Provincial Squad Update -December 2020:

Due to our regional shutdown, some exercises to keep fit during our break from the pool are included below. A tentative plan for holiday training (taking place at McMurchy pool) has been planned. Monday, Tuesday and Wednesday (1 hour) workouts during weeks 15&16. Also, two planned Zoom meetings (0.5 hours long) are planned for Thursday evenings, December 3rd and 17th, from 5:30-6:00pm.

Reminders: Practice all safety habits when doing activities.

Required/Needed items: Exercise mat, timing device, block/step, wall, hydrating fluids.

*Some Exercise Activities*

All exercises require proper technique. Please allow 30” rest between exercises and 1’-1’30” between rounds.

Workout Plan 1: 5 x [a-Wall Sit @ 30”, b-Plank @ 2x20”, c-Prone Scissor Kicks 2x40, d-Crunches 3x15, e-Alternating Supermans x16]

Workout Plan 2: 5 x [a-Side Plank @ 2x20”, b-Sit-ups 3x10, c-Side Leg Lifts 4x25, d-Bridge Hold @ 2x20”, e-Step Ups @ 2x30” (one up, one down)]

Workout Plan 3: 5 x [a-Jumping Jacks x30, b-Prone Cycles 2x20, c-Prone Flutter Kicks 2x20, d-Donkey Kicks 2x10, e-Push-up Hold @ 5x10” hold]

Workout Plan 4: Light jog/run @ 10-15’ (Or 20’ walk)– Close to your home/in a safe area. ***Remain cautious and stay safe if going out to do this.***

Some daily stretching exercises are available on the previously posted “Swim Stretching Sheet” links.

\*\*Please allow approximately 20-30’ to complete the exercises. (Do as many as you have available time for).