

Sr. Red,

Week 5 of home workouts! No real changes to the workout today, as my goals for your home workouts remain the same. If you look at the workouts for M/W/F with a close eye, you'll see that there is still a focus on aerobic work, but we are trading some of that time for sprint and power work. The home workouts closely reflect what I wanted to be doing in the water at this time, but with a few concessions to the limitations caused by our lacking access to the pool right now!

On a personal note, I am missing each and every one of you, and I hope you and yours are all staying safe. I cannot wait to get back to helping you achieve your swimming goals as soon as possible!

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
 - b. 10 x Squats
 - c. 5x Push ups
 - 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 Small Forward Arm Circles
 - b. 1:00 Shoulder Gators - [Video Example](#)
2. Lower – [Lateral Lunge w/ Twist](#)
 - a. 1:00 Right Leg
 - b. 1:00 Left Leg
3. Total/Core
 - a. Mountain Climbers
 - b. Burpees
4. Upper – Full Plank Leg Lifts – Lift from Glutes, **Keep Hips In Line**
 - a. 1:00 Right Leg
 - b. 1:00 Left Leg
5. Lower - [Lunge Pump](#)
 - a. 1:00 Right Leg
 - b. 1:00 Left Leg
6. Total/Core
 - a. Row Boats
 - b. Burpees
7. Upper – [Incline Chin Ups/Pull Ups](#) – Find Something like a bar
 - a. 1:00 Chin Ups
 - b. 1:00 Pull Ups
8. Lower – Single Leg Toe Jumps
 - a. 1:00 Right Leg

- b. 1:00 Left Leg
- 9. Total/Core
 - a. 1:00 Alternate Limb Lift
 - b. 1:00 Burpees