

Sr. Red,

Week 8 of home workouts, and I would like everyone to continue to work on their visualizations. As you start to get a good sense of how long your races should take, start to involve your body. Use your muscles to imitate, on a small scale, the movements involved in your strokes. Start in your core, where all your rotations should begin for freestyle and backstroke, or where your lunge and presses should begin for breaststroke and butterfly. These movements should match the number of strokes you laid out in your race plans last week.

So far as the workouts are concerned, I would like everyone to focus on really pushing themselves to the limit on any sprints.

I hope to see you all soon, and get back to our workouts. Good luck as you finish up your school year!

Dig Deep,
Coach Daniel

Monday/Wednesday/Friday

1. Dynamic Warmup (Dynamic entails movement – its opposite would be static)
2. 5 x
 - a. Aerobic/HIIT
 - i. 3:30 Aerobic exercise
 - ii. :30 Sprint ALL OUT
 - iii. :30 Rest
 - iv. :30 Sprint
 - v. :30 Rest
 - vi. :15 Sprint
 - vii. :45 rest
 - b. 20x Mountain Climbers (count single leg)
 - c. 150x Burpees
 - d. 1:00 Rest
3. Abs Circuit
4. Post-workout static stretch

Tuesday/Thursday

1. Dynamic Warmup
2. Drylands Circuit
3. Post-workout static stretch

Dynamic Warmup (Youtube for any exercises with which you are unfamiliar, pls)

:30 A Skips
:20 Butt Kicks
:10 RUN in place- drive knees high
:30 Shoulder Gators
:60 Dynamic Runners Lunge
:30 Knee Hugs Alternating
:30 Forward Shoulder Circles (small and tight)
:30 Reverse Shoulder Circles (small and tight)
:30 Dynamic Quad Stretch
:30 In place Hamstring Scoops

5 x Inch Worms with push up (hands walk out and then walk back with big stretch at top)
20 x Jumping Jacks

Post Workout Static Stretch

10 x World's Greatest Stretch
:30 Kneeling Quadriceps Stretch Right
:30 Kneeling Quadriceps Stretch Left
:30 Standing Hamstring Right
:30 Standing Hamstring Left
:20 Lateral Hip Openers
:20 Low Back Stretch Left
:20 Low Back Stretch Right
:30 Figure Four Stretch Right
:30 Figure Four Stretch Left
:30 Butterfly

Abs Circuit

1:00 on/:30 off – 12 Stations

1. 1:00 Straight Leg Lifts
2. 1:00 Flutter Kick
3. 1:00 Mountain Climbers
4. 1:00 Streamline Crunches (knees @ 90)
5. 1:00 Reverse Crunches
6. 1:00 Half Plank
7. 1:00 Streamline Superman Hold
8. 1:00 Alternate limb lift
9. 1:00 Full Plank
10. 1:00 Rowboats
11. 1:00 Russian Twists
12. 1:00 Mountain Climbers

Strength Circuit

April 14, 16, 21, 23, 28, 30

2:00 on/ 1:00 off

1. Upper
 - a. 1:00 Plank Saws – Rocking back and forth through a half plank
 - b. 1:00 Full Plank Leg Slaps – Slap same leg while other hand remains on ground
2. Lower - Lunges
 - a. 1:00 Lunge Jumps
 - b. 1:00 Alternating Reverse Lunges
3. Total
 - a. Wall Sit – Arms at T-pose
4. Core
 - a. Flutter Kicks
5. Upper – Angled Pushups – Elevate one hand, on a couple bricks or something
 - a. 1:00 Right Side
 - b. 1:00 Left Side
6. Lower - [Bodyweight Leg Extension](#)
 - a. 1:00 Right Leg
 - b. 1:00 Left Leg
7. Total – Punches – Alternating Jab/Hook Combo
 - a. 1:00 Right Arm
 - b. 1:00 Left Arm
8. Core
 - a. 1:00 Streamline Pumps
 - b. 1:00 Alternating Limb Lift
9. Total
 - a. [Burpee Bounds](#) – How far can you get in 2 minutes?!