

I hope everyone is doing well and I appreciate everyone doing these workouts and making the best out of this situation. I am happy to see that some people over the course week did these workouts and emailed us some pictures of them working out. It is easy to get into a funk and become lazy if you are sitting around all day. The key is to do these workouts and remember the type of conditioning we do during a normal week of training. We are doing our best to coach from a far but it is important that everyone do these workouts and remain in as best physical shape as possible. Remember, the better physical shape you are in the overall better your immune system functions. Also with the removal of school, after school activities and overall different change in normal life activities it is easy for our swimmers to get out of physical, mental and emotional shape. I am 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@crawfishaquatics.com](mailto:office.lafayette@crawfishaquatics.com). Please feel free to take pictures of yourself doing these workouts and email them to [office.lafayette@crawfishaquatics.com](mailto:office.lafayette@crawfishaquatics.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 March 23:**

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

Today is a leg based workout focusing on heart rate and leg conditioning. You will need to go outside for these exercises and if you can try to perform them on the grass.

1)skip for distance

2)lunges

3)bodyweight squats

4)tuck jumps

5)High hip bridges (these are performed lying on your back with your hands at your side. You then walk your heels as close to your butt as possible. Then press your hips to the sky squeezing your gluteus)

**Tuesday March 24:**

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

Today is an upper body workout focusing on strength.

1)slow push ups try to perform at least 10 in 1 minute that means slow reps (slow reps build denser muscle)

2)mountain push ups (these are performed by sticking your hips up and doing a push up by bringing the top of your head to the ground)

3)Diamond pulse push ups (with your hands in the diamond position You will take smaller range of motion but instead of doing these fast I want you to slow these down. You will really feel these burning in your triceps)

4)handstand hold. Get close to a wall and kick your body into the handstand position and hold this for 1 minute

5)Push up position plank hold (or if you have a pull up bar do pull ups)

**Wednesday March 25:**

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 on during the allotted 15 second breaks

1)alternators

2)streamline to tuck

3)tripod butterfly kicks

4)tripod flutter kicks

5)superman kicks don't let hands touch the ground

**Thursday March 26:**

15 minutes of dynamic stretching

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

Circuit:

Today is a leg based workout focusing on power and conditioning conditioning.

5 rounds of the following:

1)100 squats

2)100 lateral lunges (squat position lunge to the side, each movement counts as a rep)

3)50 double squeeze calve raises

4)1 minute wall sit

5)50 low pulse squats

**Friday March 27:**

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@crawlfishaquatics.com](mailto:office.lafayette@crawlfishaquatics.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 March 28:**

15 minutes of dynamic stretching

5-6 mile jog This is really not that much and if you consider yourself an athlete this should be a relatively short distance for you. You should try to keep your heart rate between 160-175 for the majority of the jog.

I will be sending out next weeks workouts on Sunday