



December 14th, 2020 Training Schedule 2020-2021

Silver 2

MAC Activation Protocol, MAC_Dryland Phase one and Shoulder activation **At Home**

2020-2021 Activation Schedule	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver 2	AM	MAC Activation#1	Shoulder	MAC Activation#2	MAC Activation#1	Shoulder	MAC Activation#2 & Shoulder	
	PM	MAC Dryland	MAC Dryland	MAC Dryland	MAC Dryland	Zoom Meeting 5:30Pm-6:00		

Notes: Starting Monday, Dec 14th 2020 all dryland will be at home.

1. The dryland program to the swimmers to work on over the next few weeks. It is really important that swimmers stay active and healthy until we get back to the pool. Please note the plan that I have provided is to be completed every day.
2. The most important thing is to stay safe and look after yourself, your family and the people that are close to you.
3. Keep Yourself Active over the next couple of weeks
4. In the video you will see the description for each workout.
5. Please follow the links below for the **MAC Activation Protocol**,
6. <https://www.youtube.com/watch?reload=9&v=NsqJcHPQxK8>
7. <https://www.youtube.com/watch?v=zdvZtzSrF30&feature=youtu.be>
8. Swimmers can complete these exercises indoor or outdoor while getting some fresh air.
9. The zoom Meeting will be this week on Friday, Dec 18th 2020 and the week after the holiday on Friday, Jan 8th 2021 from 5:30pm-6:00pm
10. To keep them motivated, I am proposing a thirty-minute Zoom meeting for our swimmers to discuss questions/challenges, updates, and tips with the group. I understand that swimmers might not be able to join, but they are also welcome to email me or text me at 647 787 5541 (they may also share videos of dryland exercises).