

Welcome to the JPMorgan September
Challenge

Deskto 1km swim

J.P.Morgan





Disclaimer

- Please note that any session participation is done entirely at your own risk
- If you suffer from any medical conditions, you should seek medical advice before taking part
- Neither Nuffield Health nor JPMorgan accept any liability for any injuries or losses whatsoever that you sustain whilst participating in this class (unless in the instance that we are negligent), and Nuffield Health and JPMorgan each exclude our liability to the fullest extent permitted by law
- Please make sure you are able to complete warm ups and exercise in a safe and timely manner, and that you have an adequate space within which to do so – we will give different options for you to follow at your own level and pace
- Please make sure you have water with you, stop for a break if needed and carry out the sessions in a suitable and safe environment
- If you feel dizzy or unwell during any session you should stop immediately and, if necessary, seek help or medical advice
- You may be required to download third party software and/or use third party IT platforms in order to participate in the sessions, which you do entirely at your own risk
- Neither Nuffield Health nor JPMorgan are liable for any security and/or technical issues that you may incur as a result of streaming, downloading, accessing or otherwise using third party software and we give no assurances that the streaming will be uninterrupted or error-free.

Programme journey

Programme overview and what to expect.

Don't worry, you won't take on this journey alone.

We will be on hand to help guide and support you along the way.



Introduction



Scan to sign-up



Getting started



Expert guidance



Midway Q&A



8 week plan

Move more!

The importance of movement, the consequences of too much sitting and strategies for intervention.

Being highly sedentary

Includes sitting during commuting, in the workplace, the domestic environment and during leisure time.

- 49% increased risk of all-cause mortality
- 90% increased risk of cardiovascular mortality
- 112% increased risk of diabetes
- 147% increased risk of cardiovascular disease.

Research shows that:

Since 1960:

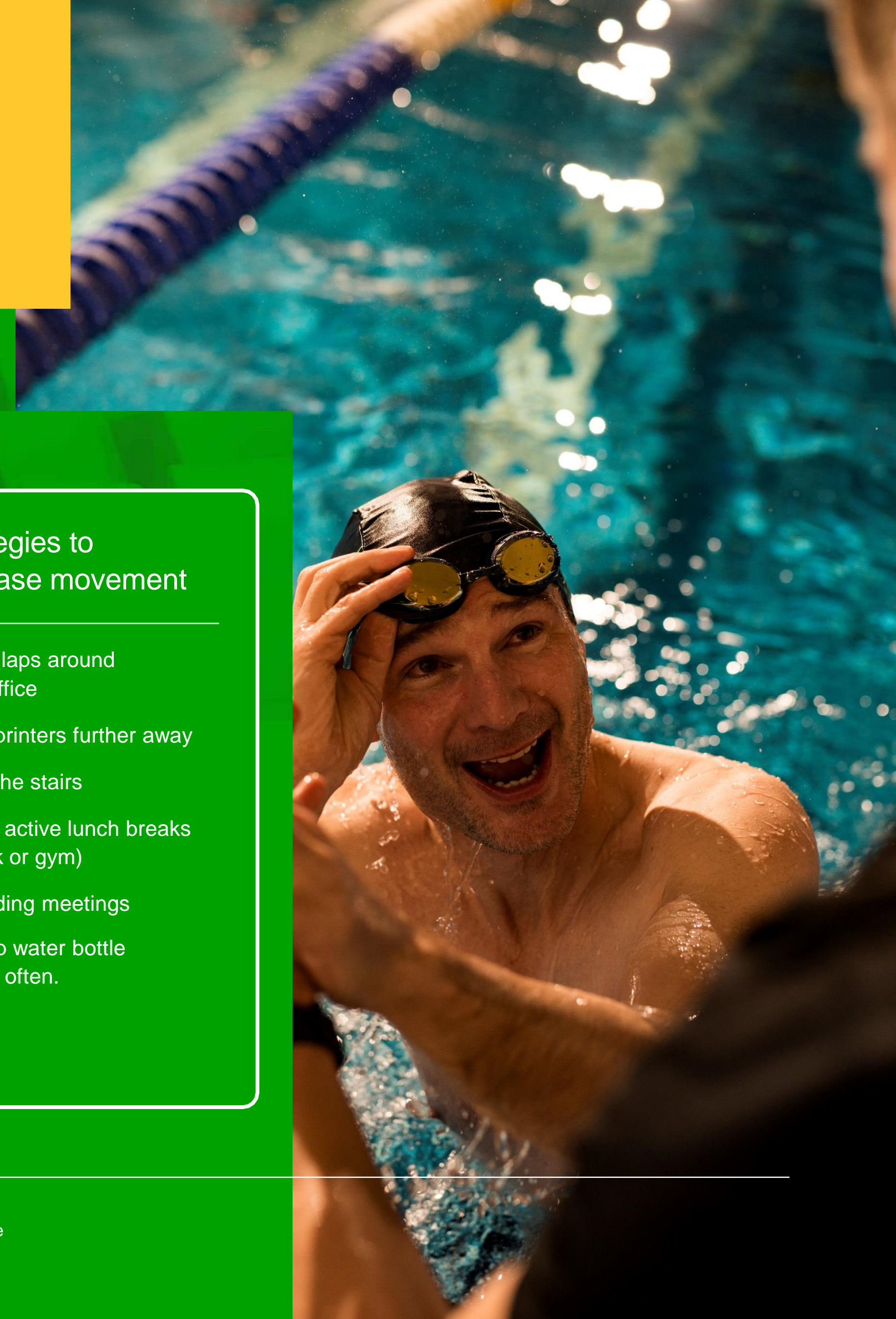
- Estimated energy expenditure loss at work has been 175 kcal/day (Church et al 2011)
- 20% reduction in physical activity, which could be 35% by 2030 (Ng et al 2012)
- Reduction of walking by 60 miles/year (Fox et al 2007).

There is good evidence showing:

- You need as much as 60-75 minutes of moderate intensity activity to combat the dangers of sitting for prolonged periods of time.
- Breaking up sitting time lowers disease risk.
- Sitting for prolonged periods of time can contribute to increased lower back pain due to shortened tight muscles.

Strategies to increase movement

- Walk laps around the office
- Use printers further away
- Use the stairs
- More active lunch breaks (Walk or gym)
- Standing meetings
- Fill up water bottle more often.



Getting started

Swimming is one of the best exercises for fitness, rehabilitation and relaxation.

Swimming works all the major muscle groups to tone your body and because of its resistant qualities, water is an excellent environment for a great fat-burning workout. Swimming is also a low-impact exercise, so there is far less stress on your joints and therefore less risk of sustaining injury.



What equipment you'll need:

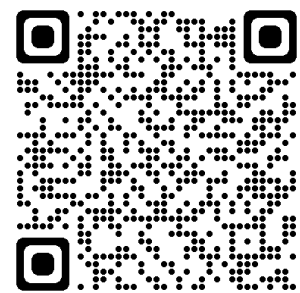
- Swimwear
- Goggles
- Swim Hat (optional)
- Bottle of water



Stretch and mobilise

- These low-impact routines for flexibility and mobility will help you prevent injury and improve your performance in other workouts.
- You can perform them both before and after exercise.

Top exercises and stretches to improve your swimming performance:



Always consult with a member of gym staff if you're unsure how to operate any of the equipment or exercises listed within this programme.



Training plan weeks 1-4 (Lengths based off a standard 20m Nuffield Health swimming pool)



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<p>Dive in 4 lengths easy swim</p> <p>Aim to go slow on the lengths and focus on technique and breathing. If you like, you can use a variety of techniques.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 3 x 10 Press up – 3 x 10 Step Up – 3 x 8 each leg Back Extension – 3 x 10 Plank – 3 x 20 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help loosen muscles and flush waste products.</p>	<p>Specific session 12 lengths</p> <p>60 seconds recovery in between lengths.</p> <p>Ensure you warm up and cool down properly.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Focus on static stretching where you stretch and hold for 60 seconds or more. This will help to relax the muscles and promote fresh blood flow ready for Sundays big session.</p>	<p>Specific session 15 lengths</p> <p>60 seconds recovery in between.</p>
2	<p>Active recovery 6 lengths easy swim</p> <p>Try to use several different strokes and take breaks as and when you feel you need them.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 10 Press up – 4 x 10 Step Up – 4 x 8 each leg Back Extension – 4 x 10 Plank – 4 x 20 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Ensure you complete some foam rolling to help promote recovery and break down muscle knots.</p>	<p>Specific session 4 x 2 length intervals</p> <p>60 seconds recovery in between.</p> <p>Remember to pace yourself.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax the muscles and detoxify.</p>	<p>Specific session 6 x 2 length intervals</p> <p>75 seconds recovery in between.</p> <p>Try to stay consistent with the efforts.</p>
3	<p>Active recovery 8 lengths easy swim</p> <p>Take this very easy, focusing on technique and taking rest when needed.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 12 Press up – 4 x 12 Step Up – 4 x 10 each leg Back Extension – 4 x 12 Plank – 3 x 30 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Focus on some static stretching where you control your breathing throughout the stretch. Holding your breath will make you tighten up which is the opposite in what we are trying to achieve.</p>	<p>Specific session 8 x 2 length intervals</p> <p>60 seconds recovery in between.</p> <p>Attack this session hard but be mindful of the distance ensuring you have enough left in the tank to finish.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>If possible try to go for a long walk to help promote blood flow before you stretch and foam roll.</p>	<p>Specific session 4 x 3 length intervals</p> <p>60 seconds recovery in between.</p> <p>2 x 1 length sprint</p> <p>2 minutes between efforts.</p> <p>Finish strong with 2 x all out efforts.</p>
4	<p>Active recovery 10 length easy swim</p> <p>This is supposed to be an active recovery session meaning you shouldn't be working too hard. Take rest when you need it and focus on your technique.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 15 Press up – 4 x 15 Step Up – 4 x 12 each leg Back Extension – 4 x 15 Plank – 4 x 30 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Now may be a good time to get a sports or deep tissue massage to help relax sore muscles and promote recovery.</p>	<p>Specific session 6 x 3 length intervals</p> <p>60 seconds recovery in between.</p> <p>This will feel tough but stay relaxed and push each length hard.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Focus on static stretching where you stretch and hold for 60 seconds or more. This will help to relax the muscles and promote fresh blood flow to the muscles ready for Sundays big session.</p>	<p>Specific session</p> <p>25 lengths (500m.)</p> <p>Try to complete this without stopping, pacing yourself to finish strong. Half distance at the halfway mark.</p>

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Training plan weeks 5-8 (Lengths based off a standard 20m Nuffield Health swimming pool)



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	<p>Active recovery 12 length easy swim</p> <p>Take this one very easy, rest after each length and focus on breathing and stroke length.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 15 Press up – 4 x 15 Step Up – 4 x 12 each leg Back Extension – 4 x 15 Plank – 3 x 40 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help loosen muscles and flush waste products.</p>	<p>Specific session 8 x 3 length intervals</p> <p>60 seconds recovery in between.</p> <p>This is a big session, pace yourself to finish strong at the end.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Try to take a complete mental break at this stage, if you want to stretch and foam roll then go for it but a mental break at this stage will be useful.</p>	<p>Specific session 6 x 4 length intervals</p> <p>30 seconds recovery in between.</p> <p>2 x 1 length sprints</p> <p>30 seconds between efforts.</p> <p>Take note of the shorter recovery time it will catch up with you.</p>
6	<p>Active recovery 14 length easy swim</p> <p>You know the drill by now – ease into it and pick up the pace if you feel good towards the end, whilst keeping within your comfort zone. Big week this week.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 3 x 20 Press up – 3 x 20 Step Up – 4 x 15 each leg Back Extension – 3 x 20 Plank – 4 x 40 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Focus on static stretching where you stretch and hold for 60 seconds or more. This will help to relax the muscles and promote fresh blood flow –ready for Sundays big session.</p>	<p>Specific session 8 x 4 length intervals</p> <p>45 seconds recovery in between.</p> <p>More reps, shorter rest – tough but you’ve worked hard enough so far to be confident in completing this.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax the muscles and detoxify.</p>	<p>Specific session 10 x 4 length intervals</p> <p>45 seconds recovery in between.</p> <p>3 x 1 length sprints</p> <p>60 seconds between efforts.</p> <p>Finish this week off strong with extra effort.</p>
7	<p>Active recovery 16 length easy swim</p> <p>Take this swim extra easy, save plenty for the specific sessions coming up this week.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 20 Press up – 4 x 20 Step Up – 4 x 15 each leg Back Extension – 4 x 20 Plank – 3 x 50 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>You may be feeling tired this week so make sure you keep stretching to help with recovery.</p>	<p>Specific session 10 x 5 length intervals</p> <p>60 seconds recovery in between.</p> <p>Complete this session for a total of 1000m and you know you are ready for showtime.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Ensure you relax as much as possible throughout the day, go for a long walk to help promote blood flow.</p>	<p>Specific session 15 x 2 length intervals</p> <p>60 seconds recovery in between.</p> <p>4 x 1 length sprints</p> <p>30 seconds between efforts.</p> <p>Hit all these efforts hard and test yourself.</p>
8	<p>Active recovery 18 length easy swim</p> <p>Deload week before the big event on Sunday. Take this swim steady but focus on technique and breathing.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 5 x 20 Press up – 5 x 20 Step Up – 4 x 20 each leg Back Extension – 5 x 20 Plank – 3 x 60 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Make sure you foam roll and stretch plenty, you will want to be feeling flexible and ready for the challenge ahead.</p>	<p>Specific session 8 x 2 length intervals</p> <p>90 seconds recovery in between.</p> <p>Go hard in this final tune-up session, take the extra recovery and focus on speed in your efforts.</p>	<p>Rest</p> <p>Last rest day so make sure you relax.</p> <p>Take 60 seconds rest between sets.</p>	<p>Active recovery 10 lengths easy swim</p> <p>Take this super easy and try not to push yourself.</p>	<p>Showtime! 1000m swim This should equate to 50 lengths of a 20m pool</p>

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Expert guidance

Challenges like these are designed to test you. That's why we are on hand to help guide you along the way.

Not sure where your nearest pool is? Is swimming a completely new skill for you? Would you like some tips and advice on how to improve your swimming stroke?

Scan the QR codes to find out more information that will help you along your journey:



Comparison of swim strokes



Tips on front crawl



Find your local pool



Top up memberships

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