

Sr. Red,

Hope you're all staying active as we enter week 3 of this workout! This week won't have any changes made to the workout, but you can look forward to a new one coming up next week. Coach Jayme and I write strength workouts for the team around this 3-week schedule on purpose, based on a theory of how our bodies react to exercise. If done consistently, it takes your muscles approximately this amount of time to adapt, or get used to, the movements in a workout. After that window, you can still improve technique (which is why Sr. Red often has 4-week circuits) but receive a reduced impact if no variables are altered.

What do you think might be some variables that could be altered to 'refresh' a workout? Try to come up with at least 3, and I'll give you my favorites next week (hint – the three 'r's).

Hopefully that all makes sense! I'll try to continue to educate y'all about our training theory and how we apply it each week. That way, when we come back, you'll be able to use that knowledge to see improvements both in and out of the water.

Dig Deep,
Coach Daniel

Monday/Wednesday/Friday

1. Dynamic Warmup (Dynamic entails movement – its opposite would be static)
2. 5 x
 - a. 4:30 Aerobic Activity resting 1:00 between repetitions
 - b. 5x pushups
 - c. 5x v-sits
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. :30 Straight Leg Lifts / :30 Flutter Kick
2. :30 Straight Leg Lifts / :30 Flutter Kick
3. 1:00 Full Plank
4. :30 Streamline Crunches (knees @ 90) / :30 Reverse Crunches
5. :30 Streamline Crunches (knees @ 90) / :30 Reverse Crunches
6. 1:00 Half Plank
7. :30 Streamline Superman Hold / :30 Alternate limb lift
8. :30 Streamline Superman Hold / :30 Alternate limb lift
9. 1:00 Full Plank
10. :30 Rowboats / :30 Russian Twists
11. :30 Rowboats / :30 Russian Twists
12. 1:00 Half Plank

Strength Circuit

2:00 Hard a. / 1:00 Power b. / 1:00 Rest and switch

1. Run and Squats
 - a. Run hard out and back 1 min each way
 - b. Squats - work proper form not allowing back/chest to come forward
2. Jumping Jacks and Lunges
 - a. Jumping Jacks for 2 minutes
 - b. Reverse Lunges
3. Planks and Plank reaches
 - a. Full Plank Hold
 - b. Full Plank Reaching alternate arms forward of shoulder
4. Super Legs and Wall Handstand
 - a. Super Legs = 10 x squats, 10x Lunge Pump R, 10x Lunge Pump L, 10 x Scissor (lunge jumps), 10 x jump squats CONTINUOUS
 - b. Handstand with toes on wall
5. Run and Sits
 - a. Run hard out and back 1 min each way
 - b. Wall Sit
6. Jump Rope and Squat Thrusts
 - a. Jump rope (Toe jumps if need be)
 - b. Squat thrusts (Burpees no pushup)
7. Crawlies
 - a. Bear crawl in place (2 steps forward/2 steps back)
 - b. Mountain Climbers
8. Core Burner
 - a. :45 Flutter kick / :45 Small scissors / :30 Large Scissors
 - b. Russian Twists