

Week 11 & 12 (June 8th – 21st) (10 & Under KCS Swimmers)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Aerobic Activity Run/Bike/Treadmill/ Walk or Skip Plus Yoga Recovery II &	Recovery Day
Aerobic Activity Run/Bike/Treadmill/ Walk or Skip 15-20 mins Plus & 30 push ups in sets ie 2 x 15 3 x 10 5 x 6	ZOOM Sport Psych Sessions: 3:30 – 3:50 pm Youth Fitness 4:45 – 5:30 pm	Aerobic Activity Run/Bike/Treadmill/ Walk or Skip Plus Yoga Recovery II & 30 push ups in sets ie 2 x 15 3 x 10 5 x 6	Yoga Mobility III Youth Fitness 4:45 – 5:30 pm	Yoga Strength II	& 30 push ups in sets ie 2 x 15 3 x 10 5 x 6	

Yoga Website: www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html (Be sure to scroll the web page)

Youth Fitness: 4:45 – 5:30 pm <http://tcstrength.com/youth-ftness>

Aerobic Activity: If outside doing this activity, please be with a parent: Skipping/Walk/Run/Bike/Treadmill: Week 11 & 12 - 20 –24 mins (This will be challenging for many). If you're not sure you can run for 24 mins continuous do the following (**Faster than weeks 7 & 8**):

(3 min walk – 4 min run) x 3	21 min	Activity total	21 min
Plus			
3min walk	3 min		24min