

## WEEK 9 (5/18-5/22)

	Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Circuit	<b>Warm Up: 3x</b> :30 sec high knees :45 sec touch your toes stretch 10 squats 10 slow jumping lunges :30 sec high knees	<b>2x</b> 30 jumping jacks 20 squats 20 mountain climbers 20 lunges 1 minute high knees/jog in place	<b>Warm Up: 2-3x through</b> 10 jumping jacks 10 squats 10 arm circles forward 10 arm circles backward 10 chain breakers/hug yourself 10 mountain climbers	<b>Warm up 3x</b> 30 sec wall sits 30 sec high knees 30 sec butt kicks 30 sec squats  3x 30 sec plank 30 sec stair jumps 30 sec mountain climbers 30 sec rest	Warmup (x2) 5 min run/walk Circuit: 1:00 at 80% pace :30 seconds rest :30 seconds a 95% pace  body squats push ups jump lunges Burpees
	<b>7 min AMRAP (As Many Rounds As Possible):</b> 10 jumping streamline squats 10 burpees :40 sec wall sit		<b>Circuit: 3x through (:20 on/:10 rest)</b> Plank or Plank jacks on elbows Toe touches (lay on back, feet up, touch toes using abs) Burpees Supermans (lay on stomach, lift arms and legs up, hold, control back down)	3x 1 min burpees 30 sec rest	
Abs	<b>Abs: 2x</b> 20 mountain climbers :60 sec elbow plank 20 russian twists :60 sec push up plank 20 full sit ups :40 sec flutter kicks	<b>Abs: 3x</b> 30 russian twist 20 single leg v-ups 10 leg raises 20 toe touches 30 crunch and twists 1 minute hold (feet 6 inches off the ground)	<b>Abs (2x)</b> 10 Streamline Crunches 10 Toe Touches 10 single leg v-ups 20 reps of your favorite ab exercise 10 flutter kicks on your back 10 knee tucks (on your back, legs straight out, bring knees to chest) 10 single leg v-ups 20 reps of your favorite ab exercise (different from the first set of 20)	<b>Abs 2x</b> side plank tucks: 15 each side  15 each side: thread the needle 15 V sits 15 supermans	<b>Ab Ripper X</b> <a href="https://tinyurl.com/ycltdghc">https://tinyurl.com/ycltdghc</a>
Yoga/Stret ch	Stretch your legs and drink lots of water	Do some leg and ab stretches. Shake out your muscles!	20 minute deep stretch for athletes: <a href="https://www.youtube.com/watch?v=YU2Esd1_uqQ">https://www.youtube.com/watch?v=YU2Esd1_uqQ</a>	<a href="https://www.youtube.com/watch?v=eOWJsw_ARB0&amp;t=14s">https://www.youtube.com/watch?v=eOWJsw_ARB0&amp;t=14s</a>	<a href="https://www.youtube.com/watch?v=Ji9vKqfWK88">https://www.youtube.com/watch?v=Ji9vKqfWK88</a>
Add-ons	<b>Cardio:</b> After the 7min AMRAP take 2 min rest then: 5 min AMRAP: 15 pushups 15 up downs 10 jumping jacks	<b>4x</b> Do the cardio circuit :30 seconds on/:10 seconds off	Warm-Up: 3x  Circuit: 4x  Abs: 3x	First round of cardio for 1 minute repeat abs	Long stretch <a href="https://www.youtube.com/watch?v=L_xrDAtykMI">https://www.youtube.com/watch?v=L_xrDAtykMI</a>

Disclaimer: Because these activities are not supervised by a USA Swimming coach, they are done at their own risk and are suggestions of activities only, not mandated by Tiger Aquatics.