**Monday, May 4**

**Dryland**

Mobility/Stretch Out  
5:00 Swimmer’s Choice

Dynamic Warm Up (15-20 Yards, Down & Back) – 2x Rounds:  
Side Shuffle   
Carioca  
Flamingo  
Flamingo with a Dip  
Reverse Skips  
Cherry Pickers  
3 Steps & Lunge (Hands On The Hips)  
Long Jumps

Circuit 1 – 4x Rounds @ 30SR  
10x Yoga Push Ups  
20x 1 Leg Bridges (10 Right Leg/10 Left Leg)  
30x Russian Twists

Circuit 2 – 3x Rounds @ 30SR  
Squats 20x  
Lunges 20x  
Split Jumps 20x  
Squat Jumps 10x

Cardio – 3x Rounds  
3:00 Run/Jog + 1:00 Rest

**Swim**

5:00 Warm Up Swim – YC Mix

3x Rounds @ 60SR (Focus: Body Positioning, Balance, Smooth Consistent Kicking)  
10x Laps Continuous Flutter Kick w/ Snorkel, Streamline Position & Work Open Turns

1x Round @ 60SR (Focus: Posture/Line/Balance, Holding Water on Hands, Palms Positive)  
8x Laps Forward Scull/Aussie Scull x Length w/ Snorkel + Buoy  
8x Laps Freestyle Swim, 11 Position Catch Up & Work Flip Turns

1x Round @ 60SR (Focus: Above Skills + Feel Catch Position on WW Scull)  
6x Laps Windshield Wiper/Aussie Scull x Length w/ Snorkel + Buoy  
6x Laps Freestyle Swim, ¾ Catch Up & Work Flip Turns

1x Round @ 60SR (Focus: Above Skills + Experiment w/ Different Sized Sculling)  
4x Laps Windshield Wiper Scull/Aussie Scull x Length w/ Snorkel + Flutter, with Sculling Variation (3x Big, 3x Small)   
4x Laps YC Swim, Smooth & Relaxed

1x Round @ 60SR (Focus: Above Skills + Reversed to the Back)  
2x Laps Forward Scull (@ Finish Position)/Aussie Scull x Length On Your Back, Buoy Optional  
2x Laps YC Swim, Smooth & Relaxed

**Tuesday, May 5**

**Dryland**

Mobility – 2x Rounds  
Hip Flexor Stretch 10x Right Leg Forward + 10x Left Leg Forward  
Spiderman 5x Each Side  
Lateral Squats 20x Alternating   
Split Squats 10x Right Leg Forward + 10x Left Leg Forward  
Lunge & Lean 5x Each Side

Dynamic Warm Up (15-20 Yards, Down & Back) – 2x Rounds @ :20SR  
Reverse Skips > Forward Skips  
Forward Skips > Skip for Distance  
Skip for Distance > Skip for Height  
Skip for Height > Cherry Pickers  
Cherry Pickers > Reverse Skips

Circuit 1 – 3x Rounds @ 30SR  
Regular Push Ups 8x  
Hand Release Push Ups 6x  
3-Count Push Ups 4x  
Mountain Climbers :30

Circuit 2 – 3x Rounds @ 30SR  
Rope Climbers 40x  
Crunches 30x  
Leg Lifts 20x  
V-Ups 10x

Cardio – 1x Round   
10:00 Continuous Bike/Jog/Run

**Swim**

Warm Up= 4x 5xLaps @ 20SR: 1st 4= FR Swim, 2nd 4=YC Swim, 3rd 4= Flutter Kick, 4th 4= YC Kick

Open Turn Work – 2x Rounds @ 30SR  
5x Rocket Reverse Somersaults   
5x 11 Position Floating Reverse Somersaults  
5x 11 Position Kick to Wall + Fast Open Turns  
5x YC Short Axis Swim to Wall + Fast Open Turns

6x Rounds @ 30SR (Focus: Body Positioning, Balance, Smooth Concsistent Kicking)  
4x Laps Kick w/ Snorkel & Work Open Turns (Odd Rounds= Flutter Kick, Even Rounds= Breast Kick)

3x Rounds @ 30SR (Focus: Posture/Line/Balance, Feel Catch Position, Pressure on Palms, Feel Different Sized Scull)  
6x Laps Windshield Wiper Scull/Aussie Scull x Length w/ Snorkel, + Sculling Variation (3x Big/3x Small)

3x Rounds @ 30SR (Focus: Core/Body Engaged, Palms Positive, Feel Consistent Pressure on Palms)  
3x Laps Froward V-Scull/Reverse V-Scull x Length, Head Up w/ Buoy (Fwd= Fingertips Down, Rev= Fingertips Up)

Warm Down= 5:00 Swim, YC Mix

**Wednesday, May 6**

**Dryland**

Stretch/Loosen – 1x Round  
Arm Swings 15x Forward + 15x Reverse (Each Arm)  
Leg Swings 15x Front to back + 15x Side to Side (Each Leg)  
Spider 6x with 2 Second Hold in Each Position  
Monkeys 30x  
Orangutans 30x  
Arm Swings 30x  
Jog/Run 3:00

Dynamic Warm Up (15-20 Yards, Down & Back) – 2x Rounds @ :20SR  
Ham Dives (3 Steps & Dive For Shoelaces)  
Bounding  
Cherry Pickers  
Monster Walk   
Lateral Monster Walk  
Walking Lunges (3 Steps & Lunge)  
Bear Crawl Down, Reverse Bear Crawl Back

Circuit 1 – 3x Rounds @ 30SR  
Bridges 10x  
Windshield Wipers 10x  
Bird Dogs 20x (5x Right, 5x Left x2)

Circuit 2 – 3x Rounds @ 30SR (\*Keep Legs Straight/Elevated Entire Round\*)  
Flutter Kicks 30x  
Leg Lifts 20x  
X-Ups 10x

Cardio – 4x Rounds @ 20SR  
:30 Mountain Clumbers + 5 Burpees (Fast & Explosive, With Push Ups)

**Swim**

Warm Up= 10x Laps YC Swim Loosen Up

3x Rounds Wall Kick Flip @ 60SR (Wall Kick= :20 On Wall, Then Flip & Go)  
Kick on Wall is Always Flutter – R1 Laps= Breaststroke Kick, R2 Laps= Flutter Kick, R3 Laps= Dolphin Kick

1x Round (Focus: Posture/Line/Balance, Tight Core, Pressure on Palms w/ Palm Positive, Feel Different Sized Sculls)  
6x Laps Forward Scull/Aussie Scull x Length w/ Sculling Variations (3x Big/3x Small) – w/ Snorkel & Buoy + 30SR  
6x Laps Windshield Wiper Scull/Aussie Scull x Length – w/ Snorkel & Buoy + 30SR  
6x Laps Forward Scull/Aussie Scull x Length – OYB w/ Buoy + 30SR

2x Rounds @ 60SR (Focus: Tight SL, Smooth UW Kicks, Body Dolphin Movement, Kicking in Both Directions)  
8x Laps Underwater Dolphin Kick w/ Tennessee Turns (Tennessee Turns= Fully Submerged Open Turns)  
8x Laps Swim w/ 2-3 UW Dolphin Kicks Then Swim. R1= FR Swim, R2= FL Swim

Warm Down= 6x Laps Choice Swim (Focus: Quality & Feel)

**Thursday, May 7**

**Dryland**

Mobility – 2x Rounds  
Hip Flexor Stretch 10x Right Leg Forward + 10x Left Leg Forward  
Spiderman 5x Each Side  
Lateral Squats 20x Alternating   
Split Squats 10x Right Leg Forward + 10x Left Leg Forward  
Lunge & Lean 5x Each Side

Dynamic Warm Up (15-20 Yards, Down & Back) – 2x Rounds @ :30SR  
Forward Skips Down/Reverse Skips Back  
Cherry Pickers Down/Reverse Cherry Picker Back  
3 Steps + Lunge & Lean/Reverse on the way Back (Streamline Position)  
Monster Walk Down/Reverse Monster Walk Back  
Inch Worm Down/Reverse Inch Worm Back

Circuit 1 – 3x Rounds @ :30SR  
Lunges 20x 10x Right Leg, Then 10 Left Leg   
Skater Hops 20x Alternating  
Squats 15x  
Squat Jumps 15x

Circuit 2 – 4x Rounds @ 20SR  
Push Up 8x  
Scapula Push Up 16x  
Superman Taps 24x

Cardio – 3x Rounds Continuous  
:30 Mountain Climbers + :30 Burpees (No Push Up) + :30 High Knees + Run 50 Yards (25 Yards Down & Back)

**Swim**

Warm Up= 5:00 Swim YC Loosen

3x Rounds Vertical Kick (Wrists at the Surface) @ :60SR  
:30 Flutter Body In Line, Following Through in Both Directions  
:30 Egg Beater BR Kick, 1 Leg at a Time, Quick Rhythm, Scoop & Finish  
:30 Flutter Fast Body In Line, Following Through in Both Directions  
:30 Dolphin Body Dolphin Movement, Following Through in Both Directions

3x Rounds @ :60SR  
10x Laps SL Flutter Kick w/ Snorkel & Work Open Turn  
10x Laps WW Scull/Aussie Scull x Length w/ Snorkel & Buoy  
10x Laps Freestyle Pull/Reverse Freestyle x Length w/ Snorkel & Buoy

10x Laps @ :15SR Swim: O= YC, E= FR. Short UW SL + NO TOUCH @ Turn Wall. Regenerate Movement w/ UW Kicks

Warm Down= 3:00 Swim YC w/ Tennessee Turns (Fully Submerged Open Turns)

**Friday, May 8**

**Dryland**Stretch/Loosen – 1x Round  
Arm Swings 15x Forward + 15x Reverse (Each Arm)  
Leg Swings 15x Front to back + 15x Side to Side (Each Leg)  
Spider 6x with 2 Second Hold in Each Position  
Monkeys 30x  
Orangutans 30x  
Arm Swings 30x  
Jumping Jacks 30x  
Skis 30x  
Mountain Climbers 30x

Dynamic Warm Up (15-20 Yards, Down & Back) – 2x Rounds @ :20SR  
Knee Hugs  
Zombie Walk  
Lateral Shifts  
Skips  
Side Shuffle  
Carioca

Circuit 1 – 4x Rounds @ 20SR  
Crunches 30x  
Leg Lifts 20x  
V-Ups 10x

Circuit 2 – 3x Rounds @ 30SR  
Jump Squats 20x  
Squats 20x  
Squat & Hold :20  
Run 20 Yards Down and Back

Cardio – 2x Rounds  
5:00 Run/Jog + 1:00 Rest

**Swim**Warm Up= 3x Rounds @ 30SR  
8x Laps: R1= FR Swim, R2= YC Kick, R3= YC Swim

2x Rounds @ 60SR (All w/ Sculling Variation (3x Big/3x Small)  
8x Laps WW Scull/Aussie Scull x Length w/ Snorkel & Buoy  
8x Laps Froward V-Scull/Reverse V-Scull x Length, Head Up w/ Buoy (Fwd= Fingertips Down, Rev= Fingertips Up)  
8x Laps Forward Scull/Aussie Scull x Length OYB w/ Bouy

Open Turn Work – 2x Rounds @ 30SR  
5x Rocket Reverse Somersaults   
5x 11 Position Floating Reverse Somersaults  
5x YC Short Axis Swim to Wall + Fast Open Turns

12x Laps @20SR UW Dolphin Kick w/ Tennessee Turns (Fully Submerged Open Turns) + 10x Laps YC Warm Down