

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](mailto:office.lafayette@crawlshaquatics.com). Please feel free to take pictures of yourself doing these workouts and email them to [office.lafayette@crawlshaquatics.com](mailto: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 March 30:**

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) lunges with your foot lined up with your shoulder

2) lunges with your foot a little wider than shoulder width

3) lunges with your foot even wider really feeling the stretch in your inner groin area

4) body weight squats

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

### **Tuesday March 31:**

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) small range of motion quick fast push ups. Perform these more towards the top end of the repetition

- 2)dips (these can be performed on a bench or on the edge of a table or steps)
- 3)jumping jacks making sure your hands go over your head similar to a streamline position.
- 4)full range of motion medium speed push ups
- 5)streamline to tuck abdominal exercises

### **Wednesday April 1:**

- 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)Russian twists
- 2)tripod double foot slides
- 3)streamline to tuck
- 4)superman streamline kicks
- 5)split jumps

### **Thursday April 2:**

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

#### Circuit:

5 rounds of the following:

- 1)100 squats
- 2)20 tuck jumps bringing your knees to your chest without bending over. Keep your chest up on the jumps
- 3)50 double squeeze calve raises
- 4)10 mule kicks trying to hold the handstand portion of the exercise
- 5)50 yard dash as fast as you can move. This is a very short distance of running and it is important that you keep up and engage your fast twitch muscle fibers during this time away from swim practice.

### **Friday March April 3:**

- 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](mailto: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 4:**

15 minutes of dynamic stretching

Today we are giving the option of biking or jogging.

If you would like to go biking. We would recommend going to Acadiana Park Mountain Bike Trails, located on Alexander St & Lajaunie Road, Lafayette, LA 70501. This is an outside trails course. It is free of charge and in the wilderness. It is challenging and fun. It is also in an open place so you can exercise while following all social distancing guidelines.

Or go on 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