

Week 11 & 12 (June 8th – 21st) (14 and Over KCS Swimmers)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|------------------------------------|-------------------------------------|---|----------------------------|
| <p>Yoga Mobility III</p> | | <p>Yoga Strength IV</p> | | <p>Yoga Mobility III</p> | <p>Aerobic Activity Run/Bike/Treadmill 40 mins Plus Yoga Recovery II &</p> | <p>Recovery Day</p> |
| <p>Aerobic Activity 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</p> | <p>Dryland Session TCSC ZOOM Sport Psych Sessions: 4:30 – 5:00 pm</p> | <p>Aerobic Activity 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</p> | <p>Dryland Session TCSC</p> | <p>Dryland Session TCSC</p> | <p>2 x 20 push ups in sets ie 2 x 20 4 x 10 5 x 8 8 x 5</p> | |

Yoga Website: www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html

Dryland Session:(Kent TCSC – Mon – Sat 10:15 am live or Tue/Th 5:45 pm): www.tcstrength.com/virtual.html If your unable to do this activity live please go to the TCSC Archive page and review the workout along with the demonstrated exercises and complete: www.tcstrength.com/virtual.html

Aerobic: 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 |