

Fins Sessions – Masters Swimming Western Australia

Our Fins sessions are a vital part of our physical and mental wellbeing and provide a social support network that we treasure and rely upon. Without our regular sessions we need to find ways to stay motivated and inspired and maintain the strength and fitness that will keep us healthy and our immune systems performing well.

COVID-19 is invisible so let us help each other by making sure we don't self-innoculate after touching a public surface. Be patient and remember sometimes it's better to be kind than to be right.

While our routines are different, we can still build in daily habits to keep us well.

I thought I would share 3 simple swimming strength tips for you to practice in your own time at home every day. These will take no more than 15 mins and will keep you toned.

You can build on them every week and incorporate them in your cross training activities. If COVID-19 lasts for 3-4 months - you will be super strong!

Fins Angel Wings

Stand with your back to a wall, knees slightly bent, arms by side. Slowly raise arms keeping them touching the wall and raise by squeezing shoulder blades together. When arms are above the head, bend slightly at elbows and squeeze the shoulder blades together and relax 20 times. Keep the neck relaxed (should sound familiar).

Do 3 sets of 20 and add set each week.

Fins Push Outs or Push ups

Stand facing a wall and take a good step back. Keep your abdominals engaged and fall forward to the wall catching yourself with your hands. Push strongly off the wall to upright position, keeping the body straight not bending in the middle (sound familiar??). The further away you stand, the stronger the exercise.

If strong enough progress to half push ups or full push ups but always with a strong push off the floor.

Do 3 sets of 10 and add a set each week

Fins Wall Squats or Full Squats

Stand with back to wall. Engage abdominal muscles and keep the belly button pressed in toward the wall. Step out with both feet so that your back is pressed against the wall. Slide

down the wall slowly for 4 seconds as far as your quads can handle and hold for 4 seconds, slide up slowly for 4 seconds.

If strong enough, do full squats away from the wall, making sure you go down slowly, hold and up slowly.

Do 3 sets of 10 and add a set each week

Share your stories too and lets keep our Fins Families and Friends in good health and spirits through our kindness to each other.

See you out in the open when I get out of quarantine!

Kim Tyler
MSA National Coaching Committee