

Sr. Red,

Week 7 of home workouts and our focus is introducing speed movements while continuing to build our aerobic base of endurance. Outside of your workouts, I think it would be good for you to start working on the mental side of racing, which you can do at home by visualizing. High level athletes in every sport from the [winter olympics](#) to the [summer olympics](#) use visualization as a central tool in race/competition strategy. As most of you haven't done this before, we should start simply.

1. Pick a race – for our group, 100's are probably the best choice
2. Look up or write down your best time – this is your goal
3. Break down your race into component parts – BE DETAILED
 - a. How many underwaters do you do? How long do they take?
 - b. How many strokes per lap? Remember that it is currently longcourse season!
 - c. How many breaths do you take? When do you take them?
4. Get your phone timer up, or use a stopwatch if you is fancy.
5. Now time yourself as you close your eyes and run through your race from start to finish, following the plan you made in step 3.
6. Compare your 'virtual' time to your actual time. Is it way faster? Is that realistic? Are you skipping steps or fast forwarding?

It is totally okay if you are way off at first; in fact, it is a near certainty that you will be wayyy too quick! Nobody is an expert at first, but with practice you could have a very useful new weapon in your racing arsenal.

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. 1S0x 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?!