



**Pararescue/Combat Control/Special
Operations Weather Team (PJ/CCT/SOWT)
Fitness Preparation Program**

INTRODUCTION

This program is intended to prepare candidates for the INTENSE physical demands of the PJ/CCT/SOWT training pipelines. It is a 26-week program created for candidates to attain a high state of physical readiness prior to entering active duty.

Do not attempt this workout without first being cleared by a physician. Many of these exercises are strenuous and may cause injury if you have existing medical conditions or you are not accustomed to exercising on a regular basis.

After being cleared by your physician, do not progress to a new week workout without having successfully completing the previous week workout. You may be putting yourself at risk of injury if you advance to the next workout without completing the previous workouts.

Once you get started on the program, pay close attention to how each exercise should be performed. Proper form **MUST** be maintained throughout all exercise movements. When done properly you will maximize your results and minimize injury risk. If you experience shortness of breath, dizziness, or chest pain during exercise you should discontinue the exercise and seek medical attention.

A few things to remember:

1. **NEVER** swim alone.
2. **ALWAYS** have a swim buddy.
3. If you cannot find a swim buddy, at least, swim in a pool with a lifeguard on duty.
4. If at any point in the program something doesn't feel right or you think you may have injured yourself, consult a physician.
5. **Always** complete a dynamic warm-up prior to exercise routine.

For further information or guidance, contact your nearest Special Operations Recruiting Liaison.

First There... That Others May Live.

PHASE 1 WORKOUT

WEEK 1 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

DAY	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed Run <ul style="list-style-type: none"> • 30-40 min • Moderate Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds</p> <ul style="list-style-type: none"> ○ 20 PUSH UPS ○ 30 AIR SQUATS ○ 20 SIT UPS ○ 15 WIDE GRIP PUSHUPS ○ 10 LUNGES (each leg) ○ 20 FLUTTER KICKS (4 count) ○ 10 DIAMOND PUSHUPS ○ 10 GLUTE BRIDGES ○ 30 SECOND PLANK 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds</p> <ul style="list-style-type: none"> ○ 6 PULL UPS ○ SINGLE LEG ROMANIAN DEADLIFT (no weight) ○ 20 BICYCLES (4 count) ○ 12 BODYWEIGHT ROWS ○ 15 METER CRABWALK ○ 20 SIT UPS ○ 10 SUPERMANS ○ 5 GLUTE HAM RAISE (Nordic Hamstring Curl) ○ 30 SECOND SIDE PLANKS (each side) 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 50m Freestyle (No fins), 95% effort, 30 sec rest ○ 1 x 500m Freestyle (fins), 70-80% effort, 2 min rest <p>COOL DOWN: 200m Freestyle, easy TOTAL: 1300m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 1 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) ○ 200m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 50m Freestyle (fins), 95% effort, 30 sec rest ○ 2 x 500m Freestyle (No fins), 70-80% effort, 4 min rest <p>COOL DOWN: 100m Freestyle, easy TOTAL: 1800m</p>
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete as Fast as Possible</p> <ul style="list-style-type: none"> ○ 30 BURPEES ○ 30 SIT UPS ○ 20 BURPEES ○ 20 SIT UPS ○ 10 BURPEES ○ 10 SIT UPS 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 1-mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds</p> <ul style="list-style-type: none"> ○ 6 CHIN UPS ○ 10 DIAMOND PUSHUPS ○ 15 MODIFIED V-SIT ○ 12 UNDERHAND BODYWEIGHT ROWS ○ 10 DIPS ○ 45 SECOND PLANK ○ 15 SECOND CHIN UP HOLD ○ 10 SPHINX PUSHUPS ○ 10 RUSSIAN TWISTS (4 count) 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> OFF 	<p>Complete 3 Rounds</p> <ul style="list-style-type: none"> ○ 15 SHOULDER CIRCLES (4 count; ea direction) ○ 15 CALF RAISES ○ 20 SIT UPS ○ 20 METER INCHWORMS ○ 1 MINUTE SQUAT HOLD ○ 10 PLANK REACHES ○ 6 DIVE BOMBER PUSHUPS ○ 10 SQUAT JUMPS ○ 20 LEG RAISES 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m kick, bottom arm out straight (no fins) ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 50m Freestyle (No fins), 95% effort, 30 sec rest ○ 2 x 300m Freestyle (fins), 70-80% effort, 1 min rest <p>COOL DOWN: 200m Freestyle, easy TOTAL: 1300m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 1 WORKOUT

WEEK 2 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

DAY	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 3 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	AMRAP- 12 MINUTES <ul style="list-style-type: none"> ○ 5 Pull ups ○ 10 Pushups ○ 15 Squats 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	Complete 5 Rounds for Time <ul style="list-style-type: none"> ○ 15 DIAMOND PUSHUPS ○ 20 METER BEAR CRAWL ○ 15 MODIFIED V-SITS ○ 10 DIPS ○ 6 GLUTE HAM RAISES ○ 10 PLANK REACHES 	WARM UP: <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) MAIN SET: <ul style="list-style-type: none"> ○ 2 x 500m Freestyle (fins), 70-80% effort, 3 min rest COOL DOWN: 200m Freestyle, easy TOTAL: 1500m
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 2 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	WARM UP: <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) ○ 200m Freestyle, easy MAIN SET: <ul style="list-style-type: none"> ○ 4 x 50m Freestyle (fins), 95% effort, 30 sec rest ○ 2 x 500m Freestyle (No fins), 70-80% effort, 3 min rest COOL DOWN: 100m Freestyle, easy TOTAL: 1800m
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	AMRAP-30 MINUTES <ul style="list-style-type: none"> ○ 6 CHIN UPS ○ 5 PLYO SPLIT SQUAT ○ 5 TOES TO BAR ○ 6 ALTERNATING GRIP PULL UPS ○ 15 AIR SQUATS ○ 20 FLUTTER KICKS (4 count) ○ 12 UNDERHAND BODYWEIGHT ROWS ○ 8 REVERSE LUNGE (each side) ○ 25 BICYCLES (4 count) 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 1 ¼ Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	Complete 3 Rounds <ul style="list-style-type: none"> ○ 10 GLUTE BRIDES ○ 25 PUSHUPS ○ 25 LEG LIFTS ○ 10 DONKEY KICKS (each leg) ○ 6 DROP PUSHUPS ○ 10 RUSSIAN TWISTS (4 count) ○ 10 BODYWEIGHT DEEP SQUATS ○ 10 DECLINE PUSHUPS ○ 10 PLANK REACHES 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	Complete 3 Rounds <ul style="list-style-type: none"> ○ 20 AIR SQUATS ○ 20 SECOND SQUAT HOLD ○ 400 METER RUN 	WARM UP: <ul style="list-style-type: none"> ○ 200m kick, bottom arm out straight (no fins) ○ 200m Freestyle, easy MAIN SET: <ul style="list-style-type: none"> ○ 4 x 50m Freestyle (fins), 95% effort, 30 sec rest ○ 2 x 500m Freestyle (fins), 70-80% effort, 3 min rest COOL DOWN: 200m Freestyle (No fins), easy TOTAL: 1800m
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	OFF	<ul style="list-style-type: none"> ○ OFF

PHASE 1 WORKOUT

WEEK 3 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed Run <ul style="list-style-type: none"> • 30-40 min • Moderate Effort ○ Cool Down / Stretch 	Complete 4 Rounds <ul style="list-style-type: none"> ○ 5 PULL UPS ○ 10 PUSHUPS ○ 20 SIT UPS ○ 30 AIR SQUATS 	OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	3 Rounds for time <ul style="list-style-type: none"> ○ 8 PLYO SPLIT SQUATS ○ 15 BURPEES ○ 60 SECOND PLANK ○ 10 PULL UPS ○ 25 PUSH UPS ○ 60 SECOND LEFT SIDE PLANK ○ 60 SECOND RIGHT SIDE PLANK ○ 25 DECLINE PUSHUPS ○ 10 DECLINE DIAMOND PUSHUPS ○ 50 METER LUNGE WALK 	WARM UP: <ul style="list-style-type: none"> ○ 100m kick, bottom arm out straight (no fins) ○ 100m Freestyle, easy MAIN SET: <ul style="list-style-type: none"> ○ 2 x 500m Freestyle (fins), 70-80% effort, 1 minute rest COOL DOWN: 100m Freestyle, easy TOTAL: 1300m
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 3 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	AMRAP 20 MINUTES <ul style="list-style-type: none"> ○ 5 CHEST TO BAR PULL UPS ○ 10 LEG RAISES ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 5 CHIN UPS ○ 10 RUSSIAN TWISTS (4 count) ○ 5 PLYO SPLIT SQUAT 	WARM UP: PM <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) ○ 300 m Freestyle, easy MAIN SET: <ul style="list-style-type: none"> ○ 4 x 50m Freestyle (No fins), 95% effort, 30 sec rest ○ 2 x 500m Freestyle (No fins), 70-80% effort, 3 min rest COOL DOWN: 200m Freestyle (fins), easy TOTAL: 2000m
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 1 ½ Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	AMRAP 45 minutes <ul style="list-style-type: none"> ○ 15 AIR SQUATS ○ 15 SHOULDER PUSHUPS ○ 20 CAN CAN ABS ○ 10 SLIDING LEG CURLS ○ 20 SHOULDER CIRCLES (4 count) ○ 10 MODIFIED V-SITS ○ 10 TIPPING BIRD (each leg) ○ 10 DIVE BOMBER PUSHUPS ○ 10 RUSSIAN TWISTS (4 count) ○ 15 CALF RAISES (each leg) ○ 25 ARM FLUTTER KICKS (4 count) ○ 8 SCORPIONS (each side) 	OFF
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	Complete 4 Rounds for Time <ul style="list-style-type: none"> ○ 400 METER RUN ○ 20 BURPEES ○ 15 PULL UPS 	WARM UP: <ul style="list-style-type: none"> ○ 100m kick, bottom arm out straight (no fins) ○ 100m Freestyle, easy MAIN SET: <ul style="list-style-type: none"> ○ 2 x 500m Freestyle (fins), 70-80% effort, 30 sec rest COOL DOWN: 100m Freestyle (fins), easy TOTAL: 1300m
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	OFF	OFF

PHASE 1 WORKOUT

WEEK 4 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 3 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	Complete 3 Rounds <ul style="list-style-type: none"> ○ 20 METER BEAR CRAWL ○ 25 SQUAT ○ 20 METER CRAB WALK ○ 10 REVERSE LUNGE (EACH SIDE) ○ 10 METER INCHWORM ○ 15 DIAMOND PUSHUPS 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	AMRAP 45 minutes <ul style="list-style-type: none"> ○ 15 PUSHUPS ○ 6 CHIN UPS ○ 12 MODIFIED VSITS ○ 10 CLAPPING PUSHUPS ○ 6 ALTERNATING GRIP PULL UPS ○ 20 FLUTTER KICKS (4 count) ○ 10 DECLINE PUSHUPS ○ 10 UNDERHAND BODYWEIGHT ROWS ○ 14 PLANK REACHES ○ 10 WIDE PUSHUPS ○ 8 ONE ARM SELF RESISTANT CURLS (each arm) ○ 30 SECOND SIDE PLANKS (each side) 	WARM UP: <ul style="list-style-type: none"> ○ 100m kick, bottom arm out straight ○ 100m Freestyle, easy MAIN SET: <ul style="list-style-type: none"> ○ 2 x 50m Freestyle (fins), 95% effort, 30 sec rest ○ 2 x 400m Freestyle (fins), 70-80% effort, 3 min rest COOL DOWN: 100m Freestyle, easy TOTAL: 1300m
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 4 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	PM WARM UP: <ul style="list-style-type: none"> ○ 200m kick, bottom arm out straight ○ 200m Freestyle, easy MAIN SET: <ul style="list-style-type: none"> ○ 6 x 50m Freestyle (fins), 95% effort, 30 sec rest ○ 3 x 400m Freestyle (No fins), 70-80% effort, 3 min rest COOL DOWN: 100m Freestyle, easy TOTAL: 2000m
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	EVERY MINUTE ON THE MINUTE (EMOM) FOR 20 MINUTES <ul style="list-style-type: none"> ○ 5 PULL UPS ○ 5 PUSH UPS ○ 10 SIT UPS 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 1 ¼ Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	Complete 3 Rounds for Time <ul style="list-style-type: none"> ○ 25 SHOULDER CIRCLES (4 count; ea direction) ○ 10 GLUTE HAM RAISE ○ 20 POWER KNEES (each side) ○ 20 DIPS ○ 12 SINGLE LEG SLIDING LEG CURLS (each side) ○ 40 SECOND SIDE PLANKS (each side) ○ 15 SHOULDER PUSHUPS ○ 20 DIAMOND PUSHUPS ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 10 TIPPING BIRDS (each side) ○ 12 DIVE BOMBERS ○ 10 JUMPING JACKS (4 count) 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	WARM UP: <ul style="list-style-type: none"> ○ 100m kick, bottom arm out straight (no fins) ○ 100m Freestyle, easy MAIN SET: <ul style="list-style-type: none"> ○ 4 x 50m Freestyle (No fins), 95% effort, 30 sec rest ○ 2 x 500m Freestyle (fins), 70-80% effort, 2 min rest COOL DOWN: 200m Freestyle, easy TOTAL: 1600m
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 1 WORKOUT

WEEK 5 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 3 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>MAX EFFORT 2 ROUNDS</p> <ul style="list-style-type: none"> ○ PULL UPS in 1 minute 2 minute rest ○ SIT UPS in 2 minutes 2 minute rest ○ PUSHUPS in 2 minutes 2 minute rest 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 AIR SQUATS ○ 30 SECOND FOREARM PLANK ○ 10 BURPEES ○ SIDE LUNGES (5ea LEG) ○ 30 SECOND SIDE PLANK (each side) ○ 10 SQUAT JUMPS ○ 5 TOES TO BAR 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m kick, bottom arm out straight (fins) ○ 100m Freestyle, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 50 m Freestyle (No fins), 95% effort, 30 sec rest ○ 2 x 400m Freestyle (fins), 70-80% effort, 3 minute rest <p>COOL DOWN: 100m Freestyle, easy TOTAL: 1300m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 4 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>PM</p> <p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight ○ 300m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 400m Freestyle (No fins), 4 min rest ○ 6 x 50m Freestyle (fins), 95% effort, 30 sec rest <p>COOL DOWN: 200m Freestyle, easy TOTAL: 2300m</p>
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<p>AMRAP 30 MINUTES</p> <ul style="list-style-type: none"> ○ 15 DIAMOND PUSH UPS ○ 10 SIDE LUNGE (each side) ○ 10 MOUNTAIN CLIMBERS ○ 10 DIVE BOMBER PUSHUPS ○ 8 SINGLE LEG SQUATS (each leg) ○ 10 ONLIQUE V-UPS (each side) ○ 10 SQUAT JUMPS ○ 15 DIPS ○ 25 BICYCLES (4 count) 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 2 Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 10 BURPEES ○ 12 CHIN UPS ○ 20 UNSUPPORTED SIT UPS ○ 20 WIDE PUSHUPS ○ 10 EXPLOSIVE PULL UPS WITH GRIP SWITCH ○ 10 V-UPS ○ 10 CLAPPING PUSHUPS ○ 5 WIDE GRIP PULL UPS ○ 10 OBLIQUE V-UPS ○ 15 DECLINE PUSHUPS ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 20 CAN CAN ABS 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<p>AMRAP 15 Minutes</p> <ul style="list-style-type: none"> ○ 10 RFE SPLIT SQUAT (EACH) ○ 10 PLYO INCLINE DIAMOND PUSHUPS ○ 25 AIR SQUATS ○ 10 PLYO PUSHUPS 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m kick, bottom arm out straight ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 50 m Freestyle, (fins) 95% effort, 30 sec rest ○ 2 x 400m Freestyle (fins), 70-80% effort, 3 min rest <p>COOL DOWN: 100m Freestyle, easy TOTAL: 1300m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 1 WORKOUT

WEEK 6 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ OFF 	<p>AMRAP 45 minutes</p> <ul style="list-style-type: none"> ○ 15 PUSHUPS ○ 6 CHIN UPS ○ 12 MODIFIED VSITS ○ 10 CLAPPING PUSHUPS ○ 6 ALTERNATING GRIP PULL UPS ○ 20 FLUTTER KICKS (4 count) ○ 10 DECLINE PUSHUPS ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 14 PLANK REACHES ○ 10 WIDE PUSHUPS ○ 8 UNEVEN PULL UPS ○ 30 SECOND SIDE PLANKS (each side) 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Run for 3:00 min ○ Sprints <ul style="list-style-type: none"> • 6 x 200m at <45 sec pace, rest 90 sec between runs ○ Run for 3:00 min ○ Cool Down/Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m kick, bottom arm out straight ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 6 x 50m Freestyle (fins), 95% effort, 30 sec rest ○ 1 x 400m Freestyle, 70-80% effort, 2 min rest <p>COOL DOWN: 100m Freestyle, easy</p> <p>TOTAL: 1300m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds</p> <ul style="list-style-type: none"> ○ 50 FLUTTER KICKS (4 count) ○ 20 PUSH UPS ○ 15 PULL UPS ○ 30 BICYCLES (4 count) ○ 10 DIPS ○ 10 UNDERHAND BODYWEIGHT ROWS 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 6 x 50m Freestyle, 95% effort, 30 sec rest ○ 3 x 400m Freestyle (fins), 70-80% effort, 3 minute rest <p>COOL DOWN: 100m Freestyle, easy</p> <p>TOTAL: 2000m</p>
THURSDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 30 min run @ 60% effort <ul style="list-style-type: none"> • Increase to 80-90% for 30 sec every 2 min ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 1 Round</p> <ul style="list-style-type: none"> ○ ½ MILE JOG WARMUP ○ ALTERNATE NEXT TWO EXERCISES UNTIL A TOTAL OF 800 METERS IS REACHED ○ 100 METER SPRINT ○ 100 METER LUNGE WALK ○ 50 PULLUPS AS MANY SETS AS NECESSARY ○ 800 METER RUN ○ 50 VUPS ○ 50 HANGING KNEES TO ELBOWS ○ 800 METER COOL DOWN 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Sprints 12 x 100m at <20 sec, rest 25 sec between runs ○ Run for 5:00 min ○ Cool down/Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m kick, bottom arm out straight ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 50m Freestyle (fins), 95% effort, 30 sec rest ○ 2 x 400m Freestyle (fins), 70-80% effort, 2 min rest <p>COOL DOWN: 200m Freestyle, easy</p> <p>TOTAL: 1500m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 1 WORKOUT

WEEK 7 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

	CARDIO	PHYSICAL TRAINING	SWIM
MONDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ 20 PUSH UPS ○ 25 SIT UPS ○ 10 CHIN UPS ○ 25 FLUTTER KICKS (4 count) ○ 15 DECLINE PUSHUPS ○ 20 LEG RAISES ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 20 SCISSORS ○ 8 EXPLOSIVE PULL UPS WITH GRIP SWITCH ○ 30 SECOND SIDE PLANK ○ 25 BICYCLES (4 count) 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 1-mile <ul style="list-style-type: none"> • Max Effort • Input results into Interval Workout in the "1 mile Re-Assessment Block" ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
WEDNESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 BURPEES ○ 12 PULL UPS ○ 1 MINUTE PLANKS ○ 15 CLAPPING PUSHUPS ○ 15 BODYWEIGHT ROWS ○ 10 WICKED WIPERS (4 count) ○ 12 ROCKY PUSHUPS ○ 10 WIDE GRIP PULL UPS ○ 45 SECOND L-SIT ○ 35 PUSHUPS ○ 10 FRONT LEVERS (1 second holds) ○ 20 LEG RAISES 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 100m Freestyle (no fins), 95% effort, 1 min rest ○ 2 x 600m Freestyle (fins), 70-80% effort, 4 min rest <p>COOL DOWN: 200m Freestyle, easy TOTAL: 2200m</p>
THURSDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 5 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m kick, bottom arm out straight (no fins) ○ 100m Freestyle, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 100m Freestyle (no fins), 95% effort, 1 min rest ○ 1 x 600m Freestyle (fins), 70-80% effort, 4 min rest <p>COOL DOWN: 100m Freestyle, easy TOTAL: 1100m</p>
FRIDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 METER BEAR CRAWL ○ 45 PUSHUPS ○ 20 METER LUNGE WALK ○ 60 SIT UPS ○ 20 METER BROAD JUMPS ○ 45 DIAMOND PUSHUPS ○ 20 METERS CRAB CRAWL 	<p>OFF</p>
SATURDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 4 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>OFF</p>	<p>[Optional SWIM]</p> <p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) ○ 300m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 100m Freestyle (no fins), 95% effort, 1 min rest ○ 2 x 600m Freestyle (fins), 70-80% effort, 4 min rest <p>COOL DOWN: 100m Freestyle (fins), easy TOTAL: 2100m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<p>OFF</p>	<p>OFF</p>

PHASE 1 WORKOUT

WEEK 8 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ OFF 	<p>5 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 PULL UPS ○ 30 PUSH UPS ○ 40 SIT UPS ○ 50 AIR SQUATS <p>REST 3 MINUTES BETWEEN ROUNDS ADD TIMES FROM EACH ROUND TO GET TOTAL TIME</p>	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m kick, bottom arm out straight (no fins) ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 1 x 600m Freestyle, (fins) 70-80% effort, 3 min rest ○ 2 x 100m Freestyle (no fins), 95% effort, 1 min rest <p>COOL DOWN: 200m Freestyle, easy TOTAL: 1300m</p>
TUESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 2 Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
WEDNESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds</p> <ul style="list-style-type: none"> ○ 15 AIR SQUATS ○ 30 SECOND FOREARM PLANK ○ 10 BURPEES ○ SIDE LUNGES (5ea LEG) ○ 30 SECOND SIDE PLANK (each side) ○ 10 SQUAT JUMPS ○ 5 TOES TO BAR 	<ul style="list-style-type: none"> ○ OFF
THURSDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 6 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) ○ 300m Freestyle, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 100m Freestyle (no fins), 95% effort, 1 min rest ○ 1 x 600m Freestyle (fins), 70-80% effort, 4 min rest <p>COOL DOWN: 200m Freestyle (fins), easy TOTAL: 1800m</p>
FRIDAY	<ul style="list-style-type: none"> ○ OFF 	<p>AS MANY ROUNDS AS POSSIBLE (AMRAP) IN 20 MINUTES</p> <ul style="list-style-type: none"> ○ 10 CHEST TO BAR PULL UPS ○ 10 LEG RAISES ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 10 CHIN UPS ○ 10 RUSSIAN TWISTS (4 count) ○ 10 PLYO SPLIT SQUAT 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 4 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>[Optional SWIM]</p> <p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) ○ 300m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 600m Freestyle (fins), 70-80% effort, 4 min rest ○ 4 x 100m Freestyle (no fins), 95% effort, 70 sec rest <p>COOL DOWN: 200m Freestyle, easy TOTAL: 2400m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 1 WORKOUT

WEEK 9 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

	CARDIO	PHYSICAL TRAINING	SWIM
MONDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 ONE LEG GLUTE BRIDGE (EACH LEG) ○ 10 CHIN UPS ○ 15 V-UPS ○ 25 CALF RAISES ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 35 BICYCLES (4 count) ○ 15 AIR SQUATS ○ 20 PIGEON TOED CALF RAISES ○ 20 PLANK REACHES ○ 6 EXPLOSIVE PULL UPS WITH GRIP SWITCH ○ 12 STEP UPS (each leg) ○ 15 MOUNTAIN CLIMBERS (4 count) 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 2 1/4 Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 25 SHOULDER CIRCLES (4 count; ea direction) ○ 10 GLUTE HAM RAISE ○ 20 POWER KNEES (each side) ○ 20 DIPS ○ 12 SINGLE LEG SLIDING LEG CURLS (each side) ○ 40 SECOND SIDE PLANKS (each side) ○ 15 SHOULDER PUSHUPS ○ 20 DIAMOND PUSHUPS ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 10 TIPPING BIRDS (each side) ○ 12 DIVE BOMBERS ○ 10 JUMPING JACKS (4 count) 	<ul style="list-style-type: none"> ○ OFF
WEDNESDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) ○ 300m Freestyle, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 100m Freestyle (no fins), 95% effort, 1 min rest ○ 2 x 600m Freestyle (fins), 70-80% effort, 3 min rest <p>COOL DOWN: 200m Freestyle (fins), easy</p> <p>TOTAL: 2400m</p>
THURSDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 7 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 35 PUSHUPS ○ 8 PULL UPS ○ 35 FLUTTER KICKS (4 count) ○ 12 PLYO SPLIT SQUATS (4 count) ○ 20 SWIMMERS ○ 15 MOUNTAIN CLIMBERS (4 count) ○ 15 BODYWEIGHT SISSY SQUATS ○ 22 DECLINE PUSHUPS ○ 10 RESISTANCE BAND CHOPS (each side) ○ 35 BICYCLES (4 count) ○ 10 CHAIR CLIMBS ○ 20 POWER KNEES (each side) 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m kick, bottom arm out straight (no fins) ○ 100m Freestyle, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 1 x 100m Freestyle (no fins), 95% effort, 30 sec rest ○ 1 x 600m Freestyle (fins), 80% effort, 3 min rest <p>COOL DOWN: 100m Freestyle (fins), easy</p> <p>TOTAL: 1000m</p>
FRIDAY	<ul style="list-style-type: none"> ○ OFF 	<p>AMRAP 45 minutes</p> <ul style="list-style-type: none"> 25 PUSHUPS 8 CHIN UPS 15 MODIFIED V-SITS 12 CLAPPING PUSHUPS 6 ALTERNATING GRIP PULL UPS 30 FLUTTER KICKS (4 count) 15 DECLINE PUSHUPS 15 UNDERHAND BODYWEIGHT ROWS 16 PLANK REACHES 15 WIDE PUSHUPS 8 UNEVEN PULL UPS (each arm) 30 SECOND SIDE PLANKS (each side) 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 4 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m kick, bottom arm out straight (no fins) ○ 200m Freestyle, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 100m Freestyle (no fins), 95% effort, 30 sec rest ○ 2 x 600m Freestyle (fins), 70-80% effort, 3 min rest <p>COOL DOWN: 100m Freestyle (No fins), easy</p> <p>TOTAL: 2200m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 1 WORKOUT

WEEK 10 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

	CARDIO	PHYSICAL TRAINING	SWIM
MONDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 BURPEES ○ 12 PULL UPS ○ 1 MINUTE 30 SECOND PLANKS ○ 15 CLAPPING PUSHUPS ○ 20 BODYWEIGHT ROWS ○ 8 WICKED WIPERS (4 count) ○ 12 ROCKY PUSHUPS ○ 15 WIDE GRIP PULL UPS ○ 45 SECOND L-SIT ○ 35 PUSHUPS ○ 10 FRONT LEVERS (1 second holds) ○ 30 LEG RAISES 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 2 1/2 Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 CHIN UPS ○ 20 BODYWEIGHT TRICEPS EXTENSIONS ○ 30 BICYCLES (4 count) ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 10 DIPS ○ 30 BICYCLES (4 count) ○ 10 ALTERNATING PULL UPS WITH GRIP SWITCH ○ 20 MODIFIED V-SITS ○ 5 UNEVEN PULL UPS ○ 25 DIAMOND PUSHUPS ○ 15 MOUNTAIN CLIMBERS (4 count) 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 400m kick, bottom arm out straight ○ 400m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 100m Freestyle (fins), 95% effort, 1 min rest ○ 1 x 1000m Freestyle (fins), 70-80% effort, 5 min rest <p>COOL DOWN: 200m Freestyle (No fins), easy</p> <p>TOTAL: 2300m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m kick, bottom arm out straight ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 6 x 100m Freestyle (fins), 95% effort, 30 sec rest ○ 1 x 800m Freestyle (fins), 70-80% effort, 4 min rest <p>COOL DOWN: 100m Freestyle, easy</p> <p>TOTAL: 1700m</p>
THURSDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 8 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 AIR SQUATS ○ 20 SHOULDER PUSHUPS ○ 30 FLUTTER KICKS (4 count) ○ 10 TWISTING LUNGES (each leg) ○ 10 HAND STAND PUSHUPS ○ 30 BICYCLES (4 count) ○ 10 ONE-LEG SQUATS (each leg) ○ 15 DIVE BOMBER PUSHUPS ○ 20 POWER KNEES (each side) ○ 20 CALF RAISES (each leg) ○ 20 METER HANDSTAND WALK ○ 40 SECOND LSIT 	<p>OFF</p>
FRIDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds as Quickly as Possible</p> <ul style="list-style-type: none"> ○ 15 BURPEES ○ 12 CHIN UPS ○ 25 UNSUPPORTED SIT UPS ○ 30 WIDE PUSHUPS ○ 10 EXPLOSIVE PULL UPS WITH GRIP SWITCH ○ 15 V-UPS ○ 15 CLAPPING PUSHUPS ○ 10 ALTERNATING GRIP PULL UPS ○ 10 OBLIQUE V-UPS (each side) ○ 25 DECLINE PUSHUPS ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 20 CAN CAN ABS 	<p>OFF</p>
SATURDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 4 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>OFF</p>	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 400m kick, bottom arm out straight (No fins) ○ 200m Freestyle, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 6 x 100m Freestyle (fins), 95% effort, 30 sec rest ○ 1 x 1000m Freestyle (No fins), 70-80% effort, 2 min rest <p>COOL DOWN: 200m Freestyle (fins), easy</p> <p>TOTAL: 2400m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<p>OFF</p>	<p>OFF</p>

PHASE 1 WORKOUT

WEEK 11 OF 11

CARDIO

PHYSICAL TRAINING

SWIM

MONDAY	<p>PAST</p> <p>*Record 1.5 mi time for Interval Generator for re-calculation</p>	TUESDAY	<p>o OFF</p>	WEDNESDAY	<p>o Dynamic Warm-up</p> <p>o Interval Workout 1</p> <ul style="list-style-type: none"> • Reference Interval Generator for times <p>o Cool Down / Stretch</p>	THURSDAY	<p>o OFF</p>	FRIDAY	<p>o Dynamic Warm-up</p> <p>o 4 ½ Mile Run</p> <ul style="list-style-type: none"> • Moderate Effort <p>o Cool Down / Stretch</p>	SATURDAY	<p>o OFF</p>	SUNDAY	<p>o OFF</p>
MONDAY	<p>PAST</p> <p>*</p>	TUESDAY	<p>5 Rounds for Time</p> <ul style="list-style-type: none"> o 20 AIR SQUATS o 20 PUSH UPS o ALTERNATING LUNGES (10ea LEG) o 10 SUPERMANS o 10 V-UPS 	WEDNESDAY	<p>o OFF</p>	THURSDAY	<p>AMRAP 20 MINUTES</p> <ul style="list-style-type: none"> o 10 CHEST TO BAR PULL UPS o 10 LEG RAISES o 10 MOUNTAIN CLIMBERS (4 count) o 10 CHIN UPS o 10 RUSSIAN TWISTS (4 count) o 10 PLYO SPLIT SQUAT 	FRIDAY	<p>EVERY MINUTE ON THE MINUTE (EMOM) FOR 20 MINUTES</p> <ul style="list-style-type: none"> o 5 PULL UPS o 5 PUSH UPS o 10 SIT UPS 	SATURDAY	<p>o OFF</p>	SUNDAY	<p>OFF</p>
MONDAY	<p>PAST</p> <p>*</p>	TUESDAY	<p>WARM UP:</p> <ul style="list-style-type: none"> o 100m kick, bottom arm out straight o 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> o 2 x 100m Freestyle (fins), 95% effort, 30 sec rest o 1 x 1000m Freestyle (fins), 70-80% effort, 3 min rest <p>COOL DOWN: 200m Freestyle, easy</p> <p>TOTAL: 1600m</p>	WEDNESDAY	<p>o OFF</p>	THURSDAY	<p>WARM UP:</p> <ul style="list-style-type: none"> o 200m kick, bottom arm out straight o 200m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> o 3 x 100m Freestyle (fins), 95% effort, 30 sec rest o 1 x 800m Freestyle (fins), 70-80% effort, 3 min rest <p>COOL DOWN: 200m Freestyle, easy</p> <p>TOTAL: 1600m</p>	FRIDAY	<p>o OFF</p>	SATURDAY	<p>WARM UP:</p> <ul style="list-style-type: none"> o 200m kick, bottom arm out straight o 200m Freestyle, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> o 6 x 100m Freestyle (fins), 95% effort, 30 sec rest o 1 x 1000m Freestyle (fins), 70-80% effort, 3 min rest <p>COOL DOWN: 200m Freestyle, easy</p> <p>TOTAL: 2200m</p>	SUNDAY	<p>OFF</p>

PHASE 2 WORKOUT

WEEK 1 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 2- 3/4 Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 10 HANDSTAND PUSHUPS ○ 20 AIR SQUATS ○ 50 FLUTTER KICKS (4 count) ○ 25 SHOULDER PUSHUPS ○ 15 SLIDING CURLS (each leg) ○ 30 BICYCLES ○ 40 ARM FLUTTER KICKS (4 count) ○ 15 SISSY SQUATS ○ 30 ROCKY SIT UPS ○ 8 WALL WALKS ○ 25 CALF RAISES (each side) ○ 30 SECOND L-SIT 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 30 DIAMOND PUSH UPS ○ 15 HANGING LEG RAISES ○ 10 UNEVEN CHIN UPS (EACH ARM) ○ 30 DIPS ○ 50 BICYCLES (4 count) ○ 15 CHIN UPS ○ 20 BODYWEIGHT TRICEPS EXTENSIONS ○ 30 ROCKY SIT UPS ○ 12 ONE ARM UNDERHAND BODYWEIGHT ROWS ○ 25 CLOSE GRIP PUSHUPS ○ 15 POWER KNEES (each side) 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m kick, bottom arm out straight ○ 200m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 6 x 100m Freestyle (No fins), 95% effort, 20 sec rest ○ 1 x 1000m Freestyle (fins), 70-80% effort, 30 sec rest <p>COOL DOWN: 100m Freestyle, easy TOTAL: 2100m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 2 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m kick, bottom arm out straight ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 100m Freestyle (fins), 95% effort, 1 min rest ○ 1 x 800m Freestyle (fins), 70-80% effort, 3 min rest <p>COOL DOWN: 100m Freestyle (fins), easy TOTAL: 1800m</p>
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 PULL UPS ○ 35 PUSHUPS ○ 10 V-UPS ○ 15 BODYWEIGHT ROWS ○ 12 ROCKY PUSHUPS ○ 20 BICYCLES (4 count) ○ 10 FRONT LEVERS ○ 15 DROP PUSH UPS ○ 20 PLANK REACHES ○ 10 WIDE PULL UPS ○ 10 CLAPPING PUSHUPS ○ 10 FLOOR WIPERS (each side) 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 5 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 AIR SQUATS ○ 15 CHIN UPS ○ 15 HANGING LEG RAISES ○ 25 CALF RAISES (each leg) ○ 10 ONE ARM CHIN UPS (EACH ARM; ASSISTED) ○ 50 BICYCLES (4 count) ○ 10 ONE LEG SQUATS (each leg) ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 20 VUPS ○ 15 HAMSTRING CURLS (each leg) ○ 25 UNDERHAND PUSHUPS ○ 25 LEG RAISES 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m kick, bottom arm out straight ○ 100m Freestyle, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 6 x 100m Freestyle (fins), 95% effort, 1 min rest ○ 1 x 1000m Freestyle (No fins), 70-80% effort, 3 min rest <p>COOL DOWN: 200m Freestyle, easy TOTAL: 2600m</p>
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 50 PUSHUPS ○ 25 DIAMOND PUSHUPS ○ 50 FLUTTER KICKS (4 count) ○ 35 DECLINE PUSHUPS ○ 15 PLYO PUSHUPS ○ 40 ROCKY SIT UPS ○ 20 DIVE BOMBERS ○ 10 CORN COB PUSHUPS ○ 15 POWER KNEES (each side) ○ 15 BURPEES ○ 25 WIDE PUSHUPS ○ 30 RUSSIAN TWISTS (4 count) 	<ul style="list-style-type: none"> ○ OFF
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 2 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 3 Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	AMRAP 45 minutes <ul style="list-style-type: none"> ○ 35 PUSHUPS ○ 10 CHIN UPS ○ 20 MODIFIED V-SITS ○ 15 CLAPPING PUSHUPS ○ 8 ALTERNATING GRIP PULL UPS ○ 30 FLUTTER KICKS (4 count) ○ 20 DECLINE PUSHUPS ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 20 PLANK REACHES ○ 20 WIDE PUSHUPS ○ 8 UNEVEN PULL UPS (each arm) ○ 30 SECOND SIDE PLANKS (each side) 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	Complete 3 Rounds for Time <ul style="list-style-type: none"> ○ 25 SHOULDER CIRCLES (4 count; ea direction) ○ 10 GLUTE HAM RAISE ○ 20 POWER KNEES (each side) ○ 30 DIPS ○ 12 SINGLE LEG SLIDING LEG CURLS (each side) ○ 40 SECOND SIDE PLANKS (each side) ○ 15 SHOULDER PUSHUPS ○ 25 DIAMOND PUSHUPS ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 10 TIPPING BIRDS (each side) ○ 12 DIVE BOMBERS ○ 10 JUMPING JACKS (4 count) 	WARM UP: <ul style="list-style-type: none"> ○ 200m Freestyle ○ 200m Lead arm- Trail arm, easy (fins) MAIN SET: <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm (fins), 95% effort, 30 sec rest ○ 1 x 1000m Lead arm- Trail arm (fins), 70-80% effort, 2 min rest COOL DOWN: 100m Lead arm- Trail arm, easy TOTAL: 1800m
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 3 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	WARM UP: <ul style="list-style-type: none"> ○ 400m Freestyle ○ 400m Lead arm- Trail arm, easy MAIN SET: <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm (fins), 95% effort, 1 min rest ○ 1 x 1000m Lead arm- Trail arm (fins), 70-80% effort, 3 min rest ○ 3 x 100m Lead arm- Trail arm , 70% effort, 30 sec rest COOL DOWN: 200m Lead arm- Trail arm, easy TOTAL: 2600m
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	Complete 3 Rounds for time <ul style="list-style-type: none"> ○ 15 PLYO SPLIT SQUATS ○ 50 DIAMOND PUSHUPS ○ 1 MINUTE 30 SECOND PLANK ○ 15 BODYWEIGHT SISSY SQUATS ○ 40 DIPS ○ 5 DRAGON FLAGS ○ 15 ONE-LEG SQUATS (each leg) ○ 25 SPHINX PUSHUPS ○ 40 ROCKY SIT UPS ○ 30 CALF RAISES ○ 20 BODYWEIGHT TRICEPS EXTENSIONS ○ 40 SECOND L-SIT 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 5 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	EVERY MINUTE ON THE MINUTE (EMOM) FOR 20 MINUTES <ul style="list-style-type: none"> ○ 5 PULL UPS ○ 5 PUSH UPS ○ 10 SIT UPS 	WARM UP: <ul style="list-style-type: none"> ○ 200m Freestyle ○ 200m Lead arm- Trail arm, easy (fins) MAIN SET: <ul style="list-style-type: none"> ○ 4 x 100m Lead arm- Trail arm (fins), 95% effort, 1 min rest ○ 1 x 800m Lead arm- Trail arm (fins), 70-80% effort, 30 sec rest COOL DOWN: 100m Lead arm- Trail arm, easy TOTAL: 1700m
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	AS MANY ROUNDS AS POSSIBLE (AMRAP) IN 20 MINUTES <ul style="list-style-type: none"> ○ 10 CHEST TO BAR PULL UPS ○ 10 LEG RAISES ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 10 CHIN UPS ○ 10 RUSSIAN TWISTS (4 count) ○ 10 PLYO SPLIT SQUAT 	<ul style="list-style-type: none"> ○ OFF
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 3 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	CARDIO	PHYSICAL TRAINING	SWIM
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 3 Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<p>5 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 PULL UPS ○ 30 PUSH UPS ○ 40 SIT UPS ○ 50 AIR SQUATS <p>REST 3 MINUTES BETWEEN ROUNDS ADD TIMES FROM EACH ROUND TO GET TOTAL TIME</p>	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 METER BEAR CRAWL ○ 25 SQUAT ○ 20 METER CRAB CRAWL ○ 10 REVERSE LUNGE (each side) ○ 10 METER INCHWORM ○ 15 DIAMOND PUSH UP 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m Freestyle <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm (fins), 95% effort, 30 sec rest ○ 1 x 1000m Lead arm- Trail arm, 70-80% effort, 2 min rest <p>COOL DOWN: 100m Lead arm- Trail arm (fins), easy</p> <p>TOTAL: 1600m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 4 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m Freestyle <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 100m Lead arm- Trail arm (fins), 95% effort, 1 min rest ○ 1 x 1000m Lead arm- Trail arm (fins), 70-80% effort, 30 sec rest <p>COOL DOWN: 100m Lead arm- Trail arm (No fins), easy</p> <p>TOTAL: 1800m</p>
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 40 PUSHUPS ○ 10 PULL UPS ○ 35 FLUTTER KICKS (4 count) ○ 12 PLYO SPLIT SQUATS (4 count) ○ 20 SWIMMERS ○ 15 MOUNTAIN CLIMBERS (4 count) ○ 15 BODYWEIGHT SISSY SQUATS ○ 25 DECLINE PUSHUPS ○ 35 BICYCLES (4 count) ○ 20 PLYO PUSHUPS ○ 15 BODYWEIGHT ROWS ○ 20 POWER KNEES (each side) 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 4 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 ONE LEG GLUTE BRIDGE (each leg) ○ 10 CHIN UPS ○ 15 V-UPS ○ 25 CALF RAISES ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 40 BICYCLES (4 count) ○ 15 AIR SQUATS ○ 20 PIGEON TOED CALF RAISES ○ 20 PLANK REACHES ○ 8 EXPLOSIVE PULL UPS WITH GRIP SWITCH ○ 12 STEP UPS (each leg) ○ 15 MOUNTAIN CLIMBERS (4 count) 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 400m Freestyle ○ 400m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 4 x 100m Lead arm- Trail arm (fins), 95% effort, 1 min rest ○ 1 x 1200m Lead arm- Trail arm (fins), 70-80% effort, 3 min rest <p>COOL DOWN: 200m Lead arm- Trail arm, easy</p> <p>TOTAL: 2600m</p>
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<p>AMRAP 30 Minutes</p> <ul style="list-style-type: none"> ○ 20 BODYWEIGHT TRICEPS EXTENSIONS ○ 15 HANGING LEGRaises ○ 20 BODYWEIGHT ROWS ○ 30 DIPS ○ 50 BICYCLES (4 count) ○ 15 FRONT LEVERS ○ 20 VUPS ○ 30 DIAMOND PUSHUPS ○ 25 LEG RAISES 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 1 x 400m Freestyle ○ 1 x 400m Lead arm- Trail arm, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 100m Lead arm- Trail arm, 95% effort, 20 sec rest ○ 1 x 600m Lead arm- Trail arm, 70-80% effort, 30 sec rest <p>COOL DOWN: 100m Lead arm- Trail arm, easy</p> <p>TOTAL: 1100m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 4 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	CARDIO	PHYSICAL TRAINING	SWIM
MONDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 1 Round</p> <ul style="list-style-type: none"> ○ ½ MILE JOG WARMUP ○ ALTERNATE NEXT TWO EXERCISES UNTIL A TOTAL OF 800 METERS IS REACHED ○ 100 METER SPRINT ○ 100 METER LUNGE WALK ○ 100 PULLUPS AS MANY SETS AS NECESSARY ○ 800 METER RUN ○ 75 VUPS ○ 75 HANGING KNEES TO ELBOWS ○ 800 METER COOL DOWN 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed Run <ul style="list-style-type: none"> • 30-40 min • Moderate Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds</p> <ul style="list-style-type: none"> ○ 40 PUSHUPS ○ 10 PULL UPS ○ 35 FLUTTER KICKS (4 count) ○ 12 PLYO SPLIT SQUATS (4 count) ○ 20 SWIMMERS ○ 15 MOUNTAIN CLIMBERS (4 count) ○ 15 BODYWEIGHT SISSY SQUATS ○ 22 DECLINE PUSHUPS ○ 10 RESISTANCE BAND CHOPS (each side) ○ 35 BICYCLES (4 count) ○ 15 PLYO PUSHUPS ○ 20 POWER KNEES (each side) 	<ul style="list-style-type: none"> ○ OFF
WEDNESDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 800m Freestyle <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm (fins), 95% effort, 1 min rest ○ 1 x 1000m Lead arm- Trail arm (fins), 70 effort, 3 min rest ○ 3x100m Lead arm- Trail arm (fins), 75% effort, 20 sec rest <p>COOL DOWN: 200m Lead arm- Trail arm, easy</p> <p>TOTAL: 2600m</p>
THURSDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Sprints 12 x 100m at ~16 sec, rest 30 sec between runs ○ Easy Run for 5:00 min ○ Cool down/Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 10 Pull ups ○ 25 Shoulder Circles (4 count) ○ 30 Bicycles (4 count) ○ 20 Swimmers ○ 12 Dive Bombers ○ 20 Rocky Sit ups ○ 15 Bodyweight Rows ○ 15 SHOULDER Pushups ○ 15 Power Knees (each side) ○ 15 Wide Pushups ○ 8 Wide Pull ups ○ 1 Minute Plank 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ OFF 	<p>5 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 AIR SQUATS ○ 20 PUSH UPS ○ ALTERNATING LUNGES (10ea LEG) ○ 10 SUPERMANS ○ 10 V-UPS 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 400m Freestyle ○ 400m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 6 x 100m Lead arm- Trail arm (fins), 95% effort, 90 sec rest ○ 1 x 1000m Lead arm- Trail arm (fins), 70 effort, 2 min rest <p>COOL DOWN: 200m Lead arm- Trail arm (fins), easy</p> <p>TOTAL: 2600m</p>
SATURDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 5 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>3 Rounds for time</p> <ul style="list-style-type: none"> ○ 5 PLYO PUSH UP ○ 5 PLYO SPLIT SQUAT (each leg) ○ 5 L-SIT PULL UP ○ 30 SEC PLANK ○ 30 SECOND RIGHT SIDE PLANK ○ 30 SECOND LEFT SIDE PLANK ○ 10 JUMP SQUAT 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m Freestyle ○ 100m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm (fins), 95% effort, 1 min rest ○ 1 x 800m Lead arm- Trail arm (fins), 70 effort, 3 min rest <p>COOL DOWN: 200m Lead arm- Trail arm, easy</p> <p>TOTAL: 1600m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 5 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 10 CHIN UPS ○ 35 PUSHUPS ○ 35 FLUTTER KICKS (4 count) ○ 12 BODYWEIGHT BICEP CURLS ○ 15 CLAPPING PUSHUPS ○ 15 MODIFIED V-SITS ○ 30 SECOND CHIN UP HOLDS ○ 15 DIVE BOMBERS ○ 35 BICYCLES (4 count) ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 25 DECLINE PUSHUPS ○ 15 POWER KNEES (each side) 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 4 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ Freestyle ○ 200m Lead arm- Trail arm, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 200m Lead arm- Trail arm , 85% effort, 2 min rest ○ 2 x 500m Lead arm- Trail arm (fins), 70 effort, 3 min rest <p>COOL DOWN: 100m Lead arm- Trail arm (fins), easy</p> <p>TOTAL: 2000m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 30 DIAMOND PUSHUPS ○ 30 BODY SQUATS ○ 15 RUSSIAN TWISTS (4 count) ○ 15 DIPS ○ 10 TWISTING LUNGES (each leg) ○ 20 LEG RAISES ○ 15 SPHINX PUSHUPS ○ 25 METER CRABWALKS ○ 30 SECOND L-SITS ○ 15 BODYWEIGHT TRICEPS EXTENSIONS ○ 25 CALF RAISES (each leg) ○ 35 BICYCLES (4 count) 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ Freestyle ○ 200m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 500m Lead arm- Trail arm (fins), 85% effort, 30 sec rest <p>COOL DOWN: 100m Lead arm- Trail arm , easy</p> <p>TOTAL: 1600m</p>
THURSDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Run 1 mile at 6:45 min pace ○ Rest for 4 min ○ Run 2 miles at 7:30 min pace, rest 5 min ○ Run 1 mile at 7:00 min pace ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 10 Pull ups ○ 25 Shoulder Circles (4 count) ○ 30 Bicycles (4 count) ○ 20 Swimmers ○ 12 Dive Bombers ○ 20 Rocky Sit ups ○ 15 Bodyweight Rows ○ 15 SHOULDER Pushups ○ 15 Power Knees (each side) ○ 15 Wide Pushups ○ 8 Wide Pull ups ○ 1 Minute Plank 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m Freestyle ○ 300m Lead arm- Trail arm, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm (fins), 95% effort, 2 min rest ○ 3 x 200m Lead arm- Trail arm (fins), 85% effort, 2 min rest ○ 2 x 500m Lead arm- Trail arm , 70% effort, 4 min rest <p>COOL DOWN: 100m Lead arm- Trail arm (fins), easy</p> <p>TOTAL: 2600m</p>
SATURDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 5 1/2 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>OFF</p>	<p>OFF</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<p>OFF</p>	<p>OFF</p>

PHASE 2 WORKOUT

WEEK 6 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	CARDIO	PHYSICAL TRAINING	SWIM
MONDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> 7 PULL UPS 15 BODYWEIGHT TRICEPS EXTENSIONS 15 MODIFIED VSITS 15 BODYWEIGHT ROWS 20 DIPS 12 MOUNTAIN CLIMBERS (4 count) 5 WIDE PULL UPS 30 DIAMOND PUSHUPS 15 SIDE PLANK LEG LIFTS (each side) 10 FREEFALL ARCHES (5 SECONDS EACH) 12 SPHINX PUSHUPS 20 ROCKY SIT UPS 	<p>OFF</p>
TUESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 4 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>OFF</p>	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m Freestyle ○ 100m Lead arm- Trail arm, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm (fins), 95% effort, 3 min rest ○ 2 x 200m Lead arm- Trail arm (fins), 85% effort, 2 min rest ○ 1 x 500m Lead arm- Trail arm (fins), 70% effort, 1 min rest <p>COOL DOWN: 100m Lead arm- Trail arm (fins), easy</p> <p>TOTAL : 1700m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 10 CHIN UPS ○ 15 SHOULDER PUSH UPS ○ 25 MODIFIED V-SITS ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 8 WALL WALKS ○ 20 LEG RAISES ○ 12 BODYWEIGHT BICEP CURLS ○ 25 SHOULDER CIRCLES (4 count; EACH DIRECTION) ○ 15 LEG RAISES ○ 30 SECOND CHIN UP HOLD ○ 10 HANDSTAND PUSHUPS ○ 30 ARM FLUTTER KICKS (4 count) 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m Freestyle ○ 200m Lead arm- Trail arm, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm , 95% effort, 3 min rest ○ 3 x 200m Lead arm- Trail arm (fins), 85% effort, 3 min rest ○ 2 x 500m Lead arm- Trail arm (fins), 70-80% effort, 2 min rest <p>COOL DOWN: 200m Lead arm- Trail arm , easy</p> <p>TOTAL : 2600m</p>
THURSDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Run 1 mile at 6:30 min pace, 4 min rest ○ Run 1 mile at 7:00 min pace, 4 min rest ○ Run 1 mile at 7:30 min pace ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 35 PUSHUPS ○ 25 AIR SQUATS ○ 15 V-UPS ○ 10 CORN COB PUSHUPS ○ 10 PLYO SPLIT SQUATS (4 count) ○ 30 FLUTTER KICKS (4 count) ○ 25 DECLINE PUSHUPS ○ 10 ONE LEG SQUATS ○ 20 POWER KNEES (each side) ○ 15 DIVE BOMBERS ○ 25 CALF RAISES ○ 40 BICYCLES (4 count) 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ Freestyle ○ 200m Lead arm- Trail arm, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm (fins), 95% effort, 3 min rest ○ 3 x 200m Lead arm- Trail arm (fins), 80% effort, 2 min rest ○ 1 x 500m Lead arm- Trail arm (fins), 70% effort, 30 sec rest <p>COOL DOWN: 200 m Lead arm- Trail arm , easy</p> <p>TOTAL : 2000 m</p>
SATURDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 3 Mile Run <ul style="list-style-type: none"> • Low Effort ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 7 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	CARDIO	PHYSICAL TRAINING	SWIM
MONDAY	<p>PAST</p> <p>*Record 1.5 mi time for Interval Generator for re-calculation</p>	<p>PAST</p> <p>*</p>	<p>PAST</p> <p>*</p>
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 DEEP SQUATS ○ 15 SHOULDER PUSHUPS ○ 40 FLUTTER KICKS (4 count) ○ 10 ONE LEG SQUATS (each leg) ○ 8 WALL WALKS ○ 50 SIT UPS ○ 10 SLIDING LEG CURLS (each leg) ○ 10 HANDSTAND PUSHUPS ○ 20 RUSSIAN TWISTS (4 count) ○ 25 CALF RAISES (each leg) ○ 25 SHOULDER CIRCLES (4 count) ○ 20 POWER KNEES (each side) 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m Freestyle ○ 300m Lead arm- Trail arm, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm (fins), 95% effort, 1 min rest ○ 3 x 200m Lead arm- Trail arm (fins), 85% effort, 3 min rest ○ 1 x 500m Lead arm- Trail arm (fins), 70-80% effort, 2 min rest <p>COOL DOWN: 100 m Lead arm- Trail arm , easy</p> <p>TOTAL: 2100 m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 1 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m Freestyle ○ 100m Lead arm- Trail arm, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 100m Lead arm- Trail arm (fins), 95% effort, 1 min rest ○ 2 x 200m Lead arm- Trail arm (fins), 85% effort, 1 min rest ○ 1 x 500m Lead arm- Trail arm , 70-80% effort, 1 min rest <p>COOL DOWN: 100 m Lead arm- Trail arm (fins), easy</p> <p>TOTAL: 1500 m</p>
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<p>AS MANY ROUNDS AS POSSIBLE (AMRAP) IN 20 MINUTES</p> <ul style="list-style-type: none"> ○ 10 CHEST TO BAR PULL UPS ○ 10 LEG RAISES ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 10 CHIN UPS ○ 10 RUSSIAN TWISTS (4 count) ○ 10 PLYO SPLIT SQUAT 	<p>OFF</p>
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 6 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds</p> <ul style="list-style-type: none"> ○ 10 SQUAT JUMPS ○ 20 PUSH UPS ○ 15 PULL UPS ○ WALKING LUNGE (5ea LEG) ○ 10 DIPS ○ 10 UNDERHAND BODYWEIGHT ROWS 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m Freestyle ○ 300m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 100m Lead arm- Trail arm (fins), 95% effort, 2 min rest ○ 3 x 200m Lead arm- Trail arm (fins), 85% effort, 2 min rest ○ 2 x 500m Lead arm- Trail arm (fins), 70-80% effort, 3 min rest <p>COOL DOWN: 200 m Lead arm- Trail arm , easy</p> <p>TOTAL: 2700 m</p>
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 10CHIN UPS ○ 15 BODYWEIGHT TRICEPS EXTENSIONS ○ 1 MINUTE PLANK ○ 15 BODYWEIGHT BICEP CURLS ○ 20 DIPS ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 6 ONE ARM CHIN (EACH ARM) ○ 15 SPHINX PUSHUPS ○ 20 MODIFIED V-SITS ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 25 DIAMOND PUSHUPS ○ 30 SECOND SIDE PLANKS (each side) 	<p>OFF</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<p>OFF</p>	<p>OFF</p>

PHASE 2 WORKOUT

WEEK 8 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	CARDIO	PHYSICAL TRAINING	SWIM
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 3 ½ Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	Complete 3 Rounds for Time <ul style="list-style-type: none"> ○ 40 PUSHUPS ○ 35 AIR SQUATS ○ 30 FLUTTER KICKS (4 count) ○ 20 DECLINE PUSHUPS ○ 10 PLYO SPLIT SQUATS (4 count) ○ 20 MODIFIED V-SITS ○ 15 DIVE BOMBERS ○ 10 SLIDING LEG CURLS ○ 15 MOUNTAIN CLIMBERS (4 count) ○ 25 WIDE PUSHUPS ○ 20 CALF RAISES (each leg) ○ 1 MINUTE PLANK 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	Complete 3 Rounds for Time <ul style="list-style-type: none"> ○ 6 CHIN UPS ○ 20 SHOULDER PUSHUPS ○ 35 BICYCLES (4 count) ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 10 CORN COB PUSHUPS ○ 15 VUPS ○ 7 NEGATIVE CHIN UPS ○ 12 DIVE BOMBERS ○ 15 HANGING LEG RAISES ○ 15 BODYWEIGHT BICEP CURLS ○ 5 WALL WALKS ○ 15 POWER KNEES (each side) 	WARM UP: <ul style="list-style-type: none"> ○ 300m Freestyle ○ 200m Lead arm- Trail arm, easy MAIN SET: <ul style="list-style-type: none"> ○ 1 x 200m Lead arm- Trail arm (fins), 85% effort, 1 min rest ○ 2 x 600m Lead arm- Trail arm (fins), 70-80% effort, 4 min rest COOL DOWN: 100m Lead arm- Trail arm , easy TOTAL: 2000m
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 2 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	WARM UP: <ul style="list-style-type: none"> ○ 300m Freestyle ○ 300m Lead arm- Trail arm, easy MAIN SET: <ul style="list-style-type: none"> ○ 2 x 200m Lead arm- Trail arm (fins), 85% effort, 2 min rest ○ 3 x 600m Lead arm- Trail arm (fins), 70% effort, 2 min rest COOL DOWN: 200m Lead arm- Trail arm , easy TOTAL: 3000m
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	Complete 3 Rounds for Time <ul style="list-style-type: none"> ○ 30 DIAMOND PUSHUPS ○ 12 PULL UPS ○ 40 BICYCLES (4 count) ○ 20 DIPS ○ 15 BODYWEIGHT ROWS ○ 20 LEG RAISES ○ 15 SPHINX PUSHUPS ○ 10 5 SECOND FREEFALL ARCHES ○ 30 SECOND LSITS ○ 15 BODYWEIGHT TRICEPS EXTENSIONS ○ 6 WIDE PULL UPS ○ 45 SIT UPS 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 6 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	Complete 3 Rounds <ul style="list-style-type: none"> ○ 15 AIR SQUATS ○ 30 SECOND FOREARM PLANK ○ 10 BURPEES ○ SIDE LUNGES (5ea LEG) ○ 30 SECOND SIDE PLANK (each side) ○ 10 SQUAT JUMPS ○ 5 TOES TO BAR 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	AS MANY ROUNDS AS POSSIBLE (AMRAP) IN 20 MINUTES <ul style="list-style-type: none"> ○ 10 CHEST TO BAR PULL UPS ○ 10 LEG RAISES ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 10 CHIN UPS ○ 10 RUSSIAN TWISTS (4 count) ○ 10 PLYO SPLIT SQUAT 	WARM UP: <ul style="list-style-type: none"> ○ 200m Freestyle ○ 100m Lead arm- Trail arm, easy MAIN SET: <ul style="list-style-type: none"> ○ 2 x 200m Lead arm- Trail arm (fins), 85% effort, 2 min rest ○ 2 x 600m Lead arm- Trail arm (fins), 75% effort, 3 min rest COOL DOWN: 100m Lead arm- Trail arm (fins), easy TOTAL: 2000m
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 9 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	CARDIO	PHYSICAL TRAINING	SWIM
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 3 ¼ Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> 15 PULL UPS 15 BODYWEIGHT TRICEPS EXTENSIONS 20 MODIFIED VSITS 6 EXPLOSIVE PULL UPS WITH GRIP SWITCH 15 SPHINX PUSHUPS 25 POWER KNEES (each side) 20 BODYWEIGHT ROWS 20 DIAMOND PUSHUPS 45 SECOND SIDE PLANKS (each side) 20 SWIMMERS 25 DIPS 30 FLUTTER KICKS (4 count) 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> 40 PUSHUPS 15 CHIN UPS 15 CAN CAN ABS 15 DIVE BOMBERS 15 BODYWEIGHT BICEP CURLS 30 FLUTTER KICKS (4 count) 35 DECLINE PUSHUPS 15 UNDERHAND BODYWEIGHT ROWS 20 POWER KNEES (each side) 15 DIVE BOMBERS 5 ONE ARM CHIN UPS (EACH ARM) 1 MINUTE PLANK 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m Freestyle ○ 100m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 200m Lead arm- Trail arm (fins), 85% effort, 2 min rest ○ 3 x 600m Lead arm- Trail arm (fins), 75% effort, 3 min rest <p>COOL DOWN: 100m Lead arm- Trail arm , easy</p> <p>TOTAL: 2600m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 3 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<p>3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 METER BEAR CRAWL ○ 25 SQUAT ○ 20 METER CRAB CRAWL ○ 10 REVERSE LUNGE (each side) ○ 10 METER INCHWORM ○ 15 DIAMOND PUSH UP 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m Freestyle ○ 300m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 200m Lead arm- Trail arm (fins), 85% effort, 2 min rest ○ 3 x 600m Lead arm- Trail arm (fins), 70-80% effort, 3 min rest <p>COOL DOWN: 100m Lead arm- Trail arm , easy</p> <p>TOTAL: 2900m</p>
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 6 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 SHOULDER PUSHUPS ○ 10 PLYO SPLIT SQUATS (4 count) ○ 20 V-UPS ○ 20 SHOULDER CIRCLES (4 count; EACH DIRECTION) ○ 25 BODY SQUATS ○ 12 MOUNTAIN CLIMBERS (4 count) ○ 8 WALL WALKS ○ 12 SLIDING LEG CURLS (each leg) ○ 35 BICYCLES (4 count) ○ 10 HANDSTAND PUSHUPS ○ 25 CALF RAISES (each leg) ○ 30 FLUTTER KICKS (4 count) 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<p>5 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 AIR SQUATS ○ 20 PUSH UPS ○ ALTERNATING LUNGES (10ea LEG) ○ 10 SUPERMANS ○ 10 V-UPS 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m Freestyle ○ 100m Lead arm- Trail arm, easy (fins) <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 200m Lead arm- Trail arm (fins), 85% effort, 1 min rest ○ 1 x 600m Lead arm- Trail arm (fins), 70-80% effort, 1 min rest <p>COOL DOWN: 200m Lead arm- Trail arm (fins), easy</p> <p>TOTAL: 1400 m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 10 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 4 Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 12 PULL UPS ○ 40 PUSHUPS ○ 15 RUSSIAN TWISTS (4 count) ○ 8 WIDE PULL UPS ○ 25 WIDE PUSHUPS ○ 35 BICYCLES (4 count) ○ 20 BODYWEIGHT ROWS ○ 10 DIVE BOMBERS ○ 35 FLUTTER KICKS (4 count) ○ 10 SUPERMANS ○ 30 DECLINE PUSHUPS ○ 20 LEG LIFTS 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ Freestyle ○ 100m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 200m Lead arm- Trail arm (fins), 85% effort, 1 min rest ○ 3 x 600m Lead arm- Trail arm , 70-80% effort, 2 min rest <p>COOL DOWN: 200m Lead arm- Trail arm (fins), easy</p> <p>TOTAL: 2700m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 4 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 SHOULDER PUSHUPS ○ 15 CHIN UPS ○ 10 JUMPING JACKS (4 count) ○ 25 ARM FLUTTER KICKS (4 count) ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 15 MOUNTAIN CLIMBERS (4 count) ○ 10 HANDSTAND PUSHUPS ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 15 RUSSIAN TWISTS (4 count) ○ 20 SHOULDER CIRCLES (4 count; each direction) ○ 4 ONE ARM CHIN UPS (Each arm) ○ 20 POWER KNEES (each side) 	<ul style="list-style-type: none"> ○ OFF
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m Freestyle ○ 300m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 200m Lead arm- Trail arm (fins), 85% effort, 1 min rest ○ 3 x 600m Lead arm- Trail arm (fins), 70% effort, 3 min rest <p>COOL DOWN: 200m Lead arm- Trail arm (fins), easy</p> <p>TOTAL: 3000m</p>
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 6 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>COMPLETE 3 ROUNDS FOR TIME</p> <ul style="list-style-type: none"> ○ 12 PLYO SPLIT SQUATS (4 count) ○ 30 DIAMOND PUSHUPS ○ 20 CAN CAN ABS ○ 25 CALF RAISES (each leg) ○ 20 DIPS ○ 30 BICYCLES (4 count) ○ 10 ONE LEG SQUATS (each leg) ○ 12 SPHINX PUSHUPS ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 12 SWISS BALL LEG CURLS (each leg) ○ 15 BODYWEIGHT TRICEPS EXTENSIONS ○ 20 MODIFIED VSITS 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m Freestyle ○ 100m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 600m Lead arm- Trail arm (fins), 70-80% effort, 30 sec rest <p>COOL DOWN: 200m Lead arm- Trail arm (fins), easy</p> <p>TOTAL: 1600m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 11 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 3 ½ Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	COMPLETE 3 ROUNDS FOR TIME <ul style="list-style-type: none"> ○ 40 DECLINE PUSHUPS ○ 5 ONE ARM CHIN UPS (EACH ARM) ○ 30 UNSUPPORTED SIT UPS ○ 45 PUSHUPS ○ 10 BODYWEIGHT BICEP CURLS ○ 20 SIDE PLANK LEG LIFTS ○ 10 CORN COB PUSHUPS ○ 15 CHIN UPS ○ 40 FLUTTER KICKS (4 count) ○ 25 WIDE PUSHUPS ○ 20 UNDERHAND BODYWEIGHT ROWS ○ 25 MODIFIED V-SITS 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 5 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	Complete 3 Rounds for Time <ul style="list-style-type: none"> ○ 15 DIVE BOMBERS ○ 25 AIR SQUATS ○ 40 BICYCLES (4 count) ○ 10 CORN COB PUSHUPS ○ 15 PLYO SPLIT SQUATS (4 count) ○ 1 MINUTE 30 SECOND PLANK ○ 8WALL WALKS ○ 15 DONKEY KICKS (each leg) ○ 15 RUSSIAN TWISTS (4 count) ○ 25 SHOULDER CIRCLES (each direction) ○ 25 CALF RAISES (each leg) ○ 30 SECOND L-SIT 	WARM UP: <ul style="list-style-type: none"> ○ 400m Freestyle ○ 400m Lead arm- Trail arm, easy MAIN SET: <ul style="list-style-type: none"> ○ 3 x 200m Lead arm- Trail arm (fins), 85% effort, 2 min rest ○ 2 x 700m Lead arm- Trail arm (fins), 70% effort, 3 min rest COOL DOWN: 200m Lead arm- Trail arm , easy TOTAL: 3000m
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 6 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	Complete 3 Rounds for Time <ul style="list-style-type: none"> ○ 15 PULL UPS ○ 15 BODYWEIGHT TRICEPS EXTENSIONS ○ 20 MODIFIED V-SITS ○ 20 BODYWEIGHT ROWS ○ 20 DIPS ○ 50 FLUTTER KICKS (4 count) ○ 6 ONE ARM PULL UPS ○ 35 DIAMOND PUSHUPS ○ 35 BICYCLES (4 count) ○ 12 SUPERMANS ○ 15 SPHINX PUSHUPS ○ 20 POWER KNEES (each side) 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	WARM UP: <ul style="list-style-type: none"> ○ 300m Freestyle ○ 200m Lead arm- Trail arm, easy (fins) MAIN SET: <ul style="list-style-type: none"> ○ 2 x 700m Lead arm- Trail arm (fins), 70% effort, 2 min rest ○ 3 x 200m Lead arm- Trail arm (fins), 85% effort, 1 min rest COOL DOWN: 200m Lead arm- Trail arm , easy TOTAL: 2700m
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 12 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 3 ½ Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 DIPS ○ 30 SECOND CHIN UP HOLDS ○ 20 MODIFIED V-SITS ○ 30 DIAMOND PUSHUPS ○ 15 CHIN UPS ○ 30 BICYCLES (4 count) ○ 10 SPHINX PUSHUPS ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 15 RUSSIAN TWISTS (4 count) ○ 15 BODYWEIGHT TRICEPS EXTENSIONS ○ 4 ONE ARM CHIN UPS (EACH ARM) ○ 20 POWER KNEES (each side) 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds</p> <ul style="list-style-type: none"> ○ 15 AIR SQUATS ○ 30 SECOND FOREARM PLANK ○ 10 BURPEES ○ SIDE LUNGES (5ea LEG) ○ 30 SECOND SIDE PLANK (each side) ○ 10 SQUAT JUMPS ○ 5 TOES TO BAR 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m Freestyle ○ 200m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 200m Lead arm- Trail arm (fins), 85% effort, 2 min rest ○ 2 x 700m Lead arm- Trail arm (fins), 70-80% effort, 2 min rest <p>COOL DOWN: 200m Lead arm- Trail arm , easy</p> <p>TOTAL: 2600m</p>
WEDNESDAY	<p>AM</p> <ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 6 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 SHOULDER PUSHUPS ○ 12 PULL UPS ○ 20 RUSSIAN TWISTS (4 count) ○ 25 SHOULDER CIRCLES (4 count; EACH DIRECTION) ○ 8 WIDE PULL UPS ○ 20 POWER KNEES (each side) ○ 30 ARM FLUTTER KICKS (4 count) ○ 20 SWIMMERS ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 12 DIVE BOMBERS ○ 15 BODYWEIGHT ROWS ○ 20 MODIFIED VSITS 	<ul style="list-style-type: none"> ○ OFF
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 400m Freestyle ○ 400m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 3 x 200m Lead arm- Trail arm , 85% effort, 20 sec rest ○ 2 x 700m Lead arm- Trail arm , 70% effort, 30 sec rest <p>COOL DOWN: 200m Lead arm- Trail arm , easy</p> <p>TOTAL: 3000m</p>
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 6 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<p>AS MANY ROUNDS AS POSSIBLE (AMRAP) IN 20 MINUTES</p> <ul style="list-style-type: none"> ○ 5 PULL UPS ○ 10 PUSH UPS ○ 15 AIR SQUATS 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 35 DECLINE PUSHUPS ○ 20 DEEP SQUATS ○ 30 UNSUPPORTED SIT UPS ○ 40 PUSHUPS ○ 10 PLYO SPLIT SQUATS (4 count) ○ 1 MINUTE 30 SECOND PLANK ○ 10 CORN COB PUSHUPS ○ 25 METER CRABWALK ○ 40 FLUTTER KICKS (4 count) ○ 15 CLAPPING PUSHUPS ○ 25 CALF RAISES (each leg) ○ 15 V-UPS 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m Freestyle ○ 100m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 2 x 700m Lead arm- Trail arm (fins), 70-80% effort, 30 sec rest <p>COOL DOWN: 200m Lead arm- Trail arm (fins), easy</p> <p>TOTAL: 1800m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 13 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 3 Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	Complete 3 Rounds <ul style="list-style-type: none"> ○ 10 SQUAT JUMPS ○ 20 PUSH UPS ○ 15 PULL UPS ○ WALKING LUNGE (5ea LEG) ○ 10 DIPS ○ 10 UNDERHAND BODYWEIGHT ROWS 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	Complete 3 Rounds for Time <ul style="list-style-type: none"> ○ 15 PLYO PUSH UP ○ 15 PLYO SPLIT SQUAT (each leg) ○ 15 L-SIT PULL UP ○ 30 SECOND PLANK ○ 10 JUMP SQUATS 	WARM UP: <ul style="list-style-type: none"> ○ 200m Freestyle ○ 100m Lead arm- Trail arm, easy MAIN SET: <ul style="list-style-type: none"> ○ 2 x 200m Lead arm- Trail arm , 85% effort, 1 min rest ○ 2 x 700m Lead arm- Trail arm (fins), 70-80% effort, 2 min rest COOL DOWN: 100 m Lead arm- Trail arm (fins), easy TOTAL: 2200 m
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 7 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	WARM UP: <ul style="list-style-type: none"> ○ 400m Freestyle ○ 400m Lead arm- Trail arm, easy (fins) MAIN SET: <ul style="list-style-type: none"> ○ 3 x 200m Lead arm- Trail arm (fins), 85% effort, 20 sec rest ○ 1 x 700m Lead arm- Trail arm , 70-80% effort, 30 sec rest COOL DOWN: 200m Lead arm- Trail arm , easy TOTAL: 2300m
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 6 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	AMRAP 20 minutes <ul style="list-style-type: none"> ○ 10 JUMP SQUAT ○ 10 PLYO PUSH ○ 10 PLYO SPLIT SQUAT ○ 10 SINGLE LEG GLUTE BRIDGE (each leg) ○ 10 WIDE PUSH UPS 	WARM UP: <ul style="list-style-type: none"> ○ 400m Freestyle) ○ 400m Lead arm- Trail arm, easy (fins) MAIN SET: <ul style="list-style-type: none"> ○ 3 x 200m Lead arm- Trail arm (fins), 85% effort, 1 min rest ○ 2 x 700m Lead arm- Trail arm (fins), 70% effort, 2 min rest COOL DOWN: 200 m Lead arm- Trail arm , easy TOTAL: 3000 m
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	Complete 1 Round <ul style="list-style-type: none"> ○ ½ MILE JOG WARMUP ○ ALTERNATE NEXT TWO EXERCISES UNTIL A TOTAL OF 800 METERS IS REACHED ○ 100 METER SPRINT ○ 100 METER LUNGE WALK ○ 100 PULLUPS AS MANY SETS AS NECESSARY ○ 800 METER RUN ○ 75 VUPS ○ 75 HANGING KNEES TO ELBOWS ○ 800 METER COOL DOWN 	<ul style="list-style-type: none"> ○ OFF
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 14 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 3 Mile <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 15 CHIN UPS ○ 20 BODYWEIGHT TRICEPS EXTENSIONS ○ 20 MODIFIED V-SITS ○ 15 UNDERHAND BODYWEIGHT ROWS ○ 20 DIPS ○ 50 FLUTTER KICKS (4 count) ○ 15 BODYWEIGHT BICEP CURLS ○ 35 DIAMOND PUSHUPS ○ 35 BICYCLES (4 count) ○ 45 SECOND CHIN UP HOLD ○ 10 SPHINX PUSHUPS ○ 20 POWER KNEES (each side) 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m Freestyle ○ 200m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 1 x 1500m Lead arm- Trail arm (fins), 70-80% effort <p>COOL DOWN: 100m Lead arm- Trail arm , easy</p> <p>TOTAL: 2000m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Interval Workout 8 <ul style="list-style-type: none"> • Reference Interval Generator for times ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 45 PUSHUPS ○ 15 PULL UPS ○ 40 BICYCLES (4 count) ○ 35 DECLINE PUSHUPS ○ 15 BODYWEIGHT ROWS ○ 1 MINUTE 30 SECOND PLANK ○ 20 CLAPPING PUSHUPS ○ 8 WIDE PULL UPS ○ 40 FLUTTER KICKS (4 count) ○ 20 JUMPING JACKS (4 count) ○ 10 SUPERMANS ○ 25 MODIFIED V-SITS 	<ul style="list-style-type: none"> ○ OFF
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 6 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m Freestyle ○ 300m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 1 x 2000m Lead arm- Trail arm (fins), 70-80% effort <p>COOL DOWN: 200m Lead arm- Trail arm, easy</p> <p>TOTAL: 2800m</p>
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 30 AIR SQUATS ○ 15 SHOULDER PUSHUPS ○ 30 UNSUPPORTED SIT UPS ○ 10 TWISTING LUNGES (each leg) ○ 6 WALL WALKS ○ 1 MINUTE 45 SECOND PLANK ○ 12 GLUTE HAM RAISE ○ 12 HANDSTAND PUSHUPS ○ 20 RUSSIAN TWISTS (4 count) ○ 25 CALF RAISES (each leg) ○ 25 SHOULDER CIRCLES (4 count; each direction) ○ 20 POWER KNEES (each side) 	<ul style="list-style-type: none"> ○ OFF
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

PHASE 2 WORKOUT

WEEK 15 OF 15

CARDIO

PHYSICAL TRAINING

SWIM

DAY	<u>CARDIO</u>	<u>PHYSICAL TRAINING</u>	<u>SWIM</u>
MONDAY	<p>*Start at Physical Training, then run, then Swim</p> <ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 3 Mile for time <ul style="list-style-type: none"> • Max Effort ○ Cool Down – 30 Minute rest before swim 	<ul style="list-style-type: none"> ○ Dynamic warm-up ○ Max effort pull ups in 1minute ○ Max effort sit ups in 2 minutes ○ Max effort pushups in 2 minutes ○ Cool down – 10 minute rest before run 	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Timed 1500 meter <ul style="list-style-type: none"> • Max Effort ○ Cool Down / Stretch
TUESDAY	<ul style="list-style-type: none"> ○ OFF 	<p>5 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 PULL UPS ○ 30 PUSH UPS ○ 40 SIT UPS ○ 50 AIR SQUATS <p>REST 3 MINUTES BETWEEN ROUNDS ADD TIMES FROM EACH ROUND TO GET TOTAL TIME</p>	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 300m Freestyle ○ 300m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 1 x 1800m Lead arm- Trail arm (fins), 70% effort <p>COOL DOWN: 100m Lead arm- Trail arm , easy</p> <p>TOTAL: 2500m</p>
WEDNESDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ Run 1 mile at 6:45 min pace ○ Rest for 4 min ○ Run 2 miles at 7:30 min pace, rest 5 min ○ Run 1 mile at 7:00 min pace ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
THURSDAY	<ul style="list-style-type: none"> ○ OFF 	<p>AS MANY ROUNDS AS POSSIBLE (AMRAP) IN 20 MINUTES</p> <ul style="list-style-type: none"> ○ 10 CHEST TO BAR PULL UPS ○ 10 LEG RAISES ○ 10 MOUNTAIN CLIMBERS (4 count) ○ 10 CHIN UPS ○ 10 RUSSIAN TWISTS (4 count) ○ 10 PLYO SPLIT SQUAT 	<p>PM</p> <p>WARM UP:</p> <ul style="list-style-type: none"> ○ 200m Freestyle ○ 200m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 1 x 2200m Lead arm- Trail arm (fins), 70-80% effort <p>COOL DOWN: 200m Lead arm- Trail arm , easy</p> <p>TOTAL: 2800m</p>
FRIDAY	<ul style="list-style-type: none"> ○ Dynamic Warm-up ○ 6 Mile Run <ul style="list-style-type: none"> • Moderate Effort ○ Cool Down / Stretch 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF
SATURDAY	<ul style="list-style-type: none"> ○ OFF 	<p>Complete 3 Rounds for Time</p> <ul style="list-style-type: none"> ○ 20 PULL UPS ○ 20 BODYWEIGHT TRICEPS EXTENSIONS ○ 10 SCORPIONS (each side) ○ 20 BODYWEIGHT ROWS ○ 40 DIPS ○ 50 BICYCLES (4 count) ○ 15 EXPLOSIVE PULL UPS WITH GRIP SWITCH ○ 50 FLUTTER KICKS (4 count) ○ 15 FRONT LEVERS ○ 40 DIAMOND PUSHUPS ○ 25 LEG RAISES 	<p>WARM UP:</p> <ul style="list-style-type: none"> ○ 100m Freestyle ○ 100m Lead arm- Trail arm, easy <p>MAIN SET:</p> <ul style="list-style-type: none"> ○ 1 x 1600m Lead arm- Trail arm (fins), 70-80% effort <p>COOL DOWN: 200m Lead arm- Trail arm , easy</p> <p>TOTAL: 2000m</p>
SUNDAY	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF 	<ul style="list-style-type: none"> ○ OFF

