

Resumption Corona Training Week of May 25, 2020- Week 2

Monday/Wednesday/Friday -
Morning
Swim Practice at CA 7-8:45am

Afternoon

Suggested time to do strength training workout is 2pm. Can be done in socially distant spaced group if you would like at highland road park. Just make sure you do it during these days.

****Wednesday Challenge- [Perform after circuit]****

Breath Hold- How long can you sit Indian style and hold breath.

Tuesday/Thursday-

Morning

1. Swim Practice at CA 7-8:45am
2. Core on your own at home. See separate attachment.
3. Optional Jump Rope Work (greatly encouraged)

Workout 1

5 x :30 Regular/:30 Rest
4 x :20 Alternate Foot/:10 Rest / :30 Regular/:30 Rest
4 x :40 Regular / :20 Rest

Workout 2

5 x :30 Regular/:30 Rest
4 x :20 Alternate Foot/:10 Rest/:30 Mtn Climbers/:30 Rest
4 x :20 Regular/:10 Rest/:30 Bodyweight Squats /:30 Rest
4 x :20 Regular/:10 Rest/:30 Elbow Plank Hold /:30 Rest

Saturday (Optional)-

If you feel you need something here is a suggested workout. Modify with what you have or what you have access to utilize.

Dynamic Warm Up and then do following workout.

How Fast Can you Complete the Following:

10 x Push Ups
1 Min Plank
20 x Squats
1 Min Plank
30 x V Ups
1 Min Plank
40 x Chair Dips
1 Min Plank
50 x Jump Squats
1 Min Plank

60 x Jump Lunges
1 Min Plank
70 x Plank Saws
1 Min Plank
80 x Sit Ups
1 Min Plank
90 x Jumping Jacks
1 Min Plank
100 x Row Boats
1 Min Plank

****Have to start plank over if you break form so if you need a breather after exercises, then take**

*****Focus on your form**

30 Minute Cardio Cool Down

***** Pull Ups- Continue to do Pull Ups. We can be down to regular 2 (or 3) times per week on non strength days. They still need to be done elsewhere and not at CA yet *****