

**IF IT IS IMPORTANT
TO YOU, YOU WILL
FIND A WAY.**

**IF NOT
YOU'LL FIND
AN EXCUSE**



Ok, week number two! In the summer when I turned 13 our local club team closed, the coach quit and we didn't have practice for quite some time. A few of my teammate's parents decided to drive to another club about 30 miles away. My parents said, "no" and I begged for about a week. Finally I said, fine I'll ride my bike there! At this point I decided to go to different team. The first week I rode my bike 18 miles each way to Bloomington North High School, (if you

remember from last week, that's where "Quincy" swam.) After that first week my Mom started driving me to practice and I'd ride my bike home, I did this for the last 5 weeks of the summer. Luckily upon returning to school we got a new coach and our club team started up again (that would have gotten cold in the Indiana winter!) Find a way to stay active, find a way to develop some new habits, find a way to help each other along the way. I had a few parents email me to say that last week their athletes used "Face Time" to watch the stretching video and stretch together!

Obviously I could post a workout, but coaching isn't just about dishing out work! We need to be sure we are doing things right. This week I want to share some pictures and some instruction on how to do two common and simple exercises, the right way! Pushups on this page and TRX Rows on page two! Hopefully you had a chance to put together some TRX type or suspension training straps. Pushups and TRX rows are for upper body right? Well, technically yes, but I consider both of them full body, because if you don't use proper posture they are harder and to me "posture" means "CORE"! The top and bottom position of both exercises could be described as a "plank" position, in which both use plenty of leg strength as well!

Push-ups; start by reading through and completing steps A, B and C, think about your core, keep your legs strong, think about the other muscles you are using. If you can't do 5 or 10 in a row, start small and start on the A step and move to the B step by moving very slowly. You don't even have to push back up, get up any way you would like. I call this a "negative pushup"! Do this 5 or 10 times and I bet the next day you'll be able to do 1 full pushup! Challenge yourself each day. Maybe day two you can do 3 perfect pushups and 10 "negative pushups!" Continue to work yourself up until you can do 10 pushups in a row, then work up to 3 x 10 pushups per day!

hands slightly wider than shoulder-width apart



A.

flat back (in a straight line) no sagging,
curving, or butt in the air

B.



C.



maintain a perfectly flat position when going down

TRX Rows; use the picture as a guide, when pulling your hands to your chest think about squeezing your shoulder blades together, these are the very important scapular muscles used in swimming that keep our shoulders healthy and our body's balanced due to most of our work being done with the front of our bodies. Also, keep your core strong and your legs in a strong athletic stance. Use the same routine to try to work up to a goal of 3 x 25 rows per day!

Once again, remember we all will work through this together! As always if you have any questions, concerns or just need to talk, contact me at 623.222.2264 or tim.manley@surpriseaz.gov

Start Pushing and Rowing!

Coach Tim

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TRX ROWS

Work two to three sets of eight reps into your routine.



A Hold on to the TRX and back away until you feel tension in the straps. Your body should form a 45- to 60- degree angle to the floor, and your arms should be close to parallel to the floor, palms facing down.

B Pull your body toward the anchor point by bringing the handles toward the sides of your chest as you rotate your palms inward. Your elbows should be at 45 degrees. Pause and return to the starting position.

Women'sHealth

Spring Break 2020 – Week 2