

# Land Training Suggestions

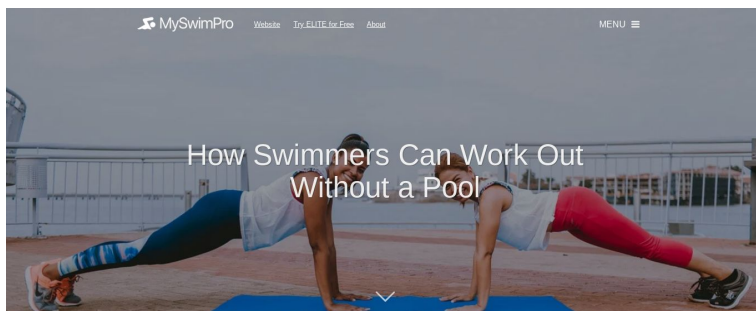
With swimming training unavailable for the immediate future, we can recommend the following resources to help you to maintain your fitness.



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## My Swim Pro

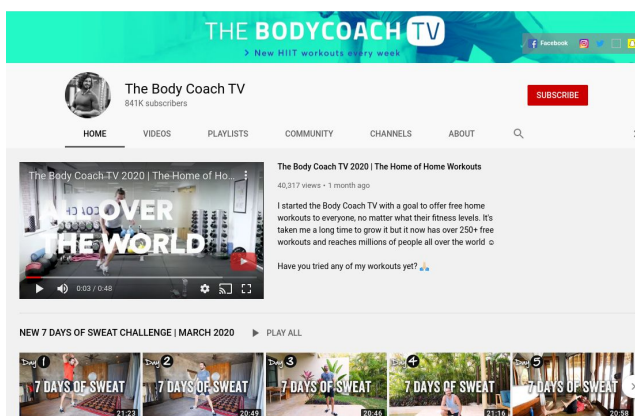


Free dry land bootcamps, workouts and lots of videos.

<https://myswimpro.com/dryland/>

<https://myswimpro.com/blog/2020/03/13/how-swimmers-can-work-out-without-a-pool/>

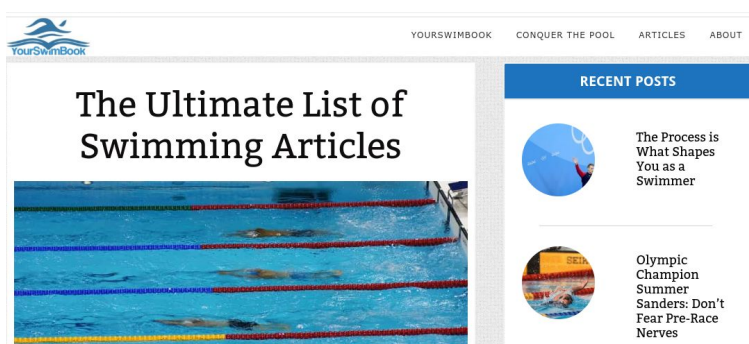
## Joe Wicks Body Coach



Short but challenging daily workouts you can do in your own living room!

<https://www.youtube.com/user/thebodycoach1>

## Your Swim Book



Articles to read about having the correct mindset and approach to swimming.

<https://www.yourswimlog.com/articles/>