

I wanted to let everyone know that all is well on our end and we hope that everyone is continuing to stay safe and healthy. This week I have spent some time at the pool doing maintenance and work getting the pool ready to resume practice. It was nice to see some swimmers pass by to say hello. We the coaches miss all of you and are anxiously awaiting your return. With that being said below are workouts for this coming week. Make sure you are continuing to do these workouts to the best of your ability. Make sure you are jogging. This coming season we are going to do more running than previous seasons. The important thing to remember is as long as you are working out daily that you should be in good physical shape when we resume practice. The better physical shape you remain in the overall better you will feel. There is a direct relation to physical activity and your overall well being. Please remember to share pictures of you doing these workouts for us to share with the younger kids to help encourage and inspire them. Email all pictures to office.lafayette@crawfishaquatics.com

This week we are continuing to include videos for you to workout with along at home. Once again these workouts require no equipment and will help keep you in shape.

Monday April 20:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

Circuit:

15 MIN TOTAL CORE/AB WORKOUT (At Home No Equipment)

<https://www.youtube.com/watch?v=glxrwC9zsHY>

Tuesday April 21:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

Circuit:

20 min NO SQUAT/LUNGE Leg & Booty Workout (NO EQUIPMENT & Knee Friendly)

<https://www.youtube.com/watch?v=dg2wzHf8vY4>

Wednesday April 22:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

Circuit:

Home Chest Workout | 10 Minutes (FOLLOW ALONG!)

<https://www.youtube.com/watch?v=rxEMKXW2Wqs>

Thursday April 23:

15 minutes of dynamic stretching
2 mile jog (time yourself each day running the same distance)

Circuit:

15 min INTENSE TOTAL CORE Workout (No Equipment)

<https://www.youtube.com/watch?v=1GxTkJpufx0>

Friday March April 24:

15 minutes of dynamic stretching
2 mile jog (time yourself each day running the same distance)

Circuit:

30-Minute No-Equipment Cardio & HIIT Workout

<https://www.youtube.com/watch?v=CBWQGb4LyAM>

Saturday April 25:

15 minutes of dynamic stretching
30-Minute STRONG by Zumba® Cardio and Full-Body Toning Workout

<https://www.youtube.com/watch?v=QRZcZgSgSHI>