

**Week 11 & 12 (June 8<sup>th</sup> – 21<sup>st</sup>) (11 to 13 KCS Swimmers)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>Aerobic Activity</b> Run/Bike/Treadmill 40 mins Plus Strength I! &	<b>Recovery Day</b>
<b>Aerobic Activity</b> Run/Bike/Treadmill 40 mins Plus Yoga Recovery II 2 x 20 push ups in sets ie 2 x 20 4 x 10 5 x 8 8 x 5	<b>Yoga</b> Mobility I  <b>ZOOM Sport</b> Psych Sessions:  4:00 – 4:20 pm  <b>Youth Fitness</b> 4:45 – 5:15 pm	<b>Aerobic Activity</b> Run/Bike/Treadmill 40 mins Plus Yoga Recovery II 2 x 20 push ups in sets ie 2 x 20 4 x 10 5 x 8 8 x 5	<b>Yoga</b> Strength II         <b>Youth Fitness</b> 4:45 – 5:15 pm	<b>Yoga</b> Mobility III   Friday Zoom Session 3:15-3:35 pm	2 x 20 push ups in sets ie 2 x 20 4 x 10 5 x 8 8 x 5	

**Yoga Website:** [www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html](http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html) **Youth Fitness:** 4:45 – 5:30 pm

<http://tcstrength.com/youth-ftiness>

**Aerobic Activity:** Run/Bike/Treadmill: Week 11 & 12 - 40 mins (This will be challenging for many). If you're not sure you can run for 40 mins continuous do the following **(Faster than weeks 7 & 8):**

6 min walk – 4 min run	10 min	Activity total	10 min
(2 min walk – 4 min run) x 4	24 min		34 min
6 min walk	6 min		40 min