

Hello everyone. We the coaches hope that all family members and swimmers continue to be safe and healthy during our time away from practice. We were happy to see that some people over the course week did these workouts and emailed us some pictures of them working out. We are confident that if our swimmers / kids continue to stay active and workout that it will only add to their overall health during this time. As always, if anyone has any questions or needs a pep talk feel free to email me at office.lafayette@crawlshaquatics.com. Please feel free to take pictures of yourself doing these workouts and email them to office.lafayette@crawlshaquatics.com. We would love to share these pictures on our Instagram and Facebook page to help keep people motivated and inspired during this time. Coach Thomas and Coach Lyndsey

By performing these workouts the way they are written, YOU WILL REMAIN IN GOOD PHYSICAL CONDITIONING AND WILL NOT BE THAT OUT OF SHAPE WHEN YOU RETURN. I will easily be able to tell who has been doing these workouts when practice resumes.

Monday April 6:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

Circuit:

5 exercises for 1 minute each. Go from one exercise to the next without a break. 6 rounds in a row for a total of 30 minutes without stopping

1)low pulse squats (not a full range of motion working the bottom of the rep)

2)squat jumps (full squat with a jump at the top)

3)double foot calve raises with a double squeeze

4)body weight squats

5)double foot hops in place like you are jumping rope

Tuesday April 7:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

Circuit:

5 exercises for 1 minute each. Go from one exercise to the next without a break. 6 rounds in a row for a total of 30 minutes without stopping

1)full range of motion slow and controlled push ups

2)hand stand hold with feet up against wall

3)split jumps

- 4)burpies
- 5)streamline to tuck

Wednesday April 8:

- 15 minutes of dynamic stretching
- 2 mile jog (time yourself each day running the same distance)

Circuit:

5 exercises for 1 minute each followed by a 15 second break. 6 rounds in total
Today's focus is on core strength. No breaks during the exercises or during the allotted 15 second breaks

- 1)tripod single leg pikes(kick high with one leg then switch legs)
- 2)alternators
- 3)tripod double foot slides with a twist working obliques
- 4)tripod butterfly kicks
- 5)straight leg crunches

Thursday April 9:

- 15 minutes of dynamic stretching
- 2 mile jog (time yourself each day running the same distance)

Circuit:

5 rounds of the following:

- 1)50 lunges (left then right leg count as one)
- 2)20 short range of motion push ups (staying towards the top end of the rep)
- 3)10 full range of motion push ups
- 4)1 minute push up plank hold
- 5)30 squats as fast as you can

Friday March April 10:

- 15 minutes of dynamic stretching
- 2 mile jog (time yourself each day running the same distance)

Timed Set- You can break this up however you want, just be sure to do ALL REPS of each exercise. Time yourself, record it, and send your time to the office email, office.lafayette@crawfishaquatics.com. We will be doing this set throughout the time we are off and we will do it once we come back. Think of this as a test set, to gauge your fitness level!

- 100 Jumping Jacks
- 100 Sit ups
- 100 Squats

100 Push Ups

Saturday April 11:

15 minutes of dynamic stretching

2 hours of physical activity outdoors. Please take a picture of whatever activity you are doing and please email it to the office. Let's see how many different physical activities we can do.