

Corona Break Training Week of April 6 2020:

***Changing it up this week for change of pace with 'regular' circuit days*

Monday-

Recovery Day

1. Core Circuit
2. Journal- Take minimum 15-20 minutes to actually document all of your thoughts, feelings, emotions. It can be about swimming, school, family, friends, faith, etc. Even if you have taken the time to assess where you are do it again today in depth. Don't just think about it. Write it down. You will be able to go back to this later this spring, or summer, or year or later in life. There will be significant value in this if you perform it with thought and insight. It is so important to take care of you mental health. You can then share with anyone; friend, parent, teacher, coach, etc. who you believe you might need for support.

Tuesday/Thursday-

*** Doubles this week. Must Break it Up in this Way. I want everyone doing two workouts per day on these days.*

Morning

1. Dynamic Warm Up
2. Jump Rope Circuit
3. 5 Minute Stretch
4. Get ready for school day

Afternoon

1. 15 Minutes Aerobic Choice Loosen
2. Strength Circuit
3. Static Stretch Routine

Wednesday/Friday-

1. Dynamic Warm Up
2. Jump Rope Aerobic Combo- 4 x
 - a. 5 Minutes Jump Rope (choice of style)
 - b. 15 Minutes High Aerobic Activity (HR between 150 and 170)
***Yes, it is one round longer this week!*
3. Core Routine

Saturday:

1. Dynamic Warm Up
2. The Murph
 - 1 Mile Run
 - 100 Pull Ups
 - 200 Push Ups
 - 300 Squats
 - 1 Mile Run

*** Weight Vest Optional*

**** Try to perform best you can possible with equipment you have. Also, you can break up the strength in middle how you need to (ie 10 sets of 10-20-30)****
3. Static Stretch or Yoga 15 to 20 Minute (find an app and yoga class you would like to do to get in solid loosen)

**** Pull Ups- If you can do there somewhere whether it a pull up bar, a park, a tree branch, whatever, please try to do them. Use your sheet to track ****