

Hey Swimmers,

Send me an email this week (billy@crawfishaquatics.com) with an update on how the workouts are going and how you are doing. Did you do the Friday challenge with a teammate? Please copy in the office.br@crawfishaquatics.com email or your parents to be compliant with USA Swimming communication guidelines.

Senior White- Week 4 (repeat of Week 3)

Monday and Wednesday

30 minute aerobic activity & Core Circuit

Tuesday and Thursday

Dynamic warm up & Circuit

Friday Challenge: facetime with a teammate

Do exercises correct and hold each other accountable

2min work and count 3min rest

1-burpees

2-full sit up

3-push ups plus plank hold when(if) failure reached

4-squats

PLUS Yoga

You Tube: <https://www.youtube.com/watch?v=v7AYKMP6rOE>

20 min yoga for complete beginners with Adrienne (see link) or a similar yoga workout

Saturday

Optional

Aerobic or Circuit or Abs or any combination of above or better yet be creative and do something active with family or teammate

Core circuit:

5 rounds 1 minute rest between rounds

Do the following continuous

10x full sit up

10x double leg raise

10x bicycle

10x streamline crunch

10x rowboat

12x flutter kick

12x big scissor

10x full plank rotation arms to sky

10x elbow plank rotate hip bone to ground

Circuit: 2min work / 1min rest

1:60 sec forward arm circles(add up to 2 lbs in each hand if possible

:60 sec shoulder gators

2:Lateral lunge with twist to lunging leg

:60 sec right :60 sec left

3:60 sec squat thrust

:60 sec burpees

4:60 sec rowboats

:60 sec bicycle

5:plank wraps

:60 sec right side :60 sec left side

6:fire hydrants

:30 sec raise :30sec hold right leg then left leg

7:60 sec wind up jumps

:60 sec alternating leg streamline jump (use step or curve

8:60 sec super with butterfly pull

:60 sec alternate limb

9:60 sec chair dip

:60 sec swim bag hold above head

10:60 sec run in place small step fast with slow athletic arms

:60 sec forward backward double leg jumps fast over imaginary obstacle

11:60 sec flutter kick

:60 sec toe circle

If unsure of any exercise check with teammate

Stretch when done (see stretching routine doc)