

**Week 9 & 10 (May 25<sup>th</sup> – June 7<sup>th</sup>) (14 and Over KCS Swimmers)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Yoga</b> Mobility V</p>		<p><b>Yoga</b>(May 27 &amp; Jun 3<sup>rd</sup>) Strength I <b>May 27<sup>th</sup></b> Laps for Loonies 3:45 – 5:00 pm See link on the Week 9 &amp; 10 Membership Letter</p>		<p><b>Yoga</b> Mobility VI</p>	<p><b>Aerobic Activity</b> <b>Hill Run or</b> Bike/Treadmill/ Walk or Skip 15-20 mins Plus Body Awareness</p>	<p><b>Recovery</b> <b>Day</b></p>
<p><b>Aerobic Activity</b> Run/Bike/Treadmill 40 mins Plus Yoga Recovery III 3 x 20 push ups in sets ie 3 x 20 6 x 10 5 x 12 10 x 6</p>	<p><b>Dryland</b> <b>Session TCSC</b>  <b>ZOOM</b> Session Sport Psych Visualization 4:30 – 5:00 pm</p>	<p><b>June 3<sup>rd</sup> Activity</b> <b>Hill Run or</b> Bike/Treadmill/ Walk or Skip 15-20 mins Plus Yoga Recovery I 2 x 20 push ups in sets ie 2 x 20 4 x 10</p>	<p><b>Dryland Session</b> <b>TCSC</b></p>	<p><b>Dryland Session</b> <b>TCSC</b></p>	<p>&amp; 3 x 20 push ups in sets ie 3 x 20 6 x 10 5 x 12 10 x 6</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 9 & 10 - 20 – 40 mins (This will be challenging for many). If you're not sure you can run for 40 mins continuous do the following:

6 min walk – 4 min run	10 min	Activity total	10 min
(1 min hill run (100/200 m) – 2 min walk down the hill) x 6	18 min		28 min
Plus			
12 min run/ walk (6 run/6 walk)	12 min		40 min