

Advanced / National Group Dryland

If swimmer has not been working out over break, please take 15 seconds off of each exercise.

Week 1: Day 1 X 4 ROUNDS

Hi/Lo Plank x 45 sec + 30 sec rest
Mountain Climbers x 45 sec + 30 sec rest
Jumping Jacks x 1 min + 30 sec rest
Burpee x 1 min + 30 sec rest
Push Ups x 1 min + 30 sec rest

Week 1: Day 2 X 4 ROUNDS

Plank x 45 sec + 30 sec rest
Russian Twist x 45 sec + 30 sec rest
Leg Raises x 1 min + 30 sec rest
Squat x 1 min + 30 sec rest
Front Lunges x 1 min + 30 sec rest

Week 2: Day 1 X 4 ROUNDS

Crunch x 45 sec + 30 sec rest
Mountain Climbers x 45 sec + 30 sec rest
Resistance Band Rows x 1 min + 30 sec rest
Lunge with Knee x 1 min + 30 sec rest
Goblet Squat x 1 min + 30 sec rest

Week 2: Day 2 X 4 ROUNDS

Hi/Lo Plank x 45 sec + 30 sec rest
Mountain Climbers x 45 sec + 30 sec rest
Jumping Jacks x 1 min + 30 sec rest
Burpee x 1 min + 30 sec rest
Push Ups x 1 min + 30 sec rest

Week 3: Day 1 X 4 ROUNDS

Plank x 1 min+ 15 sec rest
Russian Twist x 1 min + 15 sec rest
Leg Raises x 1 min + 30 sec rest
Squat x 1 min + 30 sec rest
Front Lunges x 1 min + 30 sec rest

Week 3: Day 2 X 4 ROUNDS

Crunch x 1 min + 15 sec rest
Mountain Climbers x 1 min + 15 sec rest
Resistance Band Rows x 1 min + 30 sec rest
Lunge with Knee x 1 min + 30 sec rest
Goblet Squat x 1 min + 30 sec rest

Week 4: Day 1 X 4 ROUNDS

Hi/Lo Plank x 1 min + 15 sec rest
Mountain Climbers x 1 min + 15 sec rest
Jumping Jacks x 1 min + 30 sec rest
Burpee x 1 min + 30 sec rest
Push Ups x 1 min + 30 sec rest

Week 4: Day 2 X 4 ROUNDS

Plank x 1 min + 15 sec rest
Russian Twist x 1 min + 15 sec rest
Leg Raises x 1 min + 30 sec rest
Squat x 1 min + 30 sec rest
Front Lunges x 1 min + 30 sec rest