

# Rapids 13 & Over Dryland Weekly Plan (Spring 2020)

## How to Check Your Heart Rate

Take your index and middle finger together, place them underneath your jaw line touching your neck. Using a clock or watch, count how many times you feel your heart beat in 10 seconds and multiply it by 6. (To be more accurate, you can count how many times it beats in 60 seconds).

## Daily 5 Min Dynamic Warm-Up

It is important to loosen up your muscles & joints in a way that prepares them for vigorous exercise. The goal of this is to get the blood pumping throughout your body, dilate your blood vessels and get ready for exercise. Do NOT use static stretching during a dynamic warm-up. (Static stretching is when you hold a stretch in one place for a period of time). I would encourage you to find a routine that works for you. Choose things like jump rope, jumping jacks, arm swings, leg swings, running in place, butt-kickers, high knees, walking Frankensteins, trunk twists, elephant trunk arm swings, etc.

## Daily 3 Min Light Cool-Down

It is important to allow your body time to wind down from a vigorous workout. You've earned this moment! Enjoy a few minutes of choice static stretches to hold, or maybe just enjoy a nice and easy walk down the street and back. Some of you may choose to extend your cool-down into a full body static stretch routine, which is great for improving your overall flexibility.

## Monday (Aerobic Capacity 55 minutes total)

Warm-Up: Dynamic Warm-up (5 min)

Main Set: Aerobic exercising (42 min)

6 Rounds of the Following

6 minutes on for around 150-160 heart rate, 1 minute off

Core Work: Mixture of upper abs and lower back (5 min)

Cool-Down: Light cool down (3 min)

Suggested Exercises for Main Set: Jogging, Jump Rope, Exercise machine (i.e. elliptical), Constant creative moving, Roller blading, Riding a bike (you'll have to ride fast to achieve the heart rate, so choose a safe place to ride)

## Tuesday (Lactate Tolerance 53 minutes total)

Warm-Up: Dynamic Warm-Up (5 min)

Main Set: Lactate tolerance exercising (40 min)

4 Rounds of the Following (2 min rest & water between rounds)

8 x :30 sec at 180-200 heart rate, :30 sec off to recover

Core Work: Planks and wall sits (5 min)

Cool-Down: Light cool down (3 min)

Suggested Exercises for Main Set: Light body weight exercises like push-ups, burpees, light dumbbells, stretch cords, pull-up bar, kettle bell, jumping exercises like squat jumps, star jumps, high knees, butt kickers, lunges, calf jumps (try to find a balance among all body parts for a full body workout)

### **Wednesday (Recovery, Stretching, Balance 55 minutes)**

Warm-Up: General loosening & breathing exercises (5 min)

Main Set (Including cool-down): 50 min yoga

Suggested Exercises for Main Set: Please follow guidance from Coach Mike on Facebook Live, or choose one of the "YOGA for Swimmers" videos we have posted on the Virtual Training Center)

### **Thursday Aerobic Capacity (55 min)**

Warm-Up: Dynamic Warm-Up (5 min)

Main Set: Aerobic exercising (42 min)

3 Rounds of the Following (2 min rest & water between rounds)

6 x 1:30 sec on at 160-170 heart rate, :30 sec off to recover

Core Work: Mixture of lower & side abs and glutes (5 min)

Cool-Down: Light cool down (3 min)

Suggested Exercises for Main Set: Jogging, Jump Rope, Exercise machine (i.e. elliptical), Constant creative moving, Roller blading, Riding a bike (you'll have to ride fast to achieve the heart rate, so choose a safe place to ride)

### **Friday Lactate Tolerance (53 min)**

Warm-Up: Dynamic Warm-Up (5 min)

Main Set: Lactate tolerance exercising (40 min)

8 x :15 sec on at 200 heart rate, :15 sec off to recover, Rest 2 min for water, then

8 x :30 sec on at 190 heart rate, :30 sec off to recover, Rest 2 min for water, then

8 x :45 sec on at 180 heart rate: :45 sec off to recover, Rest 2 min for water, then

8 x :30 sec on at 190 heart rate; :30 sec off to recover, Rest 2 min for water, then

8 x :15 sec on at 200 heart rate, :15 sec off to recover

Core Work: Flutter kick, V-Ups, Scissor Kicks, Leg Raises, Row-Boats (5 min)

Cool-Down: Light cool-down (3 min)

Suggested Exercises for Main Set: Light body weight exercises like push-ups, burpees, light dumbbells, stretch cords, pull-up bar, kettle bell, jumping exercises like squat jumps, star jumps,

high knees, butt kickers, lunges, calf jumps (try to find a balance among all body parts for a full body workout)

**Saturday (Recovery, Stretching, Balance 55 minutes)**

Warm-Up: General loosening & breathing exercises (5 min)

Main Set (Including cool-down): 50 min yoga

Suggested Exercises for Main Set: Please follow guidance from Coach Mike on Facebook Live, or choose one of the “YOGA for Swimmers” videos we have posted on the Virtual Training Center)

**Sunday (Off)** Maybe choose a nice long walk or easy hike with your family