

Week 9 & 10 (May 25th – June 7th) (10 & Under KCS Swimmers)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>May 27th Laps for Loonies 3:45 – 5:00 pm See link on the Week 9 & 10 Membership Letter</p>			<p>Aerobic Activity Hill Run or Bike/Treadmill/ Walk or Skip 15-20 mins Plus Yoga Recovery II &</p>	<p>Recovery Day</p>
<p>Aerobic Activity Run/Bike/Treadmill/ Walk or Skip Plus Yoga Recovery I Plus & 20 push ups in sets ie 2 x 10 4 x 5</p>	<p>ZOOM Session Sport Psych Visualization 3:30 – 3:50 pm</p>	<p>June 3rd Activity Hill Run or Bike/Treadmill/ Walk or Skip 15-20 mins Plus & 20 push ups in sets ie 2 x 10 4 x 5</p>	<p>Yoga Mobility IV</p>	<p>Yoga Strength III</p>	<p>& 20 push ups in sets ie 2 x 10 4 x 5</p>	

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

Aerobic Activity: If outside doing this activity, please be with a parent: Skipping/Walk/Run/Bike/Treadmill: Week 9 & 10 - 15 –20 mins (This will be challenging for many). If you’re not sure you can run for 20 mins continuous do the following:

(4 min walk – 2 min run) x 3	6 min	Activity total	6 min
(1 min hill run (100/200 m) – 2 min walk down the hill) x 4	12 min		18 min
Plus			
2 min walk	2 min		20 min