



## Pool Recovery Training Session

**Temperature** - Around 78-85 degrees recreational pool.

**Time**- Around 20-30 minutes (Beginners or younger athletes can do 15-20 minutes)

**Depth**- Chest height to feel the benefits of buoyancy of the water and decrease stress off of the joints and spine. You are unloading the body.

**Preparation**- Make sure athletes hydrate before they train with plenty of water and after with water or a sports drink.

**Intensity**- Low intensity 60-70% effort. You should be able to hold a normal conversation with athlete while their performing the exercise.

**What type of exercise or movement should they do in the pool.** Basic movements they do in the sport and training. But for most young athletes movements such as those used in a dynamic warm ups are good. Try to include exercise that involve 3D movement (movement in all planes) sagittal, frontal and transverse. The movements should incorporate the arms, legs, torso, hips and some core.

**\*Before doing any exercise program, please consult with your physician, please do not attempt any pool exercises alone.**

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## Basic Pool Recovery Training Session

Water chest height or just beneath the sternum

Forward/Backwards Walk 2-3 minutes each

Lateral walk with arm swings 1-2 minutes

Jog 1-2 minutes

Walking lunges with trunk rotation 1- 2 minutes

Walking march- 1-2 minutes

Squats 1-2 minutes

Trunk rotations with arms in water elbows extended. Arms should be shoulders width apart with athletic stance. Focus should be on rotating trunk keeping feet flat on pool floor. Arms should stay shoulders width apart and move in the direction of your trunk rotation. 1-2 minutes.

High knees at low intensity 1-2 minutes.

Carioca - 1-2 minutes

Lateral bounds - 1-2 minutes

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