

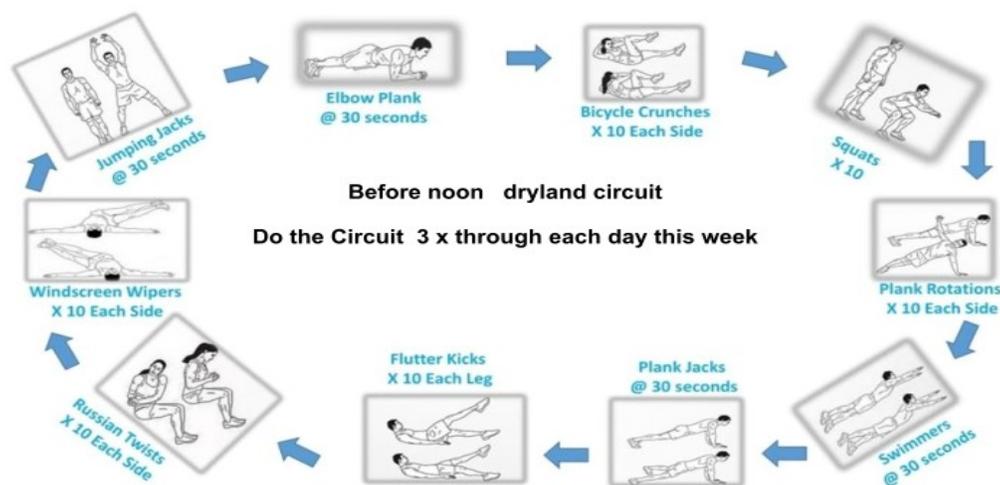
CAST - Covid-19 - Out of the water - Week 2

We really don't know how long things are going to last, but waiting and not exercising while hoping it will all pass quickly is not pro-active.

Let's start with a plan.....

Part 1) am exercises

If you're doing school activities, then do this prior to school. If you're not in school, do it prior to noon each day. It will take about 20 minutes:



Suggestion: Get a workout partner.....partner up, and do this workout together by video chatting it. **SAME TIME – EVERY DAY!** If you both have an apple phone or ipad – facetime it, if you don't have an apple device, you can use what'sapp or skype.

Do the exercises together. Challenge each other.

Part 2. Watch videos and visualize

Homework: Watch 10-20 minutes of swim videos every day. undistracted.

Take some notes. Stop the video from time to time, close your eyes, and **picture yourself doing it.**

This weeks videos:

Monday: Freestyle

<https://www.youtube.com/watch?v=SONx52cyltI>

<https://www.youtube.com/watch?v=5HLW2AI1Ink>

<https://www.youtube.com/watch?v=z59s13BVDrE>

Tuesday: Backstroke

<https://www.youtube.com/watch?v=JghqyliWwb4>
<https://www.youtube.com/watch?v=mJMs4B00u0I>

Wednesday: Butterfly

https://www.youtube.com/watch?v=w6n_SrjLypA
https://www.youtube.com/watch?v=UffZn_-IU54
<https://www.youtube.com/watch?v=flqjEUsDn9k>

Thursday: Breast

<https://www.youtube.com/watch?v=QGZ8rIy-YtI>
<https://www.youtube.com/watch?v=VfJ105NN68U>

Friday: Starts

<https://www.youtube.com/watch?v=Yf7Zt9B1uvQ>
<https://www.youtube.com/watch?v=Z65Tr-nWoEs>

Saturday: Racing

look up and watch some racing videos..... try NCAA swimming, Olympic swimming, Michael Phelps swimming, Caleb Dressel swimming, Adam Peaty swimming etc.

put your mind in the winning person's body, swimming those strokes, feel your muscles reaching, pulling kicking etc. - be that swimmer while you're watching.

Part 3. Join us each weeknight for video chat at 5:00 pm.

Once I found out that I couldn't stream videos very well on zoom, then watching videos for technique and doing dryland via video were out.

So the sessions are a little bit instructional, a little bit just to gather with the team, and a little bit just to keep us on track and healthy, so we'll be ready to go when we can get back to the pool.

The sessions will last between 30 and 60 minutes. With suggested dryland afterwards