

Here are some optional workouts you can do during the summer. I have given suggested times/sets and exercises. **Only do exercise you know and can perform correctly.** You need to decide what you can do and go for it! Here are three options, swimming, cardio or intervals.

If you get thru these and would like more email me at: Mknapp@usd232.org , I check my school email on Mondays, or text the group text.

Enjoy!

Coach Knapp

Swimming:

If you have access to a pool great! Swimming options: Spring break workout 1, 2, 3

Cardio:

30min – hour; Examples: Running, biking, swimming, hiking, etc.

Interval training:

Core/lower back exercises: planks, crunches, reverse crunches, scissor crunches, superman's, swimmers, etc.

Strength/aerobic training: Burpees, squats, pushups, mountain climbers, jump rope, lunges, high knees, fast feet, etc.

Interval workout:

1. Pick 2-4 core/ lower back
2. Pick 2-4 strength/ aerobics
3. You are going to alternate one core/lower back exercise then one strength/ aerobics exercise.
4. You will do a total of 8 exercise
5. You will do each exercise 50 seconds then 10 sec rest. After you do all 8 you will take 2 min rest.
6. Repeat 2-4 times.
7. Do a 1-2 min warm up and 1-2 min cool down.
8. Have fun with it!

Example workout:

50 sec plank

10 sec rest

50 sec mountain climber

10 sec rest

50 sec reverse crunches

10 sec rest

50 sec jump rope

10 sec rest

50 sec swimmers

10 sec rest

50 sec pushups

10 sec rest

50 sec crunches

10 sec rest

50 sec fast feet

2 min rest

Repeat for a total of 4 times thru

	Lane 6	Lane 5&4	Lane 3&2	Lane 1
Warm Up	100 swim free/choice, :30 rest 100 free pull; sprint odd 25's	100 swim free/choice, :30 rest 100 free pull; sprint odd 25's	200 swim free/choice, :30 rest 200 free pull; sprint 4 th /8 th 25's	200 swim free/choice, :30 rest 200 free pull; sprint 4 th /8 th 25's
Sprint Set	6 x 25 choice, odds/drill, evens/swim 6 x 50, odds - sprint evens - easy or drill 6 x 25 kick (:15r) all fast	8 x 25 choice, odds/drill, evens/swim 8 x 50, odds - sprint evens - easy or drill 8 x 25 kick (:15r) all fast	10 x 25@:50 choice, odds/drill, evens/swim 10 x 50, odds – evens - easy or drill 10 x 25 kick (:15r) all fast	12 x 25@:45 choice, odds/drill, evens/swim 12 x 50, odds - sprint evens - easy or drill 12 x 25 kick (:15r) all fast
Main set	4 x100 odds-free evens-choice 1 x 100 pull 1 -100 IM	8 x100 odds-free evens-choice 1 x 300 pull (breathing by 100) #1- 3/5/3 1 -200 IM	10 x100 odds-free evens- choice 2 x 300 pull (breathing by 100) #1- 3/5/3 #2- 5/7/5 2 -200 IM	12x100 odds-free evens- choice 3 x 300 pull (breathing by 100) #1- 3/5/3 #2- 5/7/5 #3- 5/3/5 2 -200 IM
Cool down	200 choice EZ (stretch)	200 choice EZ (stretch)	200 choice EZ (stretch)	200 choice EZ (stretch)
				TOTAL 1700/2500/3400/4000

	Lane 6	Lane 5&4	Lane 3&2	Lane 1
Warm Up	200 swim warm-up (think streamline off each wall) - Free going down; Choice coming back	200 swim warm-up (think streamline off each wall) - Free going down; Choice coming back	300 swim warm-up (think streamline off each wall) - Free going down; Choice coming back	300 swim warm-up (think streamline off each wall) - Free going down; Choice coming back
Main set	6 x 50 free (fast going down/moderate coming back) 50 choice EZ 4 x 50 back (fast going down/moderate coming back) 2 X 50 choice EZ 6 x 100 1- All free 2- 25 choice/75 free 3- 50 choice/50 free 4- 75 choice/25 free 5- 100 choice 6- All free	8 x 50 free (fast going down/moderate coming back) 50 choice EZ 6 x 50 back (fast going down/moderate coming back) 3 x 50 choice EZ 6 x 100 1- All free 2- 25 choice/75 free 3- 50 choice/50 free 4- 75 choice/25 free 5- 100 choice 6- All free	6 x 50s Backstroke drills choice 10 x 50 free (fast going down/moderate coming back) 50 choice EZ 8 x 50 back (fast going down/moderate coming back) 4 x 50 choice EZ 6 x 100 1- All free 2- 25 choice/75 free 3- 50 choice/50 free 4- 75 choice/25 free 5- 100 choice 6- All free	6 x 50 flutter kick (on stomach going down; on back coming back) 6 x 50s – Freestyle drills choice 6 x 50s - Backstroke drills choice 10 x 50 free (fast going down/moderate coming back) 50 choice EZ 8 x 50 back (fast going down/moderate coming back) 6 x 50 choice EZ 6 x 100 1- All free 2- 25 choice/75 free 3- 50 choice/50 free 4- 75 choice/25 free 5- 100 choice 6- All free
Cool down	200 choice EZ (stretch)	200 choice EZ (stretch)	200 choice EZ (stretch)	200 choice EZ (stretch)
			TOTAL	1600/1850/2550/3250

	Lane 6	Lane 5&4	Lane 3&2	Lane 1
Warm Up	2 x 100 choice 100 Kick (Alternate 1 length easy and one length moderate effort)	3 x 100 choice 2 x 100 Kick (:15 rest b/t each; alternate 1 length easy and one length moderate effort)	2 x 200 choice 200 Kick (Alternate 1 length easy and one length moderate effort)	2 x 200 choice 200 Kick (Alternate 1 length easy and one length moderate effort)
Main set	1 x 100 (easy) 2 x 25 (sprint) :30 sec 2 x 100 (build each 50) 2 x 25 (sprint) :35 sec 2 x 100 Negative split (1 st 50 is easy, 2 nd 50 is faster) 2 x 25 (sprint) :45 sec 2 x 100 (#1- mod; #2- fast) 1 x 100 easy 2 x 100 IM(butterfly, backstroke, breaststroke and freestyle)	1 x 100 (easy) 2 x 25 (sprint) :25 sec 3 x 100 (build each 50) 2 x 25 (sprint) :30 sec 200 NS (1 st 100 is easy, 2 nd 100 is faster) 2 x 25 (sprint) :40 sec 3 x 100 (#1- mod; #2- fast) 1 x 100 easy 3 x 100 IM	1 x 100 (easy) 2 x 25 (sprint) :20 sec 300 (build each 100) 2 x 25 (sprint) :30 sec 400 NS (1 st 200 is easy, 2 nd 200 is faster) 2 x 25 (sprint) :40 sec 300 (#1- mod; #2- fast) 1 x 100 easy 4 x 100 IM	1 x 100 (easy) 2 x 25 (sprint) :15 sec 400 (build each 100) 2 x 25 (sprint) :25 sec 400 NS (1 st 200 is easy, 2 nd 200 is faster) 2 x 25 (sprint) :35 sec 400 (#1- mod; #2- fast) 1 x 100 easy 6 x 100 IM
Sprint Set	4 x 50 breast or fly 8 x 25 Back or free	4 x 50 breast or fly 8 X25 back or free	6 x 50 breast or fly 12 X25 back or free	8 x 50 breast or fly 14 X25 back or free
Cool down	100 Swim	150 swim	200 swim	200 swim
				TOTAL 1850/2500/3150/3700