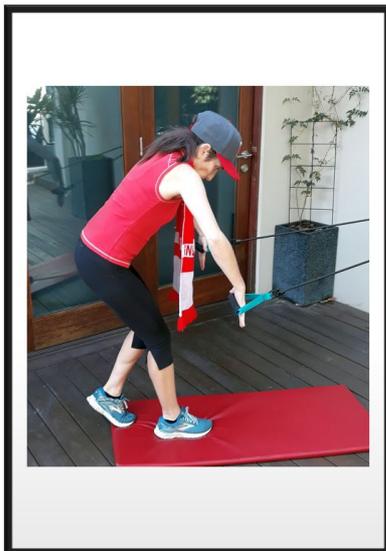
5. Overhead Squats - With a towel or small weights, extend arms above head slightly wider than shoulders. Engage lats and drop into a squat by sitting backwards. Maintain knee tracking so knees point forwards not in or out. Hold at bottom for 2-3 seconds and return to starting position. Repeat 8-10 times with 60 seconds rest between each set. 2-3 times through.



6. Lunge with arm extension- Stand with feet shoulder width apart. Small weight in right hand, step back into a lunge with right leg and simultaneously light right arm above head. Return to



7. Butterfly catch & pull - Using stretch cords or TheraBand, legs in split stance and arms extended out in front. Lean forward and engage lats. Drop both hands simultaneously into catch position without changing upper arm position pull through to full backwards extension and then control return to starting position. 8-10 repeats, 60 seconds rest between sets. 2-3 times through.



8. Tricep Extension - With small weights, stand with arms extended above head. Lower hands behind back and lift to extensions. Try to avoid moving your upper arms so you're just hinging

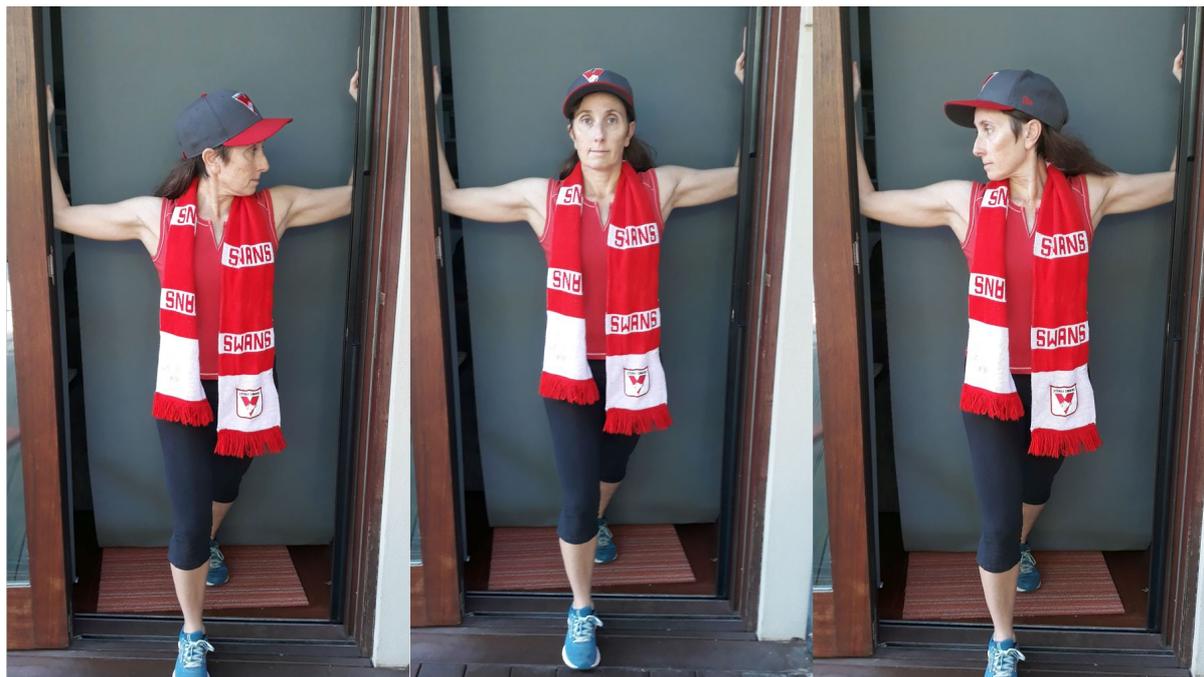


Cool Down / Stretching

9. ITB Roller - using a foam roller or several rolled up towels (must be very firm), stretch / roll ITBs down the side of the upper leg. Work from the top down and either gently roll in trouble spots if using the foam roller or hold position if using towels. 2-3 minutes per side, 2-3 times through. And yes this hurts!!!



11. Doorway pec stretch - Stand inside a doorway, arms bent and forearms and hands resting on the door frame. Knees slightly bent and hips soft, set your elbows at shoulder height. Press chest forwards slowly and feel the stretch through the pecs. While holding that stretch position, turn head slowly from side to side. Hold stretch for approx 60 seconds. Adjust elbow height upwards to change stretch location. Rest 20 seconds and repeat 3-4 times trying to increase range each time.



[CRAP SESSION 5 - HEADS, SHOULDERS, KNEES & TOES](#)

[CRAP SESSION 4 - LEGS 11 SUMMARY SHEET](#)

[CRAP SESSION 3 - UPWARDLY MOBILE SUMMARY SHEET](#)

[CRAP SESSION 2 - CORE SUMMARY SHEET](#)

[CRAP SESSION 1 - SHOULDERS SUMMARY SHEET](#)

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

Don't forget to check out the **videos** of the exercises:

[CRAP Session 1 YouTube playlist](#)

[CRAP Session 2 YouTube playlist](#)

[CRAP Session 3 YouTube playlist](#)

[CRAP Session 4 YouTube playlist](#)

[CRAP Session 5 YouTube playlist](#)

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

TECH CORNER

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 [HAND POSITION - Maximising surface area](#)

#eswimhighanddry PHOTO COMP



Desperate times call for desperate measures!!! Ordinarily, we run the #eswimonholidays photo comp where clients post photos of themselves sporting their eSWIM gear in exotic and far flung 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

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

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.

[@championptp](#) - Instagram account and although not necessarily swimming specific, still very well explained and a huge range to follow.

[@swimgym_com](#) - terrific range of exercises and swimming tips specifically tailored to swimmers.

[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

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

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

