

**Week 7 & 8 (May 11<sup>th</sup> – May 24<sup>th</sup>) (14 and Over KCS Swimmers)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Yoga</b> Mobility III</p>		<p><b>Yoga</b> Strength IV</p>		<p><b>Yoga</b> Mobility III</p>	<p><b>Aerobic Activity</b> Run/Bike/Treadmill 40 mins Plus Yoga Recovery II &amp;</p>	<p><b>Recovery Day</b></p>
<p><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</p>	<p><b>Dryland Session TCSC</b>  <b>ZOOM Sport Psych Sessions:</b> 4:30 – 5:00 pm</p>	<p><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</p>	<p><b>Dryland Session TCSC</b></p>	<p><b>Dryland Session TCSC</b></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](http://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](http://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](http://www.tcstrength.com/virtual.html)

**Aerobic:** Run/Bike/Treadmill: Week 7 & 8 - 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 3 & 4**):

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