

## Resumption Corona Training Week of May 18, 2020

To modify the famous Michael Jordan quote "I'm Back", we can all say "We're Back".

Monday/Wednesday/Friday -

### *Optional Morning Time To Continue Trend*

1. 5-10 Minute Cardio Jog/Walk prior to doing Full Dynamic Warm up
2. Strength Circuit
3. Static Stretch Routine

### *Afternoon*

Swim practice at CA 2:00-3:45pm.

**\*\*Wednesday Challenge- At Home!\*\*** [We are keeping this up]

5 Minute Jump Rope- See how many reps you can do in 5 minutes

**\*\* make sure if not after swim practice or your optional morning, warm up before jumping rope all out for 5 minutes**

Tuesday/Thursday-

1. 5-10 Minute Cardio Jog/Walk prior to doing Full Dynamic Warm up
2. Strength Circuit [last week of this phase of strength]
3. Static Stretch Routine or 10-15 minute Yoga

Saturday:

20 Minute Warm Up

5 minute easy jump rope

15 minute easy Run/Jog/Walk

4 x

:30 Fast Alternating Foot Jump Rope

:30 Rest

:40 Squats

:20 Rest

Extra Minute

4 x

:20 Fast Single Leg Jump Rope (rounds 1/3 Right 2/4 Left)

:20 Rest

:50 Plank Hold

:30 Rest

Extra Minute

4x

:10 All Out Pace Jump rope regular

:10 Rest

:60 Lunges

:10 Rest

6 Minutes Rest

1 Mile Run for Time!

**\*\*\* 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 \*\*\***