

## Sr. Prep, Jr. Black & White Group Activities

We return to the pool this week. If you are not able to return to practice, pick any of the previous weeks activities and keep working hard.

The days you are swimming, do a 10-15m core workout either before or after practice. Make your own circuit from the list of exercises given

Tuesday & Thursday: :5-10 minute Warm up

:35 minute **Circuit** work, Full body.

:5-10 minute Stretch to Warm Down \*

**\* Feel free to Switch it up and look at some of the Peloton post workout stretches  
Or do a Yoga session as a post workout stretch anytime**

**Warm up Options:** You can do a Combo of both warmups.

Always make sure your full body is warmed up and ready to go.

**Option 1.** Set 2 markers about 20 yards apart and do each activity there & back **twice**

1. Jog Forwards and Pedal backwards [Be careful]
2. Jog forwards, butt kicks back
3. Jog forwards, High knee skips back
4. Sidestep swinging arm above the head facing the same way there and back
5. Karaoke, there and back [facing the same way]
6. Forward walks with forward single Arm circles / Backwards walk with backward arm circles. Straight arms full circles keeping arms close to the ears.
7. Streamline lunges forward, Jog back
8. Soldier Walks forwards [Frankenstein's], jog back

**Option 2.** In one spot. :30 seconds of each exercise unless there is a specified # of reps  
Go through the list twice

1. Jumping Jacks
2. Butt Kicks
3. High Knee Skips
4. Forward Lunges with a twist over the front leg
5. **10** Forward arm Circles and **10** Backwards [Full circles, by the ears]
6. **10** Start crosses. Full range of motion, not for speed
7. **6** Bent over, Hamstring Stretch. (**3R/3L**) Hands to the ground, be balanced and focused Leg High and straight
8. **4** Inch Worms. Stand up and Streamline between each one

## Warm Down Stretches

**:30** Knee Hugs [hold each stretch for about 5 seconds before releasing]

**:20** Standing Quad stretch Left Leg [Pull Left heel in towards your rear, knee pointing down, Right arm stretched up high and hold]

**:20** Standing Quad stretch Right leg

**:20** Standing Hamstring stretch Left leg [Stretch left leg out in front, toes up and sit back as if squatting on right leg and hold]

**:20** Standing Hamstring stretch Right leg

**1:30** Dynamic Runner Lunge, Alternating Legs. Hold each stretch for about 5 seconds. [Lunge forwards on left leg, place right hand on the ground and drop left elbow inside the left leg, the stretch it out, looking up to the left hand. Alt. with the right leg lunging forwards etc.]

**:20** Downward Dog, **do some knee bends**

**:20** Up Dog

**:30** Child's pose [sit back on heels and walk finger tips out in front as far as possible]. Press chest to the ground

**:20** Butterfly Stretch

**:20** Butterfly Stretch with feet further away from the body and try to touch feet with head

Pull knees into your chest and rock Back & Forth!

### **Improve your kicking, Work on Ankle flexibility.**

**\*\*This is Important☺**

Sit on your feet, butt on your heels. Lean back onto your hands and lift your knees up and down, stretching your ankles. Can do this together and alternating legs.

After you have warmed up your ankles, see if you can lean back onto your elbows, and then flat on your back. Raise your knees up and down from this position if you can.

Get back up in stages, onto your elbows, then hands etc.

Do some ankle rotations after stretching. Rotate each ankle, 10 big circles forwards and backwards.