



April Training Plan

The plan is based on the philosophy that we will cycle through the next 3–6 weeks of training as follows:

Monday: Core and cardiovascular conditioning

Tuesday: Strength and power

Wednesday: Dynamic abs and HIIT (High Intensity Interval Training)

Thursday: Core and cardiovascular conditioning

Friday: Strength and power

Saturday: Dynamic abs and HIIT

For Week 2 we may increase Tuesday and Friday main sets by doing more rounds and for Week 3 we may add more rounds for the Monday, Wednesday, Thursday, and Saturday practices. This way you will increase demand on those days and vary intensity and type of workout for maximum benefit.

Based on your feedback, we will evaluate how this plan is working after 3 weeks and adjust accordingly.

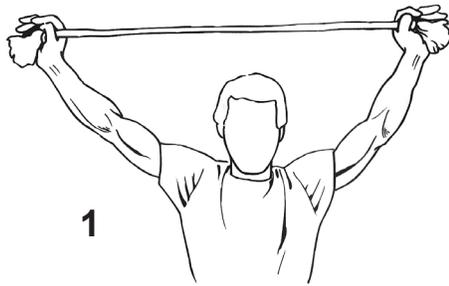
Remember there are no required workouts and all activities are optional. We send these suggestions for motivational purposes, hoping to make it easier for you to stay active and in shape. Because our coaches cannot directly supervise any activities, you must assume the responsibility for it so be careful!

Stretching

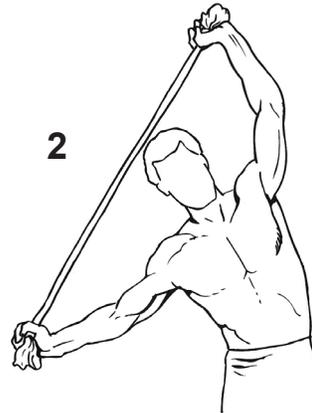
These stretches are done standing, sitting, or lying down, using a stretch rope/cord, regular rope, a belt, or anything that allows you to hold the ends and stretch. Use a mat or other padding under you when on the ground. Stretches are numbered but do not need to be done in any order.

Make sure you do the leg stretches on both sides of the body.

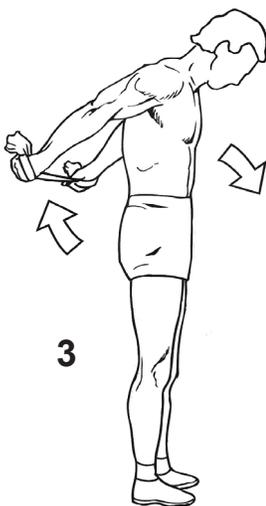
Be sure to stretch before and after all workouts.



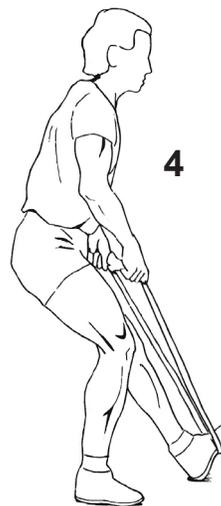
1
Allow your arms to stretch back and away from you.



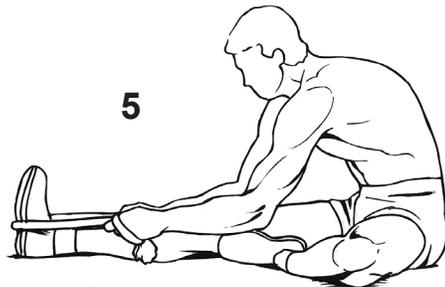
2
Standing, bend sideways at the waist. Stretch both sides.



3
Place the rope behind you and wrap it around your hands to shorten it. Lock the elbows and lift your arms up. Bend forward at the waist, keeping arms and elbows in the same position.



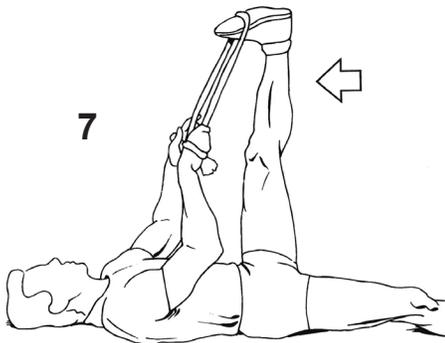
4
Standing, loop the rope over the ball of your foot. Keeping that leg straight and bending the other, pull up on the rope.



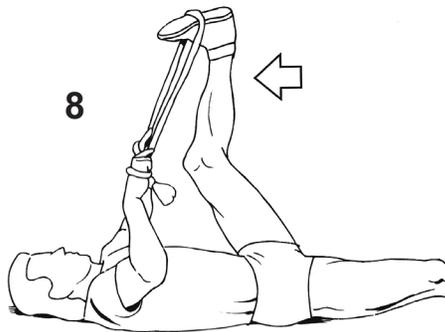
Extend one leg, place the rope around the foot, wrap the rope around your hands to shorten it. Use the rope to stretch forward; stretch with a slight bend in the straight knee.



Extend both legs, place the rope around the feet, wrap the rope around your hands to shorten it. Use the rope to stretch forward; stretch with a slight bend in the knees.



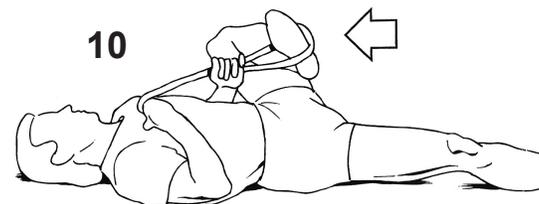
While sitting, place the rope around one foot. Slowly lean back while lifting the leg in a stiff-leg position. Pull the leg toward you with the rope. Allow your head and shoulders to be flat on the ground.



Allow a slight bend in the knee from stretch 7. Continue pulling the leg toward you with the rope, shortening the rope as necessary.

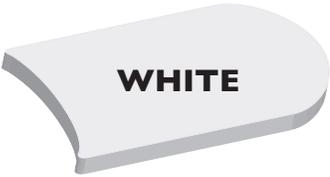
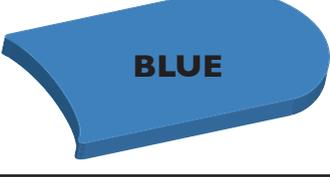
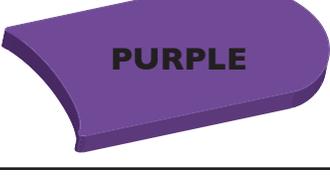
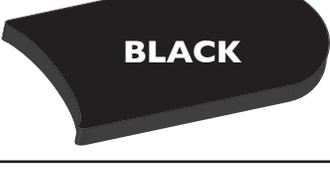
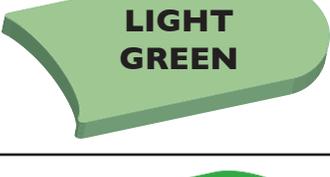


Hold both ends of the rope in the opposite hand from the leg you are stretching in stretch 8. Allow your stretching leg to cross your straight leg in stages.



From stretch 8, use the rope to bring your foot toward your chest.

Effort Chart

	Zone	Description
Aerobic	 WHITE	Basic Aerobic Training (REC) Intensity = Low Heart rate = 90–110 (15–18 beats per 10 seconds) Effort = 50% or less Used as active rest
	 PINK	Aerobic Training (EN-1) Intensity = Medium Heart rate = 110–120 (18–20 beats per 10 seconds) Effort = ~60%
	 RED	Aerobic Training (EN-2) Intensity = High Heart rate = 130–150 (21–25 beats per 10 seconds) Effort = ~70%
	 BLUE	Anaerobic Threshold Training (EN-3) Intensity = Very high Heart rate = 160–170 (26–28 beats per 10 seconds) Effort = ~80%
Anaerobic	 PURPLE	Maximum VO₂ Training (EN-3) Intensity = Extremely high Heart rate = 180+ (30 or more beats per 10 seconds) Effort = ~85–100%
	 BLACK	Intensity = Race pace Heart rate = No requirement
CP	 LIGHT GREEN	Intensity = Easy speed Heart rate = No requirement Speed = 95%
	 GREEN	MAX SPRINT (SP-1) Intensity = Full speed Heart rate = No requirement Speed = 100%

Monday

Core

Repeat 5 times (20 minutes total)	20 seconds plank https://www.youtube.com/watch?v=pvljsG5Svck
	20 seconds plank knee to elbow https://www.youtube.com/watch?v=_lzjaBLTFhU
	20 seconds plank shoulder tap https://www.youtube.com/watch?v=QOCn3_iOAro
	6 burpees https://www.youtube.com/watch?v=tJrdJBWBu08
	8 inch worms https://www.youtube.com/watch?v=VSp0z7Mp5IU
	1 minute rest

Cardio Long

The thinking here is to go moderate effort (RED – HR 21–25) and hold this for a significant amount of time. Choose one of the following:

3 x 10 minutes running with 3 minutes walk between, or
4 x 12 minutes bike (outdoor or stationary) with 3 minutes easy between, or
6 x 5 minutes pool swim non-stop, or
12 x 1 minute jump rope with 20 seconds rest between, or
3 minutes walking stairs with 1 minute easy walk around (no stairs) between

Cool Down

Walk 5–10 minutes and then stretch 5–10 minutes.

Tuesday

Set 1

Repeat 3 times	10 x touch toes squat stretch https://www.youtube.com/watch?v=2Dhdf6Wjl30
	10 x dead bugs https://www.youtube.com/watch?v=rbemelnkHag
	10 x bird dogs https://www.youtube.com/watch?v=ZTFwR6PU1ek
	1 minute rest

Set 2

Repeat 3 times	30 seconds butt kicks https://www.youtube.com/watch?v=-dtvAxibgYQ
	20 seconds jumping jacks
	10 seconds high knees https://www.youtube.com/watch?v=tx5rgpDAJRI
	30 seconds rest

Power

Repeat 5–8 times (depending on fitness and ability)	8 lunges + 30 jump ropes
	8 squats + 4 burpees
	1 minute rest

Cool Down

Walk 5–10 minutes and then stretch 5–10 minutes.

Wednesday

Dynamic Abs

Repeat 2 or 3 times	All 45 seconds on / 15 seconds off except squat jumps
	Russian twists https://www.youtube.com/watch?v=JyUqwkVpsi8
	Side plank https://www.youtube.com/watch?v=N_s9em1xTqU
	Hip raises https://www.youtube.com/watch?v=fDP6O_aJpDg
	Flutter kicks https://www.youtube.com/watch?v=ZB1SwBRVLCc
	10 squat jumps https://www.youtube.com/watch?v=Azl5tkCzDcc

Pyramid Cardio HIIT

As explained for Monday you can do this running or on a bike (high resistance) or treadmill or in the pool (holding the wall) or on stairs.

Repeat 8–20 times	20 second sprint all out (GREEN to PURPLE effort)
	20 second moderate (RED effort)
	20 second easy walk (WHITE)

Cool Down

Walk 5–10 minutes and then stretch 5–10 minutes.

Thursday

Core

Repeat 5 times (20 minutes total)	20 seconds plank https://www.youtube.com/watch?v=pvljsG5Svck
	20 seconds plank knee to elbow https://www.youtube.com/watch?v=_lzjaBLTFhU
	20 seconds plank shoulder tap https://www.youtube.com/watch?v=QOCn3_iOAro
	6 burpees https://www.youtube.com/watch?v=tJrdJBWBu08
	8 inch worms https://www.youtube.com/watch?v=VSp0z7Mp5IU
	1 minute rest

Cardio Long

The thinking here is to go moderate effort (RED – HR 21–25) and hold this for a significant amount of time. Choose one of the following:

3 x 10 minutes running with 3 minutes walk between, or
4 x 12 minutes bike (outdoor or stationary) with 3 minutes easy between, or
6 x 5 minutes pool swim non-stop, or
12 x 1 minute jump rope with 20 seconds rest between, or
3 minutes walking stairs with 1 minute easy walk around (no stairs) between

Cool Down

Walk 5–10 minutes and then stretch 5–10 minutes.

Friday

Set 1

Repeat 3 times	10 x touch toes squat stretch https://www.youtube.com/watch?v=2Dhdf6Wjl30
	10 x dead bugs https://www.youtube.com/watch?v=rbemelnkHag
	10 x bird dogs https://www.youtube.com/watch?v=ZTFwR6PU1ek
	1 minute rest

Set 2

Repeat 3 times	30 seconds butt kicks https://www.youtube.com/watch?v=-dtvAxibgYQ
	20 seconds jumping jacks
	10 seconds high knees https://www.youtube.com/watch?v=tx5rgpDAJRI
	30 seconds rest

Power Arms

Set 1

Repeat 5 times	4 pull-ups
	10 push-ups
	30 seconds rest

Set 2

Repeat 5 times	25 fly pulls or alternating arm swings (see video of Coach Robert on GroupMe)
	10 dips or back push-ups
	30 seconds rest

Cool Down

Walk 5–10 minutes and then stretch 5–10 minutes.

Saturday

Dynamic Abs

Repeat 2 or 3 times	All 45 seconds on / 15 seconds off except squat jumps
	Russian twists https://www.youtube.com/watch?v=JyUqwkVpsi8
	Side plank https://www.youtube.com/watch?v=N_s9em1xTqU
	Hip raises https://www.youtube.com/watch?v=fDP6O_aJpDg
	Flutter kicks https://www.youtube.com/watch?v=ZB1SwBRVLCc
	10 squat jumps https://www.youtube.com/watch?v=Azl5tkCzDcc

HIIT Set

As explained for Monday you can do this running or on a bike (high resistance) or treadmill or in the pool (holding the wall) or on stairs.

Repeat 8–20 times	30 seconds ON GREEN to PURPLE
	30 seconds OFF (WHITE)

Cool Down

Walk 5–10 minutes and then stretch 5–10 minutes.

Backyard Pool Swim Sets

If you swim, do it in addition to the dryland practices above. Swim at the end of a dryland practice or separately as a double workout.

Pick one or more of the following and repeat it 10 times:

- 7–10 seconds fast kick against the wall then turn and swim fast to the opposite wall (only do a flip turn if your pool is deep enough!).
- Find a partner who can hold your legs in place then swim non-stop for 3 minutes and rest for 10 seconds (works for backstroke and freestyle).
- Use a partner or a tether and swim 3 left arm strokes, 3 right arm strokes, 3 full strokes then right into a sprint for the full length of the pool. Rest for 15 seconds.
- Kick IM against a wall: do 10–15 kicks of each stroke and rest for 10 seconds.
- Find the longest distance in your pool (maybe you have to swim diagonally to achieve this) and kick with a snorkel back and forth 10 lengths. Build each length and increase intensity as the set progresses.
- Kick on your side a length then kick on the other side on the way back; do 5 laps and then rest 15 seconds.