

TVA To Do all swimmers/parents optional

March 16-20, 2020

Warm up before each workout should start with a run or 10-15 min of stretching. Stretch before and after each session. DO NOT advance into different group workouts. STAY within your group written workout. [TVA Online Store/SO](#)

Swim Hard Swim TVA **OR** Train Hard Train with TVA!

Push Ups - Deep all the way down. If difficult to do. Go for push up from your knees

Jumps - High up, max each one

Sit Ups - Elbow touching knees each time. Legs at 90-degree angle with back flat on the floor.

Pre-Development- Development group: Do this dryland exercise 3-5 days a week

1 mile run 3x this week

2x (5 push-ups, 10 jumps, 5 push-ups, 10 sit-ups) with 2 min rest between those 2 sets
(10 seconds rest between push-jumps-push-sits)

2x plank position hold (20 seconds ON, 60 seconds OFF)

2x (5 push-ups, 10 jumps, 5 push-ups, 10 sit-ups) with 2 min rest between those 2 sets.

10-15 min [stretching](#)

Silver-Silver Elite groups: Do this dryland exercise 3-5 days a week

1.5-2.5 mile run 3x this week

2x (8 push-ups, 10 jumps, 8 push-ups, 15 sit-ups) with 2 min rest between those 2 sets
(10 seconds rest between push-jumps-push-sits)

3x plank position hold (20 seconds ON, 60 seconds OFF)

2x (8 push-ups, 10 jumps, 8 push-ups, 15 sit-ups) with 2 min rest between those 2 sets

10-15 min [stretching](#)

Please [order stretch cords](#) for our next week Dryland. SILVER-light resistance

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Gold group: Do this dryland exercise 3-5 days a week

2-3 mile run 3x this week

2x (10 push-ups, 12 jumps, 10 push-ups, 20 sit-ups) with 2 min rest between those 2 sets

(10 seconds rest between push-jumps-push-sits)

4x plank position hold (20 seconds ON, 60 seconds OFF)

2x (10 push-ups, 12 jumps, 12 push-ups, 20 sit-ups) with 2 min rest between those 2 sets

10-15 min [stretching](#)

We will start doing sets with stretch Cordz next week. Make sure you have it [ready to use](#).

YELLOW-medium/light resistance

Pre-Senior – Senior groups: Do this dryland exercise 5 days a week

2-3 mile run 3x this week

2x (12 push-ups, 12 jumps, 12 push-ups, 20 sit-ups) with 2 min rest between those 2 sets

(10 seconds rest between push-jumps-push-sits)

4x plank position hold (25 seconds ON, 60 seconds OFF)

2x (12 push-ups, 12 jumps, 12 push-ups, 20 sit-ups) with 2 min rest between those 2 sets

6x 30 on 1:30 Fly cordz easy to medium speed and power

4x 20 on 1:30 Fly all out speed and power

10-15 min [stretching](#)

[Stretch Cordz](#): GREEN and above (what you have been using this season so far)