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- **WARMUP**

- 5 minute stretch
- ½ - 1 mile run (loose threshold, increase heart rate steadily)
- Arm Circles (:15 seconds small - :05 rest, :15 seconds medium - :05 rest, :15 seconds large - :05 rest) – 2 rounds (1 RD forward, 1 RD backward)

- **BASIC**

- 5x
  - 10 PUSHUPS
  - 10 DONKEY KICKS
  - 10 MOUNTAIN CLIMBERS (BOTH LEGS = 1)
  - 10 SQUAT JUMPS
  - 30 – 60 seconds rest between rounds!

- **CORE WORK**

- 5x
  - :15 elbow plank
  - :15 walking up/down planks
  - :15 hand plank
  - :15 rest
- - :10 hand plank
  - :10 left arm-right leg plank
  - :10 right arm-left leg plank
  - :30 rest

- **UPPER BODY**

- 5x
  - 4,6,8 x regular pushup
  - 4,6,8 x diamond pushup
  - 4,6,8 x wide pushup
  - 20-30 seconds rest between rounds
  - \*depending on person, do either 4,6, or 8 reps of each type of pushup

- **COOL DOWN/FINISH**

- ½ - 1 mile run (loose threshold, increase heart rate steadily)
- 5 minute stretch

***This one brings in running as a substitute for swimming, same style, send your pictures our way, check instagram for the latest!***

**5x**

- 10 x Wind Sprints (20-40 yards of fast running) @ :10 sec Rest
- 10 x V-Ups
- 10 x Push-Ups
- 10 x Squats
- 1 min straight leg flutter kicks
- 1 min Swimmer's Plank
  - :10 Sec Right Arm Out Extended as if in streamline
  - :10 Sec Left Arm (same)
  - :10 Sec Right leg up pointed and extended with good body alignment
  - :10 sec Left Leg up (same)
  - :10 Right Arm and Left Leg up at same time (opposites)
  - :10 Left Arm and Right Leg up at same time (oppositie)

*This is a no equipment needed version of the famous Murph workout! [CLICK HERE FOR INSTAGRAM](#) to see some great pics from the weekend - and Happy Birthday Savannah we love your birthday cake!*

## **1 MILE RUN**

**100 PUSH-UPS** (10 sets of 10, 5 sets of 20, 4 sets of 25, OR 2 sets of 50)

**200 SQUATS** (10 sets of 20, 8 sets of 25, 4 sets of 50, OR 2 sets of 100)

**300 CRUNCHES** (do the 300 ab set, 25 right side, 25 left side, 25 legs raised, 25 legs down then reduce to 20-20-20-20 same, 15-15-15-15 same, 10-10-10-10 same, and 5-5-5-5 same = 300)

## **1 MILE RUN**

- **WARMUP**

- 1/2 -1 mile run
- 5 minute stretch

- **PRE-SET:**

2x

- 50 jump ropes/ 30 jumping jacks
- 10 arm swings (swing to both sides = 1)
- 30 butt kicks
- 16 leg swings (8 right, 8 left)

***20-30 seconds rest between rounds***

- **MAIN SET:**

- 5x
  - 10 walking pushups (5 down, 5 back)
  - 10 walking squats (5 down, 5 back)
  - ***15 seconds rest between rounds***
- 5x
  - 15 reverse crunches
  - 30 side plank hip raises (15 each side)
  - ***30 seconds between rounds***
- 5x
  - 20 mountain climbers (both legs = 1)
  - 15 plank walk up/downs
  - 10 pushups
  - 5 burpees
  - ***30-60 seconds rest between rounds***

- **COOL DOWN**

- 1/2 -1 mile run
- 5 minute stretch

*Got a request from the team for a challenge, try this one! Also, take some pictures or videos if you'd like doing them we'd love to see Makos training and we'll blast those out to the team!*

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**100 Jumping Jacks**

**90 Crunches**

**80 Squats**

**70 Leg Lifts**

**60 Jumping Jacks**

**50 Crunches**

**40 Squats**

**30 Leg Lifts**

**20 Push-Ups**

**10 Minutes of Running**

**+ (Bonus for hardcore drylanders ONLY go back up)**

**10 Minutes of Running**

**20 Push-Ups**

**30 Leg Lifts**

**40 Squats**

**50 Crunches**

**60 Jumping Jacks**

**70 Leg Lifts**

**80 Squats**

**90 Crunches**

**100 Jumping Jacks**

***Raining outside where you are? Try this one out it's all indoors! Also, take some pictures or videos if you'd like doing them we'd love to see Makos training and we'll blast those out to the team!***

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**WARM-UP:**

- 5 minute stretch

**PRE-SET:**

- Arm Circles (:15 seconds small - :05 rest, :15 seconds medium - :05 rest, :15 seconds large - :05 rest) – 2 rounds (1 RD forward, 1 RD backward)
- Jumping jacks – 2x 30 seconds ON/30 seconds OFF
  - 2x 30 seconds ON/20 seconds OFF
  - 2x 30 seconds ON/10 seconds OFF

**MAIN SET:**

**3x**

- Mountain Climbers (20-25, both legs = 1) - CARDIO
- Pushups (20-30) – UPPERBODY; CHEST
- Elevated Lunges (10-15 each leg) – LOWERBODY; QUADRICEPS
- Elbow Plank – ABS; UPPER ABS
- Burpees (12 – 15) - CARDIO
- Dips (20 – 25) – UPPERBODY; TRICEPS
- Squats (15-20) – LOWERBODY; QUADRICEPS/HAMSTRINGS
- Russian Twists (25-30, both sides = 1) – ABS; OBLIQUES
- High Knees (30-40, both legs = 1) – CARDIO
- Pike Pushups (15-20) – UPPERBODY; SHOULDERS
- Calf Raises (25-30) – LOWERBODY; CALVES
- 6 Inch flutter kicks (30-40, both legs = 1) – ABS; LOWER ABS

**NOTES:**

- 30 seconds ON/10 seconds OFF BETWEEN EXERCISES – 1-2 minutes rest BETWEEN ROUNDS (try to hit target number of reps for each exercise)
- Any exercise you don't know – GOOGLE it! Some exercises may require a table, chair, or elevated surface, should be able to find in your home!
- Can use additional weight for certain exercises – anything works! Doesn't have to be weights/dumbbells can be any household object!

**COOL DOWN**

- ½ - 1 mile walk
- 5 minutes stretch

NEW UPDATE:

We have NEW virtual workouts through the YMCA of Greensboro's Website! There are lot's of options if we are late getting out our swim team specific one:

**[CLICK HERE FOR YMCA VIRTUAL WORKOUTS](#)**

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**Tough one here...**

**Warm-Up:**

**50 Jumping Jacks**

**5 mins PLUS of light stretching**

**Main Set:**

**5x**

**5 Burpees**

**10 Dips**

**15 Push-Ups**

**20 Squats**

**25 Sit-ups or Crunches**

**1/2 - 1 mile Run**

**Cool Down:**

**4x**

**10-15 second plank**

**1-2 minutes of light stretching**

Here's a tough one....and don't forget to keep sending those pictures, click the instagram link below to see our latest posts!

- 1-mile run
- 50 push-ups
- 50 sit-ups
- 1-mile run
- 50 push-ups
- 50 sit-ups
- 1-mile run
- 50 push-ups
- 50 sit-ups
- 1-mile run

**[CLICK HERE FOR THE GCY INSTAGRAM PAGE](#)**



Here's a ANOTHER tough one....and don't forget to keep sending those pictures, click the instagram link below to see our latest posts!

- 1-2 miles run then light stretching
- ...
- 50 crunches center
- 10 push-ups regular
- 50 crunches right
- 10 push-ups hands under chest, triceps
- 50 crunches left
- 10 push-ups hands inward
- 50 crunches legs up (90 degrees bent)
- 10 push-ups diamond
- 50 crunches legs straight up perpendicular
- 10 push-ups knuckles
- 50 crunches bicycle
- 10 push-ups hands wider than shoulders
- ...
- 50 Jumping Jacks
- 25 Squats
- 40 Jumping Jacks
- 20 Squats
- 30 Jumping Jacks
- 15 Squats
- 20 Jumping Jacks
- 10 Squats
- 10 Jumping Jacks
- 5 Squats
- ...
- 25 lunge pulses each leg
- 20 lunge pulses each leg
- 15 lunge pulses each leg
- 10 lunge pulses each leg
- 5 lunge pulses each leg
- ...
- Stretch and cool down 5 mins

**[CLICK HERE FOR THE GCY INSTAGRAM PAGE](#)**

## TRACK DAY

- 1/2 - 1 mile Run
- **4 x 440's Descend @ :60 sec rest**
- 3 min rest
- **3 x 440's Descend @ :60 sec rest (#3 is faster than #4 above)**
- 3 min rest
- **2 x 440's Descend @ :60 sec rest (#2 is faster than #3 above)**
- 3 min rest
- **1 x 440 All out (fastest of the day)**
- 1/2 mile -1 mile cool down

(STRETCH/HYDRATE on the 5 mins rest)

**[ALSO FOLLOW US ON INSTAGRAM!](#)**

# GCY Dryland of the Day - Practicing for NC Swimming Test Set Challenge!

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Team - we will be doing NC Swimming's Quarenteam Challenge! Below is the first test set, you will eventually submit results to us but for now PRACTICE with correct technique, links have video's and explanations.

Let's see how many swimmers we can get to submit results, college swimmers are invited too!

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Number of reps based on age group:

- (10U/11-12/13-14/15-18)
- 10-20-30-40 **Jumping Jacks**
- 10-15-20-25 **Mountain Climbers** (need to define two leg movements as one)
- 10-20-30-40 **Split Jacks**
- 10-15-20-25 **Pushups** - "hand release"
- 10-20-30-40 **High Knees** (knees touch hands)
- 10-15-20-30 **Squats**
- 10-20-30-40 **Half Jacks**
- 10-20-30-40 **Crossfit Situps**
- 10-15-20-25 **Burpees**

*Click the links above to view the correct, "legal" technique.*

RAINY DAY SUPERSET - ARMS/LEGS/ABS:

1-4 Rounds (10-u 1 Round, 11-12 2 rounds, 13-14's 3 rounds, 15&Up 4 rounds):

- 2 V-Ups
- Roll over 2 Push-ups
- Quick to stand (be explosive) 2 Squat Jumps
- Get back down quick like going into a burpee then roll over for V-Ups and **REPEAT 25 times for ONE ROUND!**

That's right so 1 ROUND = 50 V-Ups, 50 Push-ups, 50 Squat Jumps! Take at least 5 mins between rounds OR re-visit off/on all day until you complete 4 rounds!

4 rounds = 200 V-Ups, 200 Push-Ups, and 200 Squat Jumps! This will REALLY help prepare you for the NC Swimming Quarateam Challenge that GCY is doing!

## CARDIO FOCUSED

Today's dryland workout is a more cardio-focused workout, as compared to the strength workouts that we've been doing for the last week. As compared to just running alone, this cardio workout will give you a full-body cardio experience so that you're ready to rock when your pool reopens.

*KEY: Try to only rest when the workout says to rest. Otherwise, go straight into the next exercise.*

- [Most of these exercises are described, with GIFs, here.](#)

### **Warmup**

(3x through, progressively faster on each round)

:30 seconds jumping jacks

:30 high-knee steps in place (use your arms and your legs together)

:30 butt kicks in place

:30 lateral shuffles

Rest 1:00 After 3 rounds (no rest between rounds)

### **Technique Set**

(3x through)

10 x squat jumps (FOCUS ON FORM)

10 x lunge jumps

10 x Plank Jacks (Start in a pushup position, jump and spread your legs, then jump and return to a plank. Focus on explosiveness)

:30 rest after each round

### **Main Set**

(3 x through – work fast, but keep your form tight)

15 x burpees

15 x pushups

:20 flutter kicks (balanced on your butt)

10 x burpees

10 x pushups

:20 flutter kicks

5 x burpees

5 x pushups

:20 flutter kicks

:30 plank to catch your breath

:30 rest (while standing, DON'T JUST LAY DOWN AFTER YOUR PLANK!)

### **Cool Down**

Go through the normal stretching routine you do with your team. Don't have one? Try one of Jeff Grace's [free online yoga routines for swimmers here](#).

- **Workout**

- Warmup: three rounds of 10 jumping jacks and 3 pushups, no rest between

- The main set: 3-5 rounds of the following, which will work your full-body streamline from top to bottom.

- 20-second standing streamline hold – squeeze your ears with your arms, tighten your core and keep your whole body in line
- 20x leg raises (lie on your back, arms in a streamline squeezing your head. Keeping your legs as straight as possible, raise them up off the ground to a 90-degree angle, then back down to about six inches off the ground. Repeat.)
- 20x streamline Supermans (roll over to your stomach. In a streamline position, lift your head, hands, and feet up an inch or two off the ground twenty times)
- *:30 seconds rest*
- 10 pushups (keep your core and glutes tight – maintain the streamline of your core)
- 20-second standing streamline hold
- 30 seconds streamline flutter kick (on your back, arms in streamline above your head but on the ground. Lift your feet and flutter kick fast for 30 seconds)
- 30 seconds streamline dolphin kick (same as above, only keeping your feet together for a small, fast, dolphin kick instead of flutter)
- *:30 seconds rest*
- 10 streamline squat jumps
- 10 pushups
- 20-second standing streamline hold

**One fun twist:** Instead of the 30-second flutter and dolphin kicks, find a race video of your choice – [let's say this historic Caeleb Dressel swim](#). When Dressel is underwater, you're dolphin kicking. When he's on the surface, you're flutter kicking. Either way, you're streamlining with everything you've got.