Table Of Contents

Description of the Material:

Workouts are broken into phases which correspond to academic year (freshman, sophomore, junior, senior). Each academic year is broken into two, 12-week cycles within those phases for use in Fall and Spring if desired. If you start this program after your freshman year, it is your descretion of what phase to start at based on your physical ability. Maintenance workouts are designed for use during winter/summer/holiday breaks and to allow your body to deload/rest. If there are any exercises that you don't understand, please feel free to post your questions in the AFSPECWAR.com group page. During an extended break and after using the maintenance workouts, either rest, conduct heavy stretching or repeat a workout week of your choice from the previous 12-week program accomplished.

Freshman Year

Phase 1.1 Weeks 1-6
Phase 1.2 Weeks 7-12
Phase 1.3 Weeks 1-8
Phase 1.4 Weeks 9-12
Maintenance Workouts

Sophomore Year

Phase 2.1 Weeks 1-4
Phase 2.2 Weeks 5-8
Phase 2.3 Weeks 9-12
Phase 2.4 Weeks 1-4
Phase 2.5 Weeks 5-8
Phase 2.6 Weeks 9-12
Maintenance Workouts

Junior Year

Phase 3.1 Weeks 1-6
Phase 3.2 Weeks 7-12
Phase 3.3 Weeks 1-6
Phase 3.4 Weeks 7-12
Maintenance Workouts

Senior Year

Phase 4.1 Weeks 1-6 Phase 4.2 Weeks 7-12 Phase 4.3 Weeks 1-6 Phase 4.4 Weeks 7-12 Maintenance Workouts

CADET PHYSICAL DEVELOPMENT PLAN FOR 19Z

PURPOSE: A Cadet Physical Development Plan to formalize academy and detachment cadet Special Warfare Clubs (SWCs) via standardized information providing foundational blocks for an AFSPECWAR career.

FORMAT: The Cadet Physical Development Plan provides stair-stepped land and water workouts, designed to fit within a 12-week Fall and 12-week Spring period, with deload/rest and maintenance periods included for winter/summer/holiday breaks. USE THE MAINTENANCE PERIODS, take some days off to rest, and do not attempt to work out at maximum effort year-round or you will injure yourself.

RISK: Academic LPs involve low risk and may be accomplished in a classroom/field setting. Physical LPs (including water and land fitness, and the 4-year Physical Development Plan) include the disclaimer indicating *WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.* SWCs MUST follow all procedures set forth by their Det/CC to safely conduct training as the Det/CC, not the cadets, maintain responsibility for their cadets. See ORM template as an example.

AUDIENCE: This Physical Development Plan is intended for USAFA and AFROTC cadets to utilize in developing and formalizing their SWCs, provide information to the rest of the detachment, and should remain at these locations. **THIS PLAN SHALL NOT BE DISTRIBUTED TO ANYONE ELSE.**

Prior to utilizing the Physical Development Plan, SWCs should reach out to contracted Field Developers (FDs) via their uniformed Det Club OICs so their cadets receive proper instruction on land and water events in what are called "SW Development Sessions." For questions on how to contact FDs, see the AFSPECWAR update message sent to Det/CCs in August 2022, directing Dets on how to contact AFRS/RSOW. After successful sessions with FDs, cadets should start with land events followed by water events, listed in sequential order below.

READ THE TABLE OF CONTENTS NEXT: Post any questions on the AFSPECWAR.com website

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

FRESHMAN YEAR, FALL, WEEKS 1-6

Day 1	Total Time: 2hr 30 m	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	100m	Easy	2:00
Total Distance: 800m	Drill Sets	Position 11 Drill	4	25m	Easy	0:30
Time: 25 min		Rotational Drill	4	25m	Easy	0:30
	•	1-Arm Free	4	25m	Easy	0:30
_		Bow and Arrow	4	25m	Easy	0:30
	Main Set					
		Freestyle	2	100m	2:30	2:00
	Cool Down					
'		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery Treading Water	2	1 <i>5</i> m	3:00 1:00 on/ :30 off	
Time: 20 min		,		15m		
Time: 20 min		,		15m Distance/ Time		Rest
	3	Treading Water	2		1:00 on/ :30 off	Rest
Run	3	Treading Water Exercise/ Drill	2	Distance/ Time	1:00 on/ :30 off	
Run Time: 30 min	3	Treading Water Exercise/ Drill	2	Distance/ Time	1:00 on/ :30 off	
Run Time: 30 min	3 Order 1	Treading Water Exercise/ Drill Steady State Run	2 Sets	Distance/ Time 20-30 min	1:00 on/ :30 off Pace Conversation	NA Rest
Run Time: 30 min	Order 1 Order	Treading Water Exercise/ Drill Steady State Run Exercise	Sets 1	Distance/ Time 20-30 min Reps	1:00 on/ :30 off Pace Conversation Intensity	NA Rest 0:45-1:00
Run Time: 30 min Strength & Conditioning	Order 1 Order 1	Treading Water Exercise/ Drill Steady State Run Exercise Bench Press	2	Distance/ Time 20-30 min Reps 6-12	Pace Conversation Intensity 65%-85%	NA Rest 0:45-1:00
Run Time: 30 min Strength & Conditioning	Order 1 Order 1 2A	Exercise/ Drill Steady State Run Exercise Bench Press Pull Ups	2	Distance/ Time 20-30 min Reps 6-12 6-12	Pace Conversation Intensity 65%-85%	NA Rest 0:45-1:00
Run Time: 30 min Strength & Conditioning	Order 1 Order 1 2A 2B	Treading Water Exercise/ Drill Steady State Run Exercise Bench Press Pull Ups Lat Stretch	2	Distance/ Time 20-30 min Reps 6-12 6-12 3 Seconds	Pace Conversation Intensity 65%-85%	NA Rest 0:45-1:00
Run Time: 30 min Strength & Conditioning	3 Order 1 Order 1 2A 2B 3A	Treading Water Exercise/ Drill Steady State Run Exercise Bench Press Pull Ups Lat Stretch Plank	2	Distance/ Time 20-30 min Reps 6-12 6-12 3 Seconds 1 min	Pace Conversation Intensity 65%-85%	NA Rest 0:45-1:00 0:45-1:00
Run Time: 30 min Strength & Conditioning	3 Order 1 Order 1 2A 2B 3A 3B	Treading Water Exercise/ Drill Steady State Run Exercise Bench Press Pull Ups Lat Stretch Plank Sit-ups	2	Distance/ Time 20-30 min Reps 6-12 6-12 3 Seconds 1 min 30	Pace Conversation Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00
Run Time: 30 min Strength & Conditioning	3 Order 1 Order 1 2A 2B 3A 3B 4	Treading Water Exercise/ Drill Steady State Run Exercise Bench Press Pull Ups Lat Stretch Plank Sit-ups Overhead Press	2 Sets 1 Sets 4 4 4 3 3 3 3 3 3	Distance/ Time 20-30 min Reps 6-12 6-12 3 Seconds 1 min 30 6-12	Pace Conversation Intensity 65%-85% 65%-85%	NA

Day 2	Total Time: 1hr 15 min		_	_		_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Back Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lunge	4	6-12	65%-85%	0:45-1:00
	5	Sliding Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	100m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1100m	Drill Sets	Side Kicking w/ Fins	2	50m	Easy	0:30
Time: 40 min		Side Stroke/ Combat Recovery	2	100m	Easy	1:30
		Rotation Drill	4	25m	Easy	0:30
	Main Set					
·		Freestyle	2	100m	2:30	2:00

		Side Kicking w/ Fins	2	100m	2:30	2:00
	Cool Down					
'		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Water Confidence	Order	Exercise/ Drill Underwaters	Sets 3	Distance 25m	Interval 3:00	}
Water Confidence Time: 20 min	Order 1 2					

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	30		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	SA DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	6	DB Curls	3	6-12	65%-85%	0:45-1:00
	7	DB Overhead Triceps Extension	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 mi	n				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	100m	Easy	2:00
Total Distance: 1000m	Drill Sets	Position 11 Drill	2	25m	Easy	0:30
Time: 40 min		Rotational Drill	2	25m	Easy	0:30
		1-Arm Free	2	25m	Easy	0:30
		Bow and Arrow	2	25m	Easy	0:30
		Fingertip Drag	2	25m	Easy	0:30
		Slingshot	2	25m	Easy	0:30
	Main Set					
-		Freestyle	8	50m	1:45 Interval	
	Cool Down					
-		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
=				_		
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Sumo Squat	4	6-12	65%-85%	0:45-1:00
L	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	High Plank	3	1 min		
	3B	Bicycle Crunch	3	25 (4 Count)		
	4	Nordic Hamstring Curl	3	6-12	65%-85%	0:45-1:00
	5	RFE Split Squat (Each)	3	6-12	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	100m	Easy	2:00
Total Distance: 700m	Drill Sets	Fingertip Drag	2	25m	Easy	0:30
Time: 30 min		Rotational Drill	2	25m	Easy	0:30

	Main Set					
		Freestyle	2	100m	2:30	2:00
		Finning (Side Kicking)	2	100m	2:30	2:00
	Cool Down					
		Freestyle	1	100m	Easy	NA
			=	-	-	-
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	3:00	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 35 min	Order 1	Exercise/ Drill Steady State Run	Sets	Distance/ Time 25-35 min	Pace Conversation	Rest NA
	Order Order		Sets 1			
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Time: 35 min	1 Order	Steady State Run Exercise	1 Sets	25-35 min	Conversation Intensity	NA Rest
Time: 35 min Strength & Conditioning	Order	Steady State Run Exercise Overhead Press	Sets 4	25-35 min Reps 6-12	Conversation Intensity 65%-85%	NA Rest 0:45-1:00
Time: 35 min Strength & Conditioning	Order 1 2A	Steady State Run Exercise Overhead Press DB Row	Sets 4 4	25-35 min Reps 6-12 6-12	Conversation Intensity 65%-85%	Rest 0:45-1:00
Time: 35 min Strength & Conditioning	1 Order 1 2A 2B	Exercise Overhead Press DB Row Lat Stretch	1 Sets 4 4 4	25-35 min Reps 6-12 6-12 3 Seconds	Conversation Intensity 65%-85%	Rest 0:45-1:00
Time: 35 min Strength & Conditioning	1 Order 1 2A 2B 3A	Exercise Overhead Press DB Row Lat Stretch Plank	Sets 4 4 4 3	25-35 min Reps 6-12 6-12 3 Seconds 1 min	Conversation Intensity 65%-85%	Rest 0:45-1:00
Time: 35 min Strength & Conditioning	1 Order 1 2A 2B 3A 3B	Exercise Overhead Press DB Row Lat Stretch Plank Sit-ups	Sets 4 4 4 3 3	25-35 min Reps 6-12 6-12 3 Seconds 1 min 30	Conversation Intensity 65%-85% 65%-85%	NA Rest 0:45-1:00 0:45-1:00
Time: 35 min Strength & Conditioning	1 Order 1 2A 2B 3A 3B 4	Exercise Overhead Press DB Row Lat Stretch Plank Sit-ups DB Bench Press	Sets 4 4 4 3 3 3 3	25-35 min Reps 6-12 6-12 3 Seconds 1 min 30 6-12	Conversation Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	100m-200m	Sprint	Walk Down
		-	_			_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Flutter Kicks	3	30 (4 Count)		
	3B	Side Plank	3	30 Sec Each		
	4	Lateral Lunge	4	6-12	65%-85%	0:45-1:00
	5	SL RDL	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1100m	Drill Sets	Streamline/ Pushoff	1	10 minutes	Technique	
Time: 40 min		Turns	2	10 minutes	Technique	
	Main Set					
		Side Kicking w/ Fins	1	250m	6:00	
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 20 min	2	Mask and Snorkel	2		3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest

	1	Weighted Pull Up	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Lateral Raises	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	30		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	Alternating DB Benchpress	3	6-12	65%-85%	0:45-1:00
	6	Concentration Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Pressdown	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300	Easy	2:00
Total Distance: 1000m	Intro to Breastroke	Breastroke Kick on Back	2	25m	Easy	0:30
Time: 40 min		Breastroke 2 kick/ 1 pull	2	25m	Easy	0:30
		Dolphin Kick w/ Board	2	25m	Easy	0:30
_		Breastroke Pull w/ Dolphin Kick	2	25m	Easy	0:30
	Main Set					
'		Breastroke	4	50	1:45 Interval	
		Freestyle	4	50	1:30 Interval	
	Cool Down					
'		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4	Buddy Breathing	1	Mild	2:00	
						•
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	LSD (Long Slow Distance)	1	35-45 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	BB Split Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	Plank Reaches	3	10 each		
	3B	V-Ups	3	15		
	1	Sliding Leg Curls	3	6-12	65%-85%	0:45-1:00
	4	Silding Leg Cons	,	0-12	0370-0370	0.45-1.00

Day 1	Total Time: 3hr 0 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1225m	Main Set	Rotational Drill	3	25m	Easy	0:30
Time: 45 min		Freestyle	3	50m	1:15	0:30
		Flutter Kick w/ Kickboard	3	50m	1:40	0:45
[Freestyle	4	75m	2:00	1:00
		Sidestroke	2	75m	2:00	1:00
	Cool Down		=	-	-	
		Choice of Stroke	1	100m	Easy	NA
			-		_	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Bench Press	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Pull Ups	4	6-12	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min		
	3B	Sit-ups	3	30		
	4	Overhead Press	3	6-12	65%-85%	0:45-1:00
	5	SA DB Row	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	BB Curls	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 18 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 18 min	1	Intervals	4	800m	3:20	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Back Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lunge	4	6-12	65%-85%	0:45-1:00
	5	Sliding Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	1	100m	Easy	2:00
Total Distance: 900m	Drill Sets	Open Turns with Fins Practice	1	10 min	Technique	3:00
Time: 35 min						
	Main Set	Side Stroke w/ Fins	4	50m	1:15	0:30
		Side Kicking w/ Fins	1	300m	6:00	
	Cool Down					
_		Choice of Stroke	1	100m	Easy	NA
_			_			_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 25 min	2	Mask and Snorkel	2	1 <i>5</i> m	3:00	
	3	Treading	3	1:00 on 0:30 off		
	4A	Drown Proofin (Bobbing)	1	1:00		
	4B	Drown Proofin (Float)	1	1:00		
	4C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	30		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	SA DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	6	DB Curls	3	6-12	65%-85%	0:45-1:00
	7	DB Overhead Triceps Extension	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00

Total Distance: 1000m		Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Side Kicking w/ Fins	1	500m	1:15 per 50m	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		-	_		-	_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	Order	•	Sers			
Time: 50 min	ı	LSD (Long Slow Distance)	l	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Sumo Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	High Plank	3	1 min		
	3B	Bicycle Crunch	3	25 (4 Count)		
	4	Nordic Hamstring Curl	3	6-12	65%-85%	0:45-1:00
	5	RFE Split Squat (Each)	3	6-12	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 40 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:00
Total Distance: 1000m	Drill Sets	Rotational Drill	2	25m	Easy	0:30
Time: 35 min		Position 11 Drill	2	25m	Easy	0:30
	Main Set					
		Freestyle	5	50m	1:00	0:45
		Breast Stroke	4	50m	1:20	0:30
	Cool Down					
		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	3		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Overhead Press	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Rows	4	6-12	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min		
	3B	Sit-ups	3	30		
	4	DB Bench Press	3	6-12	65%-85%	0:45-1:00
	5	Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
		Reverse Curls		6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 25 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	Repeats	3	1200m	5:15	2:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Flutter Kicks	3	30 (4 Count)		
	3B	Side Plank	3	30 Sec Each		
	4	Lateral Lunge	4	6-12	65%-85%	0:45-1:00

5 SL RD	Λ	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1100m	Drill Sets	Finger Tip Drag	3	50m	Technique	2:00
Time: 40 min						
	Main Set					
•		Freestyle	2	200m	1:00/ 50m	2:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	1 <i>5</i> m	3:00	
	3	Underwater Technique Work	1	10 minutes		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Weighted Pull Up	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Lateral Raises	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	30		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	Alternating DB Benchpress	3	6-12	65%-85%	0:45-1:00
	6	Concentration Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Pressdown	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 800m	Main Set	Freestyle	1	500m	Race Pace	
Time: 20 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	I
	1	Underwaters	4	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	3		1:00 on/ :30 off	
	4	Buddy Breathing	2	Mild	2:00	
	4	виday breaming	Z	Mila	2:00	
Ruck	4 Order	Exercise/ Drill	Sets		Pace	Rest
Ruck Time: 30 min				Distance/ Time		Rest NA
		Exercise/ Drill		Distance/ Time	Pace	
Time: 30 min		Exercise/ Drill		Distance/ Time	Pace	
Time: 30 min	Ord er	Exercise/ Drill Ruck w/ 25 lbs	Sets 1	Distance/ Time	Pace 15:00/ mi	NA
Time: 30 min Strength & Conditioning	Order 1 Order	Exercise/ Drill Ruck w/ 25 lbs Exercise	Sets 1	Distance/ Time 2 mi	Pace 15:00/ mi	NA Rest 0:45-1:00
Time: 30 min Strength & Conditioning	Order 1 Order	Exercise/ Drill Ruck w/ 25 lbs Exercise Deadlift	Sets 1 Sets 4	Distance/ Time 2 mi Reps 6-12	Pace 15:00/ mi Intensity 65%-85%	NA Rest
Time: 30 min Strength & Conditioning	Order 1 Order 1 2A	Exercise/ Drill Ruck w/ 25 lbs Exercise Deadlift BB Split Squat	Sets 1 Sets 4 4	Distance/ Time 2 mi Reps 6-12 6-12	Pace 15:00/ mi Intensity 65%-85%	NA Rest 0:45-1:00
Time: 30 min	Order 1 Order 1 2A 2B	Exercise/ Drill Ruck w/ 25 lbs Exercise Deadlift BB Split Squat Quad Hip Flexor Stretch	Sets 1 Sets 4 4 4	Distance/ Time 2 mi Reps 6-12 6-12 3 Seconds	Pace 15:00/ mi Intensity 65%-85%	NA Rest 0:45-1:00
Time: 30 min Strength & Conditioning	Order 1 Order 1 2A 2B 3A	Exercise/ Drill Ruck w/ 25 lbs Exercise Deadlift BB Split Squat Quad Hip Flexor Stretch Plank Reaches	Sets 1 Sets 4 4 4 3 3	Distance/ Time 2 mi Reps 6-12 6-12 3 Seconds 10 each	Pace 15:00/ mi Intensity 65%-85%	NA Rest 0:45-1:00

Day 1	Total Time: 2hr 50 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1050m	Main Set	Freestyle	4	50m	1:10	0:30
Time: 35 min		Sidestroke	4	50m	1:10	0:30
		Freestyle Down Sidestroke Back	1	250m	1:10 per 50m	
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Buddy Breathing	1	Moderate	1:00	
-	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drown Proofing (Bobbing)	1	1:30		
	4A 4B	Drown Proofing (Bobbing) Drown Proofing (Floating)	1	1:30 1:30		
Run		G (G)	1 1 Sets		Pace	Rest
Run Time: 35 min	4B	Drown Proofing (Floating)	1 1 Sets	1:30	Pace Conversation	Rest
Time: 35 min	4B Order	Drown Proofing (Floating) Exercise/ Drill Steady State Run	1	1:30 Distance/ Time 25-35 min	Conversation	NA
	4B Order	Drown Proofing (Floating) Exercise/ Drill Steady State Run Exercise	1 Sets	1:30 Distance/ Time	Conversation Intensity	NA Rest
Time: 35 min	4B Order 1 Order	Drown Proofing (Floating) Exercise / Drill Steady State Run Exercise Bench Press	1	1:30 Distance/ Time 25-35 min Reps	Conversation Intensity 65%-85%	Rest 0:45-1:
Time: 35 min Strength & Conditioning	4B Order 1 Order 1	Drown Proofing (Floating) Exercise/ Drill Steady State Run Exercise	1 Sets 4	Distance/ Time 25-35 min Reps 6-12	Conversation Intensity	Rest 0:45-1:
Time: 35 min Strength & Conditioning	Order 1 Order 1 2A	Exercise Drill Steady State Run Exercise Bench Press Pull Ups	1 Sets 4 4	1:30 Distance/ Time 25-35 min Reps 6-12 6-12	Conversation Intensity 65%-85%	Rest 0:45-1
Time: 35 min Strength & Conditioning	4B Order 1 Order 1 2A 2B	Exercise / Drill Steady State Run Exercise Bench Press Pull Ups Lat Stretch	Sets 4 4 4	1:30 Distance/ Time 25-35 min Reps 6-12 6-12 3 Seconds	Conversation Intensity 65%-85%	Rest 0:45-1
Time: 35 min Strength & Conditioning	Order 1 Order 1 2A 2B 3A	Exercise / Drill Steady State Run Exercise Bench Press Pull Ups Lat Stretch Plank	Sets 4 4 4 3	1:30 Distance/ Time 25-35 min Reps 6-12 6-12 3 Seconds 1 min	Conversation Intensity 65%-85%	Rest 0:45-1: 0:45-1:
Time: 35 min Strength & Conditioning	Order 1 Order 1 2A 2B 3A 3B	Exercise / Drill Steady State Run Exercise Bench Press Pull Ups Lat Stretch Plank Sit-ups	1 Sets 4 4 4 3 3 3	1:30 Distance/ Time 25-35 min Reps 6-12 6-12 3 Seconds 1 min 30	Conversation Intensity 65%-85% 65%-85%	Rest 0:45-1: 0:45-1:
Time: 35 min Strength & Conditioning	4B Order 1 Order 1 2A 2B 3A 3B 4	Exercise / Drill Steady State Run Exercise Bench Press Pull Ups Lat Stretch Plank Sit-ups Overhead Press	1 Sets 4 4 4 3 3 3 3 3	1:30 Distance/ Time 25-35 min Reps 6-12 6-12 3 Seconds 1 min 30 6-12	Conversation Intensity 65%-85% 65%-85%	Rest NA Rest 0:45-1: 0:45-1: 0:45-1: 0:45-1:

Day 2	Total Time: 1hr 29 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 29 min	1	Repeats	3	1600m	<i>7</i> :10	3:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Back Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lunge	4	6-12	65%-85%	0:45-1:00
	5	Sliding Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	1	100m	Easy	2:00
Total Distance: 900m	Main Set	Side Kicking w/ Fins	1	400m	1:10 per 50m	3:00
Time: 35 min		Side Kicking w/ Fins	6	50m	0:50-1:00	0:20
	Cool Down					
-		Choice of Stroke	1	100m	Easy	NA
_		_	_			
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask and Snorkel	1	20m	3:00	
	3	Fin Treading	3	1:00 on 0:30 off		

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	30		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	SA DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	6	DB Curls	3	6-12	65%-85%	0:45-1:00
	7	DB Overhead Triceps Extension	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1000m		Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breastroke Back	1	200m	1:15 per 50m	NA
•		Freestyle	4	50m	1:10	0:30
		Breastroke	4	50m	1:10	0:30
_						
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 30 min	Order 1	Exercise/ Drill Fartlek (60sec burst every 4 min)	Sets 1	Distance/ Time 20-30min	Pace Varied	Rest NA
Time: 30 min	Order 1	Fartlek (60sec burst every 4 min)	Sets 1 Sets	20-30min	Varied	
-	1		1			NA Rest
Time: 30 min	1	Fartlek (60sec burst every 4 min) Exercise	l Sets	20-30min	Varied Intensity	NA Rest 0:45-1:00
Time: 30 min Strength & Conditioning	l Order	Fartlek (60sec burst every 4 min) Exercise RDL	1 Sets 4	20-30min Reps 6-12	Varied Intensity 65%-85%	NA Rest 0:45-1:00
Time: 30 min Strength & Conditioning	1 Order 1 2A	Fartlek (60sec burst every 4 min) Exercise RDL Sumo Squat	1	20-30min Reps 6-12 6-12	Varied Intensity 65%-85%	NA Rest 0:45-1:00
Time: 30 min Strength & Conditioning	1 Order 1 2A 2B	Fartlek (60sec burst every 4 min) Exercise RDL Sumo Squat Quad Hip Flexor Stretch	Sets 4 4 4	20-30min Reps 6-12 6-12 3 Seconds	Varied Intensity 65%-85%	NA Rest 0:45-1:00
Time: 30 min Strength & Conditioning	1 Order 1 2A 2B 3A	Fartlek (60sec burst every 4 min) Exercise RDL Sumo Squat Quad Hip Flexor Stretch High Plank	Sets 4 4 4 3	20-30min Reps 6-12 6-12 3 Seconds 1 min	Varied Intensity 65%-85%	NA
ime: 30 min	1 Order 1 2A 2B 3A 3B	Fartlek (60sec burst every 4 min) Exercise RDL Sumo Squat Quad Hip Flexor Stretch High Plank Bicycle Crunch	Sets 4 4 4 3 3	20-30min Reps 6-12 6-12 3 Seconds 1 min 25 (4 Count)	Varied Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1200m	Drill Sets					
Time: 35 min		Rotational Drill	4	25m	Easy	0:30
	Main Set					
•		Freestyle	8	50m	1:10	0:20
_		Finning (Side Kicking)	8	50m	1:10	0:20
	Cool Down					
•		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel	2	20m	3:00	
	3	Fin Treading	2		1:00 on/ :30 off	
	0.1	In (D.3)	Cata	D:	D	D I
Run	Order	Exercise/ Drill	Sets	Distance/ Time		Rest
Time: 40 min	1	Steady State Run	I	30-40min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
gg	1	Overhead Press	2	6	65%-85%	0:45-1:0
Time: 1hr 15 min	2A	DB Rows	2	6	65%-85%	0:45-1:0
	2B	Lat Stretch	2	3 Seconds		
	3	Sit-ups	1	30		
	4	DB Bench Press	2	6	65%-85%	0:45-1:0

5 Lat Pull Down 2 6 650/ 950/ 0.45 1.0						
	_	Lat Pull Down	2	,	4 E0/ O E0/	0:45-1:0

Day 2	Total Time: 1hr 10 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Time Trial (Race Pace)	1	1.5 mi	Race	
		_	_			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	2	6	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	2	6	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	2	3x 3 Seconds		
	3A	Flutter Kicks	1	30 (4 Count)		
	4	Lateral Lunge	2	6	65%-85%	0:45-1:00
	5	SL RDL	2	6	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Swim w/ Snorkel (Not attached to				
Total Distance: 1000m	Drill Sets	mask)	1	200m	Easy	
Time: 30 min						
	Main Set					
-		Freestyle	1	250m	1:00 per 50m	
_		Side Kicking w/ Fins	1	250m	1:00 per 50m	
	Cool Down					
-		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	20m	3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float)	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Weighted Pull Up	2	6	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Lateral Raises	2	6	65%-85%	0:45-1:00
	2B	Chest Stretch	2	3 Seconds		
	3	Sit Ups	1	30		
	4	SA Lat Pull Down	2	6	65%-85%	0:45-1:00
	5	Alternating DB Benchpress	2	6	65%-85%	0:45-1:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
		Freestyle (Breathe every 5th				
Total Distance: 1100m	Drill Sets	stroke)	4	50m	Easy	0:30
		Freestyle (Breathe every 7th				
Time: 45 min		stroke)	4	25m	Easy	0:30
	Main Set					
-		Freestyle	1	500m	1:00 per 50m	
	Cool Down					
-		Choice of Stroke	1	100m	Easy	NA
			=		-	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	

Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Fin Treading	3		1:00 on/ :30 off	
	4	Buddy Breathing	1	Moderate	2:00	
						•
Run	Order	Ei/D-iII	C.t.	Distance / Time	Duna	Doot
	Oraer	Exercise/ Drill	Sets	Distance/ Time		Rest
Time: 50 min	1	LSD (Long Slow Distance)	1	40-50 min	8:30	NA
				_		
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	2	6	65%-85%	0:45-1:00
Time: 1hr	2A	BB Split Squat	2	6	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	2	3 Seconds		
	3B	V-Ups	1	15		
	4	Sliding Leg Curls	2	6	65%-85%	0:45-1:00
	4	onanig Log Corio				

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

FRESHMAN YEAR, FALL, WEEKS 7-12

Day 1	Total Time: 2hr 30 m	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	·					Remainder
Total Distance: 800m	Main Set	Freestyle w/ Fins	4	100m	2:05	of Interval
Time: 25 min		Rotational Drill	4	50m	Technique	0:30
		Position 11 Drill	4	50m	Technique	0:30
_		Freestyle w/ Fins	3	300m	5:40	Remainder of Interval
	Cool Down					
•		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	3		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	DB Bench Press	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Wide Pull Ups	4	6-12	65%-85%	0:45-1:00
	2В	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min 30 sec		
	3B	Sit-ups	3	40		
	4	DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	5	SA DB Row	3	6-12	65%-85%	0:45-1:00
F	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Hill Sprints	6	100-200m	Sprint	Walk Down
		_	_			_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lateral Lunge	4	6-12 Each	65%-85%	0:45-1:00
	5	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	100m	Easy	
Total Distance: 1700m	Finning Work	Side Kicking w/ Fins	4	100m	2:00	0:30
Time: 40 min		Side Stroke/ Combat Recovery	4	100m	2:00	0:30
	Main Set					
•		Breastroke	2	100m	2:30	1:00
		Freestyle	1	500m	10:00	

	Cool Down					
		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2	Moderate	1:00	
	3	10-ups (Intro 5 Reps)	1	~17m	1:30	

Day 4	Total Time: 1hr 15 min		_			_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Incline Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	40		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	DB Lateral Raise	3	6-12	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Kickback	3	6-12 each	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
		Choice of Stroke (at				
	Warm-up	least 3 different)	1	200m	Easy	2:00
Total Distance: 1300m	Main Set	Freestyle	5	100m	1:00	0:30
Time: 40 min		Freestyle w/ fins	5	100m	0:55	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	1.5m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
				_		_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	45-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	RFE Split Squat	4	6-12 each	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	High Plank	3	1 min 30 sec		
	3B	Bicycle Crunch	3	35 (4 Count)		
	4	Nordic Hamstring Curl	3	6-12	65%-85%	0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	1:00
		Finning (Side Kicking)	1	200m	Easy	1:00
Total Distance: 1000m	Main Set	Freestyle w/ fins and snorkel	3	100m	1:45	0:30
Time: 30 min		Side Kicking w/fins	3	50	0:55	0:10
	Cool Down					
		Freestyle	1	1 <i>5</i> 0m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	3:00	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00]

	3	Treading Water	2		1:00 on/ :30 off	
	4	Mask & Snorkel	2	20m	2:30	
			_		_	_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
sirengin a containoning	1	Push Press		6-12	65%-85%	0:45-1:00
	l		4			
Time: 1hr 15 min	2A	DB Row	4	6-12 each	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	SA Plank	3	30 sec each		
	3B	Sit-ups	3	40		
	4	DB Alternating Bench Press	3	6-12 each	65%-85%	0:45-1:00
	5	Chin Ups	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	Drag Curls	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	400m intervals	6	400m	1:30 per 400	0:45
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Low Bar Back Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00
	2B	Figure 4 Stretch	4	3x 3 Seconds		
	3A	Flutter Kicks	3	40 (4 Count)		
	3B	Side Plank	3	40 Sec Each		
	4	Reverse Lunge	4	6-12 each	65%-85%	0:45-1:00
	5	Staggered Stance RDL	4	6-12 each	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1500m	Main Set	Freestyle Breath every 5th Stroke	2	200m	4:00	2:00
Time: 40 min		25m Down - Freestyle Back				
		Side Kicking w/ Fins	4	100m	2:00	0:30
_		Combat Recovery w/ Fins	3	100m	2:00	0:30
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	20m	3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float	1	2:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Weighted Pull Up	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	SA Alternating OH DB Press	4	6-12 each	65%-85%	0:45-1:00
	2B	Shoulder Mobility (Choice)	4	~		
	3	Sit Ups	3	40		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	DB Bench Press	3	6-12	65%-85%	0:45-1:00
	6	Concentration Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Pressdown	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1750m	Main Set	Breastroke Kick w/ kick board	4	50m		0:30
Time: 40 min		Flutter Kick w/ kick board	4	50m	Fast	0:30
	•	Breastroke	1	250m	5:30	2:00
		Freestyle	1	750m	7:30	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	3		1:00 on/ :30 off	
	4	Buddy Breathing	1	Moderate	1:30	
	5	Treading w/ Fins	3		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
		'				
Time: 30 min	1	Ruck 30 lbs	1	3 mi	1 <i>5</i> :00/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Trap Bar Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Zercher Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	Plank Reaches	3	10 each		
	3B	V-Ups	3	20		
	4	Sliding Leg Curls	3	6-12	65%-85%	0:45-1:00
	5	KB Front Rack Squat	3	6-12	65%-85%	0:45-1:00

Warm-up Freestyle Sidestroke 1 300m Easy 2:00	Day 1						
Warm-up	Duy I	Total Time: 3hr 0 min					
Total Distance: 1825m	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Time: 45 min		Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Side Kicking w/ Fins 6 100m 1:50 0:30	Total Distance: 1825m	Main Set	Flutter Kick w/ Kickboard	3	75m	1:45	0:30
Combat Recovery Stroke w/ fins 3 100m 2:00 0:30	Time: 45 min		Freestyle	3	100m	1:50	0:30
Cool Down Choice of Stroke 1 100m Easy NA			Side Kicking w/ Fins	6	100m	1:50	0:30
Choice of Stroke 1 100m Easy NA			Combat Recovery Stroke w/ fins	3	100m	2:00	0:30
Water Confidence Order Exercise/ Drill Sets Distance Interval 1 Underwaters 5 25m 2:30 Time: 20 min 2 Buddy Breathing 2 Moderate 2:00 3 Treading Water 2 1:30 on/ :30 off Run Order Exercise/ Drill Sets Distance/ Time Pace Rest Time: 40 min 1 Steady State Run 1 30-40 min Conversation NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 DB Bench Press 4 6-12 65%-85% 0:45-1: Time: 1hr 15 min 2A Wide Pull Ups 4 6-12 65%-85% 0:45-1: 2B Lat Stretch 4 3 Seconds 3 1 min 30 sec		Cool Down					
1			Choice of Stroke	1	100m	Easy	NA
1							
Time: 20 min 2 Buddy Breathing 2 Moderate 2:00	Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Run		1	Underwaters	5	25m	2:30	
Run Order Exercise/ Drill Sets Distance/ Time Pace Rest Time: 40 min 1 Steady State Run 1 30-40 min Conversation NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 DB Bench Press 4 6-12 65%-85% 0:45-1: Time: 1hr 15 min 2A Wide Pull Ups 4 6-12 65%-85% 0:45-1: 2B Lat Stretch 4 3 Seconds 3 1 min 30 sec	Time: 20 min	2	Buddy Breathing	2	Moderate	2:00	
Time: 40 min 1 Steady State Run 1 30-40 min Conversation NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 DB Bench Press 4 6-12 65%-85% 0:45-1: Time: 1hr 15 min 2A Wide Pull Ups 4 6-12 65%-85% 0:45-1: 2B Lat Stretch 4 3 Seconds 3 1 min 30 sec		3	Treading Water	2		1:30 on/ :30 off	
Time: 40 min 1 Steady State Run 1 30-40 min Conversation NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 DB Bench Press 4 6-12 65%-85% 0:45-1: Time: 1hr 15 min 2A Wide Pull Ups 4 6-12 65%-85% 0:45-1: 2B Lat Stretch 4 3 Seconds 3 1 min 30 sec							
Time: 40 min 1 Steady State Run 1 30-40 min Conversation NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 DB Bench Press 4 6-12 65%-85% 0:45-1: Time: 1hr 15 min 2A Wide Pull Ups 4 6-12 65%-85% 0:45-1: 2B Lat Stretch 4 3 Seconds 3 1 min 30 sec							
Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 DB Bench Press 4 6-12 65%-85% 0:45-1: Time: 1hr 15 min 2A Wide Pull Ups 4 6-12 65%-85% 0:45-1: 2B Lat Stretch 4 3 Seconds 3A Plank 3 1 min 30 sec							
1 DB Bench Press 4 6-12 65%-85% 0:45-1: Time: 1hr 15 min 2A Wide Pull Ups 4 6-12 65%-85% 0:45-1: 2B Lat Stretch 4 3 Seconds 3A Plank 3 1 min 30 sec	Run	Order	Exercise/ Drill	Sets		Pace	Rest
1 DB Bench Press 4 6-12 65%-85% 0:45-1: Time: 1hr 15 min 2A Wide Pull Ups 4 6-12 65%-85% 0:45-1: 2B Lat Stretch 4 3 Seconds 3A Plank 3 1 min 30 sec		Order		Sets 1		1 200	
Time: 1hr 15 min 2A Wide Pull Ups 4 6-12 65%-85% 0:45-1: 2B Lat Stretch 4 3 Seconds 3A Plank 3 1 min 30 sec	Time: 40 min	1	Steady State Run	Sets 1	30-40 min	1 200	
2B Lat Stretch 4 3 Seconds 3A Plank 3 1 min 30 sec	Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	
3A Plank 3 1 min 30 sec	Time: 40 min	1 Order	Steady State Run Exercise DB Bench Press	l Sets	30-40 min	Conversation Intensity	NA
	Time: 40 min Strength & Conditioning	l Order	Steady State Run Exercise DB Bench Press	1 Sets 4	30-40 min Reps 6-12	Conversation Intensity 65%-85%	NA Rest
0.0	Time: 40 min Strength & Conditioning	1 Order 1 2A	Steady State Run Exercise DB Bench Press Wide Pull Ups	1 Sets 4 4	30-40 min Reps 6-12 6-12	Conversation Intensity 65%-85%	NA Rest 0:45-1:00
38 3rt-ups 3 40	Time: 40 min Strength & Conditioning	1 Order 1 2A 2B	Exercise DB Bench Press Wide Pull Ups Lat Stretch	1 Sets 4 4 4	30-40 min Reps 6-12 6-12 3 Seconds	Conversation Intensity 65%-85%	NA Rest 0:45-1:00
4 DB Overhead Press 3 6-12 65%-85% 0:45-1:	Time: 40 min Strength & Conditioning	1 Order 1 2A 2B	Exercise DB Bench Press Wide Pull Ups Lat Stretch	1 Sets 4 4 4	30-40 min Reps 6-12 6-12 3 Seconds	Conversation Intensity 65%-85%	NA Rest 0:45-1:00
5 SA DB Row 3 6-12 65%-85% 0:45-1:	Time: 40 min Strength & Conditioning	1 Order 1 2A 2B 3A 3B	Steady State Run Exercise DB Bench Press Wide Pull Ups Lat Stretch Plank Sit-ups	1 Sets 4 4 4 3 3 3	30-40 min Reps 6-12 6-12 3 Seconds 1 min 30 sec 40	Conversation Intensity 65%-85% 65%-85%	NA Rest 0:45-1:00
6 Skull Crushers 3 6-12 65%-85% 0:45-1:	Time: 40 min Strength & Conditioning	1 Order 1 2A 2B 3A 3B 4	Exercise DB Bench Press Wide Pull Ups Lat Stretch Plank Sit-ups DB Overhead Press	1 Sets 4 4 4 3 3 3 3 3	30-40 min Reps 6-12 6-12 3 Seconds 1 min 30 sec 40 6-12	Conversation Intensity 65%-85% 65%-85%	NA Rest 0:45-1:00 0:45-1:00
7 Preacher Curls 3 6-12 65%-85% 0:45-1:	Time: 40 min Strength & Conditioning	1 Order 1 2A 2B 3A 3B 4 5	Exercise DB Bench Press Wide Pull Ups Lat Stretch Plank Sit-ups DB Overhead Press SA DB Row	Sets 4 4 4 3 3 3 3	30-40 min Reps 6-12 6-12 3 Seconds 1 min 30 sec 40 6-12 6-12	Conversation Intensity 65%-85% 65%-85% 65%-85%	NA Rest 0:45-1:00 0:45-1:00

Day 2	Total Time: 1hr 18 min

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 18 min	1	Intervals	4	800m	3:10	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lateral Lunge	4	6-12 Each	65%-85%	0:45-1:00
	2 hr	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 2hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	1	100m	Easy	2:00
Total Distance: 2500m	Drill Set	Side Kicking w/ Fins	3	1 <i>5</i> 0m	2:50	0:25
						remainder
Time: 2 hr		Flutter kick w/ board (no fins)	3	150	4:00	of pace time
						remainder
	Main Set	Side Stroke w/ Fins	8	75m	1:30	of pace time
						remainder
		Freestyle w/ Fins	6	100m	2:00	of pace time
	Cool Down		•	•	•	
_		Choice of Stroke	1	100m	Easy	NA

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Incline Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		_
	3A	Sit Ups	3	40		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	DB Lateral Raise	3	6-12	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Kickback	3	6-12 each	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1800m						
Time: 40 min	Main Set	Freestyle w/ fins	1	1500m	30:00:00	NA
_		_				
	Cool Down					
-		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Fartlek 30 sec burst every 3 min	1	20-30 min	Varied	
					variea	NA NA
				20-30 11111	varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	NA Rest
Strength & Conditioning	Order	,	Sets 4			Rest
Strength & Conditioning Time: 1hr 15 min	Order 1 2A	Exercise		Reps	Intensity	Rest 0:45-1:00
	1	Exercise RDL	4	Reps 6-12	Intensity 65%-85%	Rest 0:45-1:00
	1 2A	Exercise RDL Sumo Squat	4	Reps 6-12 6-12	Intensity 65%-85%	Rest 0:45-1:00
	1 2A 2B	Exercise RDL Sumo Squat Quad Hip Flexor Stretch	4 4 4	Reps 6-12 6-12 3 Seconds	Intensity 65%-85%	Rest 0:45-1:00
	1 2A 2B 3A	Exercise RDL Sumo Squat Quad Hip Flexor Stretch High Plank	4 4 4 3	Reps 6-12 6-12 3 Seconds 1 min	Intensity 65%-85%	

	Total Time: 2hr 40 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:00
Total Distance: 2000m	Drill Sets	Rotational Drill	2	50m	Easy	0:30
Time: 45 min		Position 11 Drill	2	50m	Easy	0:30
	Main Set					
-		Freestyle	5	100m	2:00	0:15
-		Side Kicking w/ Fins	1	1000m	20:00	
	Cool Down					
•		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:15	
Time: 20 min	2	Buddy Breathing	2	Moderate	2:00	
Time. 20 min	=	boda, breaming				4
Time. 20 min	3	Treading Water	4		1:00 on/ :30 off	
	·	Treading Water			,]
Run	3 Order	Treading Water Exercise/ Drill	4 Sets	Distance/ Time	Pace	Rest
	·	Treading Water			,	Rest NA
Run Time: 45 min	Order 1	Treading Water Exercise/ Drill Steady State Run	Sets 1	Distance/ Time 35-45 min	Pace Conversation	NA
Run Time: 45 min	Order 1	Treading Water Exercise/ Drill Steady State Run Exercise	Sets 1	Distance/ Time 35-45 min	Pace Conversation Intensity	NA Rest
Run Time: 45 min Strength & Conditioning	Order 1 Order 1	Treading Water Exercise/ Drill Steady State Run Exercise Push Press	Sets 1 Sets 4	Distance/ Time 35-45 min Reps 6-12	Pace Conversation Intensity 65%-85%	NA Rest 0:45-1:00
Run Time: 45 min Strength & Conditioning	Order 1 Order 1 2A	Exercise Push Press DB Row	Sets 1 Sets 4 4	Distance/ Time 35-45 min Reps 6-12 6-12 each	Pace Conversation Intensity	NA Rest
Run Time: 45 min Strength & Conditioning	Order 1 Order 1 2A 2B	Treading Water Exercise/ Drill Steady State Run Exercise Push Press DB Row Lat Stretch	Sets 1 Sets 4 4 4 4	Distance/ Time 35-45 min Reps 6-12 6-12 each 3 Seconds	Pace Conversation Intensity 65%-85%	NA Rest 0:45-1:00
Run Time: 45 min Strength & Conditioning	Order 1 Order 1 2A 2B 3A	Exercise/ Drill Steady State Run Exercise Push Press DB Row Lat Stretch SA Plank	Sets 1	Distance / Time 35-45 min Reps 6-12 6-12 each 3 Seconds 30 sec each	Pace Conversation Intensity 65%-85%	NA Rest 0:45-1:00
Run Time: 45 min Strength & Conditioning	Order 1 Order 1 2A 2B 3A 3B	Treading Water Exercise/ Drill Steady State Run Exercise Push Press DB Row Lat Stretch SA Plank Sit-ups	Sets 1 Sets 4 4 3 3 3	Distance / Time 35-45 min Reps 6-12 6-12 each 3 Seconds 30 sec each 40	Pace Conversation Intensity 65%-85% 65%-85%	NA Rest 0:45-1:00 0:45-1:00
Run	Order 1 Order 1 2A 2B 3A	Exercise/ Drill Steady State Run Exercise Push Press DB Row Lat Stretch SA Plank Sit-ups DB Alternating Bench Press	Sets 1 Sets 4 4 4 3 3 3 3	Distance / Time 35-45 min Reps 6-12 6-12 each 3 Seconds 30 sec each 40 6-12 each	Pace Conversation Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00
Run Time: 45 min Strength & Conditioning	Order 1 Order 1 2A 2B 3A 3B 4 5	Exercise/ Drill Steady State Run Exercise Push Press DB Row Lat Stretch SA Plank Sit-ups DB Alternating Bench Press Chin Ups	Sets 1 Sets 4 4 4 3 3 3 3 3	Distance/ Time 35-45 min Reps 6-12 6-12 each 3 Seconds 30 sec each 40 6-12 each 6-12	Pace Conversation Intensity 65%-85% 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00
Run Time: 45 min Strength & Conditioning	Order 1 Order 1 2A 2B 3A 3B 4	Exercise/ Drill Steady State Run Exercise Push Press DB Row Lat Stretch SA Plank Sit-ups DB Alternating Bench Press	Sets 1 Sets 4 4 4 3 3 3 3	Distance / Time 35-45 min Reps 6-12 6-12 each 3 Seconds 30 sec each 40 6-12 each	Pace Conversation Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00

Day 2	Total Time: 1hr 25 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	Repeats	3	1200m	5:00	2:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Low Bar Back Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00
	2B	Figure 4 Stretch	4	3x 3 Seconds		_
	3A	Flutter Kicks	3	40 (4 Count)		
	3B	Side Plank	3	40 Sec Each		
	4	Reverse Lunge	4	6-12 each	65%-85%	0:45-1:00
	5	Staggered Stance RDL	4	6-12 each	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1100m	Main Set	Combat Recovery Stroke 25m/	1	500m	10:00	3:00
Time: 40 min		Side Kicking back w/ fins				
-		Freestyle	1	500m	10:00	3:00
_		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
-		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:15	
Time: 20 min	2	Mask and Snorkel	2	20m	2:30	
	3	Underwater Technique Work	1	10 minutes		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Weighted Pull Up	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	SA Alternating OH DB Press	4	6-12 each	65%-85%	0:45-1:00
	2B	Shoulder Mobility (Choice)	4	~		
	3	Sit Ups	3	40		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	DB Bench Press	3	6-12	65%-85%	0:45-1:00
	6	Concentration Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Pressdown	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1300m	Main Set	Freestyle	1	1000m	Race Pace	
Time: 30 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	2:15	
Time: 30 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
	4	Buddy Breathing	2	Moderate	2:00	
Run	-	·	2 Sets	Moderate Distance/ Time	2:00 Pace	Rest
Run Time: 55 min	4	Buddy Breathing				Rest NA
Time: 55 min	4 Order	Buddy Breathing Exercise/ Drill Long Slow Distance	Sets 1	Distance/ Time 45-55 min	Pace 8:30	NA
Time: 55 min	4 Order	Buddy Breathing Exercise/ Drill Long Slow Distance Exercise	Sets 1	Distance/ Time 45-55 min Reps	Pace 8:30	NA Rest
Fime: 55 min Strength & Conditioning	4 Order	Exercise Drill Long Slow Distance Exercise Trap Bar Deadlift	Sets 1	Distance/ Time 45-55 min	Pace 8:30 Intensity 65%-85%	NA Rest 0:45-1:00
Time: 55 min Strength & Conditioning	Order 1 Order 1	Buddy Breathing Exercise/ Drill Long Slow Distance Exercise	Sets 1 Sets 4	Distance/ Time 45-55 min Reps 6-12	Pace 8:30	NA Rest 0:45-1:00
Time: 55 min Strength & Conditioning	Order 1 Order 1 2A	Exercise Drill Long Slow Distance Exercise Trap Bar Deadlift Zercher Squat	Sets 1	Distance/ Time 45-55 min Reps 6-12 6-12	Pace 8:30 Intensity 65%-85%	NA Rest 0:45-1:00
Time: 55 min Strength & Conditioning	Order 1 Order 1 2A 2B	Exercise Drill Long Slow Distance Exercise Trap Bar Deadlift Zercher Squat Quad Hip Flexor Stretch	Sets 1	Distance/ Time 45-55 min Reps 6-12 6-12 3 Seconds	Pace 8:30 Intensity 65%-85%	NA Rest 0:45-1:00
	Order 1 Order 1 2A 2B 3A	Exercise / Drill Long Slow Distance Exercise Trap Bar Deadlift Zercher Squat Quad Hip Flexor Stretch Plank Reaches	Sets 1	Distance / Time 45-55 min Reps 6-12 6-12 3 Seconds 10 each	Pace 8:30 Intensity 65%-85%	NA

Day 1	Total Time: 2hr 50 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Res
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1050	Om Main Set	Freestyle	4	50m	:45	0:3
Time: 35 min		Sidestroke	4	50m	1:00	0:2
		Side kicking w/ fins	2	250m	5:00	2:3
	Cool Down					
		Choice of Stroke	1	100m	Easy	N/
			-	_		
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Buddy Breathing	1	Moderate	2:00	
	3	Treading Water	4		1:00 on/ :30 off	
	4A	Drown Proofing (Bobbing)	1	1:30		
	4B	Drown Proofing (Floating)	1	1:30		
	4C	Drown Proofing (Travel)	2	50m		
	4D	Drown Proofing (Bobbing)	1	1:00		
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Re
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	N.
Strength & Condition	ing Order	Exercise	Sets	Reps	Intensity	Re
J	1	DB Bench Press	4	6-12	65%-85%	0:45-

Time: 1hr 15 min	2A	Wide Pull Ups	4	6-12	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min 30 sec		
	3B	Sit-ups	3	40		
	4	DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	5	SA DB Row	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	Preacher Curls	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 29 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 28 min	1	Repeats	3	1600m	7:00	3:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lateral Lunge	4	6-12 Each	65%-85%	0:45-1:00
	5	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 900m	Main Set	Side Kicking w/ Fins	1	500m	10:00	3:00
Time: 35 min		Freestyle w/ Fins	6	50m	:45	0:20
	Cool Down					
_		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask and Snorkel	2	20m	2:30	
	3	Fin Treading	4	1:00 on 0:30 off		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Incline Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	40		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	DB Lateral Raise	3	6-12	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Kickback	3	6-12 each	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 10 min			<u> </u>		
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1050m	Drill Set	Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breastroke Back	1	200m	4:00	NA
		Freestyle	6	50m	0:50	0:15
_						
	Cool Down					
-		Choice of Stroke	1	250m	Easy	NA

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1	Long Slow Distance	1	50-60 min	8:30	NA
		Ir	6.1.		1.1	D
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	RFE Split Squat	4	6-12 each	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	High Plank	3	1 min 30 sec		
	3B	Bicycle Crunch	3	35 (4 Count)		
	4	Nordic Hamstring Curl	3	6-12	65%-85%	0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 30 mi	1				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 130	00m Drill Sets					
Time: 35 min		Rotational Drill	4	25m	Easy	0:30
	Main Set					
	•	Freestyle	1	250m	5:00	2:30
		Side Kicking w/ fins	1	250m	5:00	2:30
		Side Kicking w/ fins	8	50m	0:45	0:13
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel	2	20m	2:30	
	3	Treading	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Res
Run Time: 30 min	Order	Exercise/ Drill Steady State Run	Sets	Distance/ Time 20-30 min	Pace Conversation	
-	Order 1		Sets 1	,		
-	1		Sets 1	,		NA
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA Res
Time: 30 min	ning Order	Steady State Run Exercise	1 Sets	20-30 min	Conversation Intensity	NA Res 0:45-1
Time: 30 min Strength & Conditio	ning Order	Steady State Run Exercise Push Press	1 Sets 2	20-30 min Reps 6	Conversation Intensity 65%-85%	NA Res 0:45-1
Time: 30 min Strength & Conditio	ning Order 1 2A	Exercise Push Press DB Row	1 Sets 2 2	20-30 min Reps 6 6	Conversation Intensity 65%-85%	NA Res 0:45-1
Time: 30 min Strength & Conditio	1 Order 1 2A 2B	Exercise Push Press DB Row Lat Stretch	1 Sets 2 2	20-30 min Reps 6 6 3 Seconds	Conversation Intensity 65%-85%	Res:
Time: 30 min Strength & Conditio	1 Order 1 2A 2B 3	Exercise Push Press DB Row Lat Stretch Sit-ups	1 Sets 2 2 2 1	20-30 min Reps 6 6 3 Seconds 40	Conversation Intensity 65%-85% 65%-85%	Res 0:45-1 0:45-1

Day 2	Total Time: 1hr 10 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Time Trial (Race Pace)	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Low Bar Back Squat	2	6	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	2	6	65%-85%	0:45-1:00
	2B	Figure 4 Stretch	2	3x 3 Seconds		
	3A	Flutter Kicks	1	40 (4 Count)		
	4	Reverse Lunge	2	6	65%-85%	0:45-1:00
	5	Staggered Stance RDL	2	6	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Swim w/ Snorkel (Not attached to				
Total Distance: 1500m	Drill Sets	mask)	1	200m	Easy	

Time: 30 min						
	Main Set					
		Freestyle w/ snorkel	1	500m	10:00	
		Side Kicking w/ Fins	1	500m	10:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		Choice of Siroke		100111	=40/	100
		Choice of Siroke	'	100	2407	100
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Water Confidence	Order		Sets 5		,	100
	Order 1 2	Exercise/ Drill		Distance	Interval	100
	1	Exercise/ Drill Underwaters	5	Distance 25m	Interval 2:15	
Water Confidence Time: 20 min	1 2	Exercise/ Drill Underwaters Mask and Snorkel	5	Distance 25m 25m	Interval 2:15	
	1 2 3A	Exercise/ Drill Underwaters Mask and Snorkel Drown Proofing (Bobbing)	5	Distance 25m 25m 25m 2:00	Interval 2:15	

Day 4	Total Time: 1hr 15 min					_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Pull Ups	2	6	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	SA Alternating OH DB Press	2	6 each	65%-85%	0:45-1:00
	2B	Shoulder Mobility (Choice)	2	~		
	3	Sit Ups	1	40		
	4	SA Lat Pull Down	2	6	65%-85%	0:45-1:00
	5	DB Bench Press	2	6	65%-85%	0:45-1:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1100m	Main Set					
Time: 45 min		Side Kicking w/ fins	1	500m	Race Pace	
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 60 min	Order	Exercise/ Drill Ruck	Sets 1	Distance/ Time	Pace 15:00 per mi	Rest
-	Order 1		Sets 1			
-	1		Sets 1			
Time: 60 min	1	Ruck	1	4 mi	15:00 per mi	NA

3 Seconds

10 each

6

6

65%-85%

65%-85%

0:45-1:00

0:45-1:00

Quad Hip Flexor Stretch

Plank Reaches

Sliding Leg Curls

KB Front Rack Squat

2B

3A

4

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

FRESHMAN YEAR, SPRING, WEEKS 1-8

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Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 2000m	Main Set	Freestyle	2	250m	5:45	of Interval
						Remainder
Time: 55 min		Breastroke	4	50m	1:30	of Interval
		Chile Minister / fire	4	250	5.45	Remainder of Interval
	6 15	Side Kicking w/ fins	4	250m	5:45	or interval
	Cool Down	F I.	1	100m	F	NA
		Freestyle	l	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
water Confidence	order 1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Time: 20 min	3	Fin Treading	4	20111	1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	3	15	<67%	:30
Time: 1hr 15 min	1 B	Seated OH Pres	3	15	<67%	:30
	1C	Lat Pull Down	3	15	<67%	:30
Rest 30 sec between	1D	BB Squat	3	15	<67%	:30
exercises	1E	Incline Bench	3	15	<67%	:30
	1F	Bent Over Row	3	15	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	3	15	<67%	
	1H	RFE Split Squat Left		16	1/70/	:30
Repeat 3 Times	ПП	KFE Spill Squal Lett	4	10	<67%	:30 :30
Repeat 3 Times	11	Bench Press	5	17	<67% <67%	
·						:30
•	11	Bench Press	5	17	<67%	:30 :30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1800m	Main Set	Freestyle	5	50m	1:30	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	of Interval
						Remainder
		Freestyle	5	50m	1:15	of Interval
						Remainder
		Side Kicking w/ fins	5	50m	1:15	of Interval
			_			Remainder
		Freestyle	5	50m	1:00	of Interval
			_			Remainder
		Side Kicking w/ fins	5	50m	1:00	of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
	-				-	_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	15	<67%	:30
	5	Step Ups	3	15	<67%	:30
	6	Biceps Curl	3	15	<67%	:30
	7	Triceps OH Extension	3	15	<67%	:30

Day 4	Total Time: 30 min	Optional				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 900m	Main Set	Freestyle	4	50m	1:30	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	4	100m	2:30	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
						•
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 50 min	Order	Exercise/ Drill Fartlek (30 sec Burst every 3 min)	Sets 1	Distance/ Time 20-30 min	Pace Varied	Rest NA
			Sets			
Time: 50 min			Sets 1 Sets			
	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Time: 50 min Strength & Conditioning	1 A Order	Fartlek (30 sec Burst every 3 min) Exercise	l Sets	20-30 min	Varied	NA
Time: 50 min Strength & Conditioning	1 A Order 1 A	Fartlek (30 sec Burst every 3 min) Exercise Box Jumps	1	20-30 min Reps 8	Varied	NA Rest
Time: 50 min	1A Order 1A 1B	Fartlek (30 sec Burst every 3 min) Exercise Box Jumps Med Ball Slam	1 Sets 2 2	20-30 min Reps 8 10	Varied Intensity	Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2	Fartlek (30 sec Burst every 3 min) Exercise Box Jumps Med Ball Slam Bench Press	1 Sets 2 2 3	20-30 min Reps 8 10 15	Varied Intensity <67%	NA Rest 1:00 :30
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2 3	Fartlek (30 sec Burst every 3 min) Exercise Box Jumps Med Ball Slam Bench Press Back Squat Biceps Curls	Sets 2 2 3 3 3	20-30 min Reps 8 10 15	Varied Intensity <67% <67%	NA Rest 1:00 :30
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2 3 4A	Fartlek (30 sec Burst every 3 min) Exercise Box Jumps Med Ball Slam Bench Press Back Squat	1 Sets 2 2 3 3 3 3 3	20-30 min Reps 8 10 15 15	Varied Intensity	Rest 1:00 :30

		-				
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 1650m	Main Set	Side Kicking w/ fins	5	150m	3:15	of Interval
Time: 55 min		Freestyle w/ fins	4	75m	Fast	:30
	_					Remainder
		Alternating laps-Freestyle/ Sidekicking	6	50m	1:15	of Interval
	Cool Down					
	<u>-</u>	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	3	15	<67%	:30
Time: 1hr 15 min	1 B	Seated OH Pres	3	15	<67%	:30
	1C	Lat Pull Down	3	15	<67%	:30
Rest 30 sec between	1D	BB Squat	3	15	<67%	:30
exercises	1E	Incline Bench	3	15	<67%	:30
	1F	Bent Over Row	3	15	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	3	15	<67%	:30
	1H	RFE Split Squat Left	4	16	<67%	:30
Repeat 3 Times	11	Bench Press	5	1 <i>7</i>	<67%	:30
	1 J	Seated Row	3	15	<67%	:30
	1K	Overhead Press	3	15	<67%	:30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Hill Sprints	6	200m	Sprint	Walk Down

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1800m	Main Set	Freestyle	2	150m	2:40	of Interval
						Remainder
Time: 45 min		Set Side Kicking w/ fins	2	100m	2:00	of Interval
	2:00 rest between exercises	0.1.10.1	,		1.00	Remainder of Interval
	exercises	Side Kicking w/ fins	6	50m	1:00	of interval
		Freestyle	1	200m	Easy	
	Cool Down	Freestyle	1	100m	Easy	NA
	COOLDOWII	reestyle	'	100111	Lusy	INA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3A	Drownproofing (Bobbing)	1	2:00		
	3B	Drownproofing (Float)	1	1:30	Î	
	3C	Drownproofing (Travel)	1	50m		
	3D	Drownproofing (Bobbing)	1	1:00		
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	15	<67%	:30
	5	Step Ups	3	15	<67%	:30
	6	Biceps Curl	3	15	<67%	:30
	7	Triceps OH Extension	3	15	<67%	:30

Day 4	Down Day			

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 900m	Main Set	Freestyle	1	500m	10:30	
Time: 35 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					
	•	Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Tillio. 25 tilli		,				
Time. 20 min	3	Buddy Breathing	1	Moderate	2:00	
Time. 25 min	3		1	Moderate	2:00]
	3 Order		Sets	Moderate Distance/ Time	2:00 Pace	Rest
Run	•	Buddy Breathing				Rest NA
Run	Order	Buddy Breathing Exercise/ Drill	Sets	Distance/ Time	Pace	
Run 45 min	Order	Buddy Breathing Exercise/ Drill	Sets	Distance/ Time	Pace	
Run 45 min	Order 1A	Buddy Breathing Exercise/ Drill LSD Run	Sets 1	Distance/ Time	Pace 8:30	NA
Run 45 min Strength & Conditioning	Order 1 A Order	Exercise / Drill LSD Run Exercise	Sets 1	Distance/ Time 35-45 min Reps	Pace 8:30	NA
Run 45 min Strength & Conditioning	Order 1 A Order 1 A	Exercise / Drill LSD Run Exercise Box Jumps	Sets 1 Sets 2	Distance/ Time 35-45 min Reps 8	Pace 8:30	NA Rest
Run 45 min Strength & Conditioning	Order 1A Order 1A 1B	Exercise / Drill LSD Run Exercise Box Jumps Med Ball Slam	Sets 1	Distance/ Time 35-45 min Reps 8 10	Pace 8:30 Intensity	Rest
Run 45 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2	Exercise / Drill LSD Run Exercise Box Jumps Med Ball Slam Bench Press	Sets 1	Distance/ Time 35-45 min Reps 8 10 15	Pace 8:30 Intensity	NA Rest 1:00 :30
Run 45 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3	Exercise/ Drill LSD Run Exercise Box Jumps Med Ball Slam Bench Press Back Squat	Sets 1	Distance/ Time 35-45 min Reps 8 10 15	Pace 8:30 Intensity <67% <67%	NA Rest 1:00 :30

		Sets			Rest	
Warm-up	Choice of Stroke	1	200m	Easy	2:00	
Main Set	Freestyle	1	750m	13:00	3:00	
					Remainder	
	Freestyle	10	50m	1:00	of Interval	
_	Side Kicking w/ fins	1	500m	10:00		
Cool Down						
	Freestyle	1	100m	Easy	NA	
Order	Exercise/ Drill	Sets	Distance	Interval		
1	Underwaters	5	25m	2:15		
2	Mask & Snorkel Recovery	2	20m	2:30		
3	Treading	3		1:00 on/ :30 off		
4	Fin Treading Holding Swim Brick	2		1:00 on/ :30 off		
Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest	
1	Steady State Run	1	30-40 min	Conversation	NA	
Order	Exercise	Sets	Reps	Intensity	Rest	
1A	RDL	3	15	<67%	:30	
1 B	Seated OH Pres	3	15	<67%	:30	
1C	Lat Pull Down	3	15	<67%	:30	
1D	BB Squat	3	15	<67%	:30	
1E	Incline Bench	3	15	<67%	:30	
1F	Bent Over Row	3	15	<67%	:30	
1G	RFE Split Squat Right	3	15	<67%	:30	
1H		4	16	<67%	:30	
11		5	17		:30	
		3	15	<67%	:30	
1 J	Seated Row	. 3	1.3			
	Order 1 2 3 4 Order 1 1 Order 1 1 In the state of the	Order Exercise / Drill Warm-up Choice of Stroke Main Set Freestyle Side Kicking w/ fins Cool Down Freestyle Order Exercise / Drill 1 Underwaters 2 Mask & Snorkel Recovery 3 Treading 4 Fin Treading Holding Swim Brick Order Exercise / Drill 1 Steady State Run Order Exercise 1A RDL 1B Seated OH Pres 1C Lat Pull Down 1D BB Squat 1E Incline Bench 1F Bent Over Row 1G RFE Split Squat Right 1H RFE Split Squat Left 11 Bench Press	Order Exercise/ Drill Sets Warm-up Choice of Stroke 1 Main Set Freestyle 1 Cool Down Freestyle 1 Order Exercise/ Drill Sets 1 Underwaters 5 2 Mask & Snorkel Recovery 2 3 Treading 3 4 Fin Treading Holding Swim Brick 2 Order Exercise/ Drill Sets 1 Steady State Run 1 Order Exercise/ Drill Sets 1 Steady State Run 1 Order Exercise Sets 1A RDL 3 1B Seated OH Pres 3 1C Lat Pull Down 3 1D BB Squat 3 1E Incline Bench 3 1F Bent Over Row 3 1G RFE Split Squat Left 4 <t< td=""><td>Order Exercise/ Drill Sets Distance Warm-up Choice of Stroke 1 200m Main Set Freestyle 1 750m Cool Down Freestyle 10 50m Order Exercise/ Drill Sets Distance 1 Underwaters 5 25m 2 Mask & Snorkel Recovery 2 20m 3 Treading 3 3 4 Fin Treading Holding Swim Brick 2 Order Exercise/ Drill Sets Distance/ Time 1 Steady State Run 1 30-40 min Order Exercise Sets Reps 1A RDL 3 15 1B Seated OH Pres 3 15 1C Lat Pull Down 3 15 1D BB Squat 3 15 1E Incline Bench 3 15 1F</td><td>Order Exercise/ Drill Sets Distance Pace Warm-up Choice of Stroke 1 200m Easy Main Set Freestyle 1 750m 13:00 Freestyle 10 50m 1:00 Side Kicking w/ fins 1 50m 1:00 Cool Down Freestyle 1 100m Easy Order Exercise/ Drill Sets Distance Interval 1 Underwaters 5 25m 2:15 2 Mask & Snorkel Recovery 2 20m 2:30 3 Treading 3 1:00 on/:30 off Order Exercise/ Drill Sets Distance/ Time Pace 1 Steady State Run 1 30-40 min Conversation Order Exercise Distance/ Time Pace 1 Steady State Run 1 30-40 min Conversation <td r<="" td=""></td></td></t<>	Order Exercise/ Drill Sets Distance Warm-up Choice of Stroke 1 200m Main Set Freestyle 1 750m Cool Down Freestyle 10 50m Order Exercise/ Drill Sets Distance 1 Underwaters 5 25m 2 Mask & Snorkel Recovery 2 20m 3 Treading 3 3 4 Fin Treading Holding Swim Brick 2 Order Exercise/ Drill Sets Distance/ Time 1 Steady State Run 1 30-40 min Order Exercise Sets Reps 1A RDL 3 15 1B Seated OH Pres 3 15 1C Lat Pull Down 3 15 1D BB Squat 3 15 1E Incline Bench 3 15 1F	Order Exercise/ Drill Sets Distance Pace Warm-up Choice of Stroke 1 200m Easy Main Set Freestyle 1 750m 13:00 Freestyle 10 50m 1:00 Side Kicking w/ fins 1 50m 1:00 Cool Down Freestyle 1 100m Easy Order Exercise/ Drill Sets Distance Interval 1 Underwaters 5 25m 2:15 2 Mask & Snorkel Recovery 2 20m 2:30 3 Treading 3 1:00 on/:30 off Order Exercise/ Drill Sets Distance/ Time Pace 1 Steady State Run 1 30-40 min Conversation Order Exercise Distance/ Time Pace 1 Steady State Run 1 30-40 min Conversation <td r<="" td=""></td>	

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	800m Repeats	6	800m	3:00	1:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest

	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1475m	Main Set	Freestyle	2	1 <i>5</i> 0m	3:30	of Interval
						Remainder
Time: 45 min		Breastroke	2	100m	2:30	of Interval
						Remainder
		Side Kicking w/ fins	2	1 <i>5</i> 0m	3:30	of Interval
		Flutterkick Kickboard (no fins)	10	25m	Fast	:20
		Breastroke Kick Kickboard	5	25m		:20
	Cool Down	Freestyle	1	100m	Easy	NA
		1				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
			_	_		_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	15	<67%	:30
	5	Step Ups	3	15	<67%	:30
	6	Biceps Curl	3	15	<67%	:30
	7	Triceps OH Extension	3	15	<67%	:30

Day 4	Total Time: 40 min	Optional				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	30-40 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 900m	Main Set	Freestyle	1	250m	5:00	2:00
Time: 30 min		Side Kicking w/ fins	4	1000m	20:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
me: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	3 Order		4 Sets	Distance/ Time	1:00 on/ :30 off	Rest
		Treading Water Exercise/ Drill LSD Run		Distance/ Time	,	Rest NA
	Order	Exercise/ Drill			Pace	
Time: 50 min	Order	Exercise/ Drill			Pace	Rest NA Rest
Time: 50 min	Order 1A	Exercise/ Drill LSD Run	Sets 1	40-50 min	Pace 8:30	NA
Time: 50 min Strength & Conditioning	Order 1A Order	Exercise / Drill LSD Run Exercise	Sets 1 Sets	40-50 min	Pace 8:30	NA Rest
Time: 50 min Strength & Conditioning	Order 1A Order 1A	Exercise / Drill LSD Run Exercise Box Jumps	Sets 1 Sets 2	40-50 min Reps 8	Pace 8:30	NA
Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B	Exercise / Drill LSD Run Exercise Box Jumps Med Ball Slam	Sets 1	40-50 min Reps 8 10	Pace 8:30 Intensity	Rest
Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2	Exercise / Drill LSD Run Exercise Box Jumps Med Ball Slam Bench Press	Sets 1	40-50 min Reps 8 10 15	Pace 8:30 Intensity	1:00 :30
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3	Exercise / Drill LSD Run Exercise Box Jumps Med Ball Slam Bench Press Back Squat	Sets 1 Sets 2 2 3 3	40-50 min Reps 8 10 15	Pace 8:30 Intensity <67%	1:00 :30

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00

						Remainder
Total Distance: 1700m	Main Set	Freestyle	4	1 <i>5</i> 0m	3:30	of Interval
Time: 55 min		SideStroke	1	200m	4:30	
_						Remainder
_		Side Kicking w/ fins	4	1 <i>5</i> 0m	3:30	of Interval
L	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
water Confidence	1 1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	2	Moderate	2:13	
Time: 20 min	3	Fin Treading w/ Swim Brick	4	Moderate	1:00 on/ :30 off	
	<u> </u>	THI Tredding W/ Swill blick	4		1:00 011/ :50 011	
Run	Order	Exercise / Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 30 min	Order	Exercise/ Drill Steady State Run	Sets 1	Distance/ Time	Pace Conversation	Rest NA
	Order 1	Exercise/ Drill Steady State Run	Sets 1	Distance/ Time 20-30 min	Pace Conversation	Rest NA
Run Time: 30 min Strength & Conditioning	Order 1 Order	,	Sets 1			
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Time: 30 min Strength & Conditioning	l Order	Steady State Run Exercise	1 Sets	20-30 min	Conversation Intensity	NA Rest
Time: 30 min Strength & Conditioning	1 Order 1 A	Steady State Run Exercise RDL	1 Sets 3	20-30 min Reps 15	Conversation Intensity <67%	NA Rest :30
Time: 30 min Strength & Conditioning Time: 1hr 15 min	1 Order 1A 1B	Steady State Run Exercise RDL Seated OH Pres	5ets 3 3	20-30 min Reps 15 15	Conversation Intensity <67% <67%	NA Rest :30 :30
Strength & Conditioning Time: 1hr 15 min Rest 30 sec between	1 Order 1A 1B 1C	Exercise RDL Seated OH Pres Lat Pull Down	Sets 3 3 3 3	20-30 min Reps 15 15 15	Conversation Intensity <67% <67% <67%	Rest :30 :30
Strength & Conditioning Time: 1hr 15 min Rest 30 sec between	Order 1A 1B 1C	Exercise RDL Seated OH Pres Lat Pull Down BB Squat	Sets 3 3 3 3	20-30 min Reps 15 15 15 15	Intensity <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <6	Rest :30 :30 :30 :30
Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises	1 Order 1A 1B 1C 1D 1E	Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench	Sets 3 3 3 3 3 3	20-30 min Reps 15 15 15 15 15	Intensity <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <6	Rest :30 :30 :30 :30 :30
Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises	Order 1A 1B 1C 1D 1E	Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row	5ets 3 3 3 3 3 3 3	20-30 min Reps 15 15 15 15 15 15	Intensity <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <6	Rest :30 :30 :30 :30 :30 :30
Time: 30 min	Order 1A 1B 1C 1D 1E 1F	Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Right	5ets 3 3 3 3 3 3 3 3 3 3	20-30 min Reps 15 15 15 15 15 15 15 15	Conversation Intensity <67% <67% <667% <667% <667% <667% <667%	Rest :30 :30 :30 :30 :30 :30 :30 :30
Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises Rest 3 min between rounds	Order 1A 1B 1C 1D 1E 1F 1G	Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Right RFE Split Squat Left	5ets 3 3 3 3 3 4	20-30 min Reps 15 15 15 15 15 15 15 15 16	Intensity <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <6	Rest :30 :30 :30 :30 :30 :30 :30 :30 :30

Day 2	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	1200m Repeats	4	1200m	4:45	2:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1850m	Main Set	Freestyle	4	50m	1:30	of Interval
						Remainder
Time: 55 min		Freestyle Breathe every 5th Stroke	5	50m	1:30	of Interval
						Remainder
		Side Kicking w/ fins	3	150m	3:20	of Interval
		Side Kicking w/ fins- 3 breaths per	_			Remainder
		25m	5	50m	1:15	of Interval
		0.1.16.1		500	1000	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	or interval
	6 15		,	100	-	.
	Cool Down	Freestyle		100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Water Community	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	Treading Water	3	71100001010	1:30 on/ :30 off	
	Ů	reduing Water	Ü		1.00 011/ 1.00 011	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00

4	Row	3	15	<67%	
5	Step Ups	3	15	<67%	ſ
6	Biceps Curl	3	15	<67%	Г
7	Triceps OH Extension	3	15	<67%	Г

Day 4	Off Day			

Day 5	Total Time: 1hr 35 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1300m	Main Set					
Time: 35 min		Side Kicking w/ fins	1	1000m	Race	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Day 1	Total Time: 2hr 30 min	/5.				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle w/ Fins and Snorkel	4	1 <i>5</i> 0m	1:45	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	6	25m	:30	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
	-	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
water Confidence	Order	Underwaters	5ers	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	25m 20m	2:15	
Time: 20 min	3			20m	1:00 on/:30 off	
	4	Fin Treading 10-Ups	1	~17m	1:00 on/ :30 off	
	4	TO-Ops		~17m	1:30	J
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
	=	-	=			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1B	Seated OH Pres	5	10	<67%	:30
	1C	Lat Pull Down	5	10	<67%	:30
Rest 30 sec between	1D	BB Squat	5	10	<67%	:30
exercises	1E	Incline Bench	5	10	<67%	:30
	1F	Bent Over Row	5	10	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Repeat 5 Times	11	Bench Press	5	10	<67%	:30
	1,1	Seated Row	5	10	<67%	:30

Day 2	lotal lime: 1hr 15 min	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1600 Repeats	3	1600m	7:00	3:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1800m	Main Set	Freestyle	4	50m	1:30	of Interval
						Remainder
Time: 45 min		Breaststroke	2	100m	3:15	of Interval
						Remainder
		Freestyle	2	50m	1:25	of Interval
						Remainder
		Breaststroke	2	100m	3:15	of Interval
		5 I.	4	50	1.15	Remainder of Interval
		Freestyle	4	50m	1:15	Remainder
		Programme I. a	4	25m	1.10	of Interval
		Breaststroke	4	25m	1:10	or interval
	Cool Down	Freestyle	1	100m	F	NA
	Cool Down	rreestyle	ı	100m	Easy	INA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	2:15	1
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	1
	3	Mask and Snorkel	2	20m	2:30	1
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4	Total Time: 35 min	Optional		_		_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 900m	Main Set	Side Kicking w/ fins	10	125m	2:30	of Interval
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Buddy Breathin	2	Moderate	1:00 on/ :30 off	
		·				-
		-				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 50 min	Order	Exercise/ Drill Fartlek (60 sec Burst every 4 min)	Sets 1	Distance/ Time 20-30 min	Pace Varied	Rest NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1 B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

	_					
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle	1	500m	10:00	3:00
Time: 55 min		Side Kicking w/ fins	1	500m	10:00	
	_					
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
water Confidence	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4	20	1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
on ong w contains	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1B	Seated OH Pres	5	10	<67%	:30
	1C	Lat Pull Down	5	10	<67%	:30
Rest 30 sec between	1D	BB Squat	5	10	<67%	:30
exercises	1E	Incline Bench	5	10	<67%	:30
	1F	Bent Over Row	5	10	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Repeat 5 Times	11	Bench Press	5	10	<67%	:30
	1 J	Seated Row	5	10	<67%	:30
	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 2300m	Main Set	Freestyle	2	250m	4:00	of Interval
						Remainder
Time: 45 min		Freestyle	2	1 <i>5</i> 0m	2:45	of Interval
						Remainder
		Freestyle	4	50m	1:20	of Interval
		0.1.10.1		0.50	4.00	Remainder
		Side Kicking w/ fins	2	250m	4:00	of Interval
		Side Visites / fine	2	1 <i>5</i> 0m	2:45	Remainder of Interval
		Side Kicking w/ fins	2	130m	2:45	Remainder
		Side Kicking w/ fins	4	50m	1:20	of Interval
		Side Ricking W/ Tills	4	Join	1:20	or interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4	Off	Optional				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	·			1		Remainder
Total Distance: 850m	Main Set	Freestyle	6	50m	1:20	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:00	
Time: 25 min	2	Mask & Snorkel Recovery	1	25m		
	3	Fin Treading	4		1:00 on/:30 off	
_					_	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 50 min	Order 1 A	Exercise/ Drill LSD Run	Sets 1	Distance/ Time 40-50 min	Pace 8:30	Rest NA
Time: 50 min	1A	LSD Run	1	40-50 min	8:30	NA
Time: 50 min	1A Order	LSD Run Exercise	1 Sets	40-50 min	8:30	NA
Time: 50 min Strength & Conditioning	1A Order 1A	LSD Run Exercise Box Jumps	Sets 2	40-50 min Reps 8	8:30	NA Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B	LSD Run Exercise Box Jumps Med Ball Slam	1 Sets 2 2	40-50 min Reps 8 10	8:30	Rest
Time: 50 min Strength & Conditioning	1A 1B 2	Exercise Box Jumps Med Ball Slam Bench Press Back Squat	1 Sets 2 2 3	40-50 min Reps 8 10 15	8:30 Intensity	NA Rest 1:00 :30
Time: 50 min Strength & Conditioning	1A 1B 2 3	Exercise Box Jumps Med Ball Slam Bench Press	Sets 2 2 3 3 3	40-50 min Reps 8 10 15	8:30 Intensity <67% <67%	NA Rest 1:00 :30

		-				
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 2000m	Main Set	Freestyle	2	250m	5:45	of Interval
						Remainder
Time: 55 min		Breastroke	4	50m	1:30	of Interval
	•					Remainder
		Side Kicking w/ fins	4	250m	5:45	of Interval
	Cool Down					
	<u>-</u>	Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	

	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1 B	Seated OH Pres	5	10	<67%	:30
	1C	Lat Pull Down	5	10	<67%	:30
Rest 30 sec between	1D	BB Squat	5	10	<67%	:30
exercises	1E	Incline Bench	5	10	<67%	:30
	1F	Bent Over Row	5	10	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Repeat 5 Times	11	Bench Press	5	10	<67%	:30
	1 J	Seated Row	5	10	<67%	:30
	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 1hr 15 min		_	_		_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Hill Sprints	5	200m	Sprint	Walk Down

Day 3	Total Time: 1hr				_	_
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1800m	Main Set	Freestyle	5	50m	1:30	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	of Interval
						Remainder
		Freestyle	5	50m	1:15	of Interval
			_			Remainder
		Side Kicking w/ fins	5	50m	1:15	of Interval
		e	_	50	1.00	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder
		Side Vieline / Sine	.	FO	1:00	of Interval
		Side Kicking w/ fins	5	50m	1:00	of lifter var
	Cool Down	Freestyle	1	100m	Easy	NA
	Cool Down	rreestyle		TOOM	Easy	INA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
		·				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1 hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
F		Row	3	8	<67%	:30
	4	KOW				
	<u>4</u> 5	Step Ups	3	8	<67%	:30
			3	8	<67% <67%	:30 :30

Day 4	Total Time: 45 min	Optional				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

1	Steady State Run	1	35-45 min	Conversation	

Day 5	Total Time: 2hr 30 mir	1				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 900m	Main Set	Freestyle	4	50m	1:30	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	4	100m	2:30	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
						_
		T		1		
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	LSD Run	1	40-50 min	8:30	NA
						11/4
		-				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Ü	1A	Box Jumps	2	8	Intensity	Rest
Strength & Conditioning 1 hr	1A 1B	Box Jumps Med Ball Slam	2	8	Í	Rest
Ü	1A 1B 2	Box Jumps Med Ball Slam Bench Press	2 2 3	8 10 15	<67%	1:00 :30
Ü	1A 1B	Box Jumps Med Ball Slam	2	8	Í	Rest
Ü	1A 1B 2	Box Jumps Med Ball Slam Bench Press	2 2 3	8 10 15	<67%	1:00 :30
Ü	1A 1B 2 3	Box Jumps Med Ball Slam Bench Press Back Squat	2 2 3 3	8 10 15	<67% <67%	1:00 :30

Day 1	Total Time: 2hr 30 m					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 2000m	Main Set	Freestyle	2	250m	5:45	of Interval
						Remainder
Time: 55 min		Breastroke	4	50m	1:30	of Interval
						Remainder
		Side Kicking w/ fins	4	250m	5:45	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
W . C		I / D.:!!		D'		I
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min			2	20m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery		ZUIII		
Time: 20 min	3	Fin Treading	4	2011	1:00 on/ :30 off	
Time: 20 min				20111		
	3	Fin Treading	4		1:00 on/ :30 off	
Run		Fin Treading Exercise/ Drill		Distance/ Time	1:00 on/ :30 off	Rest
Run	3	Fin Treading	4		1:00 on/ :30 off	Rest NA
Run Time: 30 min	3 Order 1	Fin Treading Exercise/ Drill Steady State Run	4 Sets	Distance/ Time 20-30 min	1:00 on/ :30 off Pace Conversation	NA
Run	Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	Sets 1 Sets	Distance/ Time 20-30 min Reps	Pace Conversation Intensity	NA Rest
Run Time: 30 min Strength & Conditioning	7 Order 1 Order 1 A	Fin Treading Exercise/ Drill Steady State Run Exercise RDL	4	Distance/ Time 20-30 min Reps 10	Pace Conversation Intensity <67%	Rest :30
Run Time: 30 min Strength & Conditioning	Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	Sets 1 Sets	Distance/ Time 20-30 min Reps	Pace Conversation Intensity <67% <67%	NA Rest
Run Time: 30 min Strength & Conditioning	7 Order 1 Order 1 A	Fin Treading Exercise/ Drill Steady State Run Exercise RDL	4	Distance/ Time 20-30 min Reps 10	Pace Conversation Intensity <67%	Rest :30
Run Time: 30 min	Order 1 Order 1A 1B	Fin Treading Exercise / Drill Steady State Run Exercise RDL Seated OH Pres	Sets 1 Sets 5 5	Distance/ Time 20-30 min Reps 10 10	Pace Conversation Intensity <67% <67%	Rest :30 :30
Run Time: 30 min Strength & Conditioning Time: 1hr 15 min Rest 30 sec between	Order 1 Order 1A 1B 1C	Fin Treading Exercise / Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down	Sets 1 Sets 5 5 5 5	Distance/ Time 20-30 min Reps 10 10	Pace Conversation Intensity <67% <667%	Rest :30 :30 :30
Run Time: 30 min Strength & Conditioning Time: 1hr 15 min Rest 30 sec between	Order 1 Order 1A 1B 1C 1D	Fin Treading Exercise / Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat	Sets 1 Sets 5 5 5 5	Distance/ Time 20-30 min Reps 10 10 10 10	Pace Conversation Intensity <67% <67% <67% <67%	Rest :30 :30 :30 :30
Run Time: 30 min Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises	Order 1 Order 1A 1B 1C 1D	Fin Treading Exercise / Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench	Sets 1 Sets 5 5 5 5 5 5	Distance/ Time 20-30 min Reps 10 10 10 10 10	Pace Conversation Intensity <67% <67% <67% <67% <67%	Rest :30 :30 :30 :30 :30
Run Time: 30 min Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises	Order 1 Order 1A 1B 1C 1D 1E	Fin Treading Exercise / Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row	Sets 1 Sets 5 5 5 5 5 5 5 5	Distance/ Time 20-30 min Reps 10 10 10 10 10 10	Pace Conversation Intensity <67% <67% <67% <67% <67% <67% <67% <67%	Rest :30 :30 :30 :30 :30 :30
Run Time: 30 min Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises Rest 3 min between rounds	3 Order 1 Order 1A 1B 1C 1D 1E 1F	Fin Treading Exercise / Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Right	Sets 1 Sets 5 5 5 5 5 5 5 5 5 5	Distance/ Time 20-30 min Reps 10 10 10 10 10 10 10	Pace Conversation Intensity <67% <67% <67% <67% <67% <67% <67% <67%	Rest :30 :30 :30 :30 :30 :30 :30 :30
Run Time: 30 min Strength & Conditioning Time: 1hr 15 min	3 Order 1 Order 1A 1B 1C 1D 1E 1F 1G 1H	Fin Treading Exercise / Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Right RFE Split Squat Left	Sets 1 Sets 5 5 5 5 5 5 5 5 5 5 5 5 5 6 6 6 7 7 7 8 7 8 7 8 8 8 8 8 8 8 8 8 8	Distance/ Time 20-30 min Reps 10 10 10 10 10 10 10 10 10	Pace Conversation Intensity <67% <67% <67% <67% <67% <67% <67% <67%	Rest :30 :30 :30 :30 :30 :30 :30 :30 :30

Day 2 Total Time: 1 hr 15 min

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	400 Repeats/ Intervals	8	400m	1:30	:45
		Rest 3 min after 4th set				

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1800m	Main Set	Freestyle	5	50m	1:30	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	of Interval
		L .	_			Remainder
		Freestyle	5	50m	1:15	of Interval
		C: 1 12: 1: / C:	-	50	1.15	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder
		Errantula	5	50m	1:00	of Interval
		Freestyle	5	30m	1:00	Remainder
		Side Kicking w/ fins	5	50m	1:00	of Interva
		Side Ricking W/ Tills	3	30111	1:00	or interval
	Cool Down	Freestyle	1	100m	Easy	NA
			_		-	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
				_		_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Exercise 300 meter shuttle	3	1	< 70 sec	0:45-1:00
	1 2A	Exercise 300 meter shuttle BB Back Squat	3 5	1 2		0:45-1:00 :30
	1 2A 2B	Exercise 300 meter shuttle BB Back Squat Box Jump	3 5 5	1	< 70 sec	0:45-1:00 :30 :30
Strength & Conditioning Time: 1hr	1 2A 2B 2C	Exercise 300 meter shuttle BB Back Squat Box Jump Broad Jump	3 5 5 5	1 2 4 4	< 70 sec 6 sec eccentric	0:45-1:00 :30 :30 3:00
	1 2A 2B 2C 3A	Exercise 300 meter shuttle BB Back Squat Box Jump	3 5 5	1 2 4	< 70 sec	0:45-1:00 :30 :30
	1 2A 2B 2C	Exercise 300 meter shuttle BB Back Squat Box Jump Broad Jump	3 5 5 5	1 2 4 4	< 70 sec 6 sec eccentric	0:45-1:00 :30 :30 3:00
	1 2A 2B 2C 3A 3B 3C	Exercise 300 meter shuttle BB Back Squat Box Jump Broad Jump Bench Press	3 5 5 5 5	1 2 4 4 2	< 70 sec 6 sec eccentric	0:45-1:00 :30 :30 3:00 :30
	1 2A 2B 2C 3A 3B	Exercise 300 meter shuttle BB Back Squat Box Jump Broad Jump Bench Press Weighted Pull Up	3 5 5 5 5 4	1 2 4 4 2 4	< 70 sec 6 sec eccentric	0:45-1:00 :30 :30 3:00 :30 :30
Strength & Conditioning Time: 1hr	1 2A 2B 2C 3A 3B 3C	Exercise 300 meter shuttle BB Back Squat Box Jump Broad Jump Bench Press Weighted Pull Up Plyo Pushup	3 5 5 5 5 4	1 2 4 4 2 4 4	< 70 sec 6 sec eccentric	0:45-1:00 :30 :30 3:00 :30 :30 :30
·	1 2A 2B 2C 3A 3B 3C 3D	Exercise 300 meter shuttle BB Back Squat Box Jump Broad Jump Bench Press Weighted Pull Up Plyo Pushup Med Ball Chest Pass	3 5 5 5 5 4 4	1 2 4 4 2 4 4 4	< 70 sec 6 sec eccentric 6 sec eccentric	0:45-1:00 :30 :30 3:00 :30 :30 :30 :30
	1 2A 2B 2C 3A 3B 3C 3D	Exercise 300 meter shuttle BB Back Squat Box Jump Broad Jump Bench Press Weighted Pull Up Plyo Pushup Med Ball Chest Pass Row	3 5 5 5 5 4 4 4 4	1 2 4 4 2 4 2 4 4 4 8	< 70 sec 6 sec eccentric 6 sec eccentric < 67%	0:45-1:00 :30 :30 3:00 :30 :30 :30 :30 :30 :30

Day 4	Off	Off				_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Order	Exercise/ Drill				
	EXCITION DITT	Sets	Distance	Pace	Rest
Warm-up	Choice of Stroke	1	200m	Easy	2:00
					Remainder
Main Set	Freestyle	4	50m	1:30	of Interval
					Remainder
	Side Kicking w/ fins	4	100m	2:30	of Interval
Cool Down					
	Choice of Stroke	1	100m	Easy	NA
Order	Exercise/ Drill	Sets	Distance	Interval	
1	Underwaters	5	25m	2:15	
2	Mask & Snorkel Recovery	2	20m	2:30	
3	Treading Water	4		1:00 on/ :30 off	
					•
Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
1A	Ruck w/ 30 lbs	1	3 mi	15 min	NA
	Cool Down Order 1 2 3 Order	Side Kicking w/ fins Cool Down Choice of Stroke Order Exercise/ Drill 1 Underwaters 2 Mask & Snorkel Recovery 3 Treading Water Order Exercise/ Drill	Side Kicking w/ fins	Side Kicking w/ fins	Side Kicking w/ fins 4

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1 B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

FRESHMAN YEAR, SPRING, WEEKS 9-12

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Swim Order Exercise/ Drill Sets Distance Pace Rest Warm-up Choice of Stroke 1 200m Easy 2:00 Total Distance: 1700m Main Set Freestyle 3 200m 4:00 of Intervolution Time: 55 min 2 Rounds Flutter Kick w/ board and fins 4 50m 1:30 of Intervolution	D 1	Total Time: 2hr 30 min					
Warm-up	•		Fyercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1700m	5WIII			1			
Total Distance: 1700m		vv driii-op	Choice of Shoke		200111	Lusy	Remainder
Flutter Kick w/ board and fins	Total Distance: 1700m	Main Set	Freestyle	3	200m	4:00	of Interval
Remainder Section Se							Remainder
Freestyle 2	ime: 55 min	2 Rounds	Flutter Kick w/ board and fins	4	50m	1:30	of Interval
Cool Down Freestyle		_					Remainder
Freestyle			Freestyle	2	100m	3:00	of Interval
Nater Confidence		Cool Down					
1			Freestyle	1	100m	Easy	NA
1							
Run	Nater Confidence	Order		Sets			
3 Fin Treading w/ Swim Brick 4 1:00 on/:30 off		1	Underwaters	5	25m	-	
Company Comp				_	44 1 .	2.00	
Steady State Run 1 30-40 min Conversation NA	ime: 20 min	2	Buddy Breathing	2	Moderate	_,,,,	
Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 A RDL 5 10 67%-80% :30 1 Time: 1hr 15 min 1 B Seated OH Pres 5 10 67%-80% :30 1 C Lat Pull Down 5 10 67%-80% :30 Rest 30 sec between 1 D BB Squat 5 10 67%-80% :30 exercises 1 E Incline Bench 5 10 67%-80% :30 1 F Bent Over Row 5 10 67%-80% :30 1 F Bent Over Row 5 10 67%-80% :30 1 F Bent Over Row 5 10 67%-80% :30 1 H RFE Split Squat Right 5 10 67%-80% :30 1 I Bench Press 5 10 67%-80% :30 1 J Seated Row 5 10 67%-80% :30	Time: 20 min				Moderate	_,,,,	
Strength & Conditioning	Time: 20 min	3	Fin Treading w/ Swim Brick	4		1:00 on/ :30 off	
Time: 1hr 15 min 1B Seated OH Pres 5 10 67%-80% :30		3	Fin Treading w/ Swim Brick	4		1:00 on/ :30 off	Rest
Table Tabl	Run	3 Order	Fin Treading w/ Swim Brick Exercise/ Drill	4 Sets	Distance/ Time	1:00 on/ :30 off	
Seated OH Pres 5 10 67%-80% :30 1C Lat Pull Down 5 10 67%-80% :30 Rest 30 sec between 1D BB Squat 5 10 67%-80% :30 exercises 1E Incline Bench 5 10 67%-80% :30 1F Bent Over Row 5 10 67%-80% :30 Rest 3 min between rounds 1G RFE Split Squat Right 5 10 67%-80% :30 1H RFE Split Squat Left 5 10 67%-80% :30 1I Bench Press 5 10 67%-80% :30 1J Seated Row 5 10 67%-80% :30	Run 'ime: 40 min	3 Order 1	Fin Treading w/ Swim Brick Exercise/ Drill Steady State Run	Sets	Distance/ Time 30-40 min	1:00 on/ :30 off Pace Conversation	NA
1C	Run Fime: 40 min	Order 1 Order	Fin Treading w/ Swim Brick Exercise/ Drill Steady State Run Exercise	Sets 1 Sets	Distance/ Time 30-40 min Reps	Pace Conversation Intensity	NA Rest
1E	Run Fime: 40 min Strength & Conditioning	Order 1 Order 1A	Fin Treading w/ Swim Brick Exercise/ Drill Steady State Run Exercise RDL	4 Sets 1 Sets 5	Distance/ Time 30-40 min Reps 10	Pace Conversation Intensity 67%-80%	NA Rest :30
1F Bent Over Row 5 10 67%-80% :30 Rest 3 min between rounds 1G RFE Split Squat Right 5 10 67%-80% :30 1H RFE Split Squat Left 5 10 67%-80% :30 1I Bench Press 5 10 67%-80% :30 1J Seated Row 5 10 67%-80% :30	Run Fime: 40 min Strength & Conditioning	Order 1 Order 1A 1B	Fin Treading w/ Swim Brick Exercise/ Drill Steady State Run Exercise RDL Seated OH Pres	Sets 1 Sets 5 5	Distance/ Time 30-40 min Reps 10 10	Pace Conversation Intensity 67%-80% 67%-80%	Rest :30 :30
1F Bent Over Row 5 10 67%-80% :30 Rest 3 min between rounds 1G RFE Split Squat Right 5 10 67%-80% :30 1H RFE Split Squat Left 5 10 67%-80% :30 1I Bench Press 5 10 67%-80% :30 1J Seated Row 5 10 67%-80% :30	Run Time: 40 min Strength & Conditioning Time: 1hr 15 min	Order 1 Order 1A 1B 1C	Fin Treading w/ Swim Brick Exercise/ Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down	4	Distance/ Time 30-40 min Reps 10 10	Pace Conversation Intensity 67%-80% 67%-80%	Rest :30 :30 :30
Rest 3 min between rounds 1G RFE Split Squat Right 5 10 67%-80% :30 1H RFE Split Squat Left 5 10 67%-80% :30 1I Bench Press 5 10 67%-80% :30 1J Seated Row 5 10 67%-80% :30	ime: 40 min itrength & Conditioning ime: 1hr 15 min	Order 1 Order 1A 1B 1C	Fin Treading w/ Swim Brick Exercise/ Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat	Sets 1 Sets 5 5 5 5 5	Distance/ Time 30-40 min Reps 10 10 10	Pace Conversation Intensity 67%-80% 67%-80% 67%-80% 67%-80%	Rest :30 :30 :30 :30
1H RFE Split Squat Left 5 10 67%-80% :30 1I Bench Press 5 10 67%-80% :30 1J Seated Row 5 10 67%-80% :30	Run Time: 40 min Strength & Conditioning Time: 1hr 15 min Rest 30 sec between	3 Order 1 Order 1A 1B 1C 1D	Fin Treading w/ Swim Brick Exercise/ Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench	Sets 1 Sets 5 5 5 5 5 5	Distance/ Time 30-40 min Reps 10 10 10 10	Pace Conversation Intensity 67%-80% 67%-80% 67%-80% 67%-80% 67%-80%	Rest :30 :30 :30 :30 :30
11 Bench Press 5 10 67%-80% :30 1J Seated Row 5 10 67%-80% :30	Run Fime: 40 min Strength & Conditioning Fime: 1hr 15 min Rest 30 sec between exercises	3 Order 1 Order 1A 1B 1C 1D 1E	Fin Treading w/ Swim Brick Exercise/ Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row	Sets 1 Sets 5 5 5 5 5 5 5 5	Distance/ Time 30-40 min Reps 10 10 10 10 10 10	Pace Conversation Intensity 67%-80% 67%-80% 67%-80% 67%-80% 67%-80% 67%-80%	Rest :30 :30 :30 :30 :30 :30
1J Seated Row 5 10 67%-80% :30	Run Fime: 40 min Strength & Conditioning Fime: 1hr 15 min Rest 30 sec between exercises	3 Order 1 Order 1A 1B 1C 1D 1E 1F 1G	Exercise/ Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Right	Sets 1 Sets 5 5 5 5 5 5 5 5 5 5	Distance/ Time 30-40 min Reps 10 10 10 10 10 10 10	1:00 on/ :30 off Pace Conversation Intensity 67%-80% 67%-80% 67%-80% 67%-80% 67%-80% 67%-80%	Rest :30 :30 :30 :30 :30 :30 :30 :30 :30
1K Overhead Press 5 10 67%-80% 30	Run Fime: 40 min Strength & Conditioning Fime: 1hr 15 min Rest 30 sec between exercises	3 Order 1 Order 1A 1B 1C 1D 1E 1F 1G 1H	Exercise/ Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Right RFE Split Squat Left	Sets 1 Sets 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 6 6 6 7 7 7 8 7 8 8 7 8 8 8 8 8 8 8 8 8	Distance/ Time 30-40 min Reps 10 10 10 10 10 10 10 10 10	Pace Conversation Intensity 67%-80% 67%-80% 67%-80% 67%-80% 67%-80% 67%-80% 67%-80% 67%-80%	Rest :30 :30 :30 :30 :30 :30 :30 :30 :30
	Run Time: 40 min Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises	3 Order 1 Order 1A 1B 1C 1D 1E 1F 1G 1H 11	Exercise/ Drill Steady State Run Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Left Bench Press	Sets 1 Sets 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	Distance/ Time 30-40 min Reps 10 10 10 10 10 10 10 10 10 10 10 10	1:00 on/ :30 off Pace Conversation Intensity 67%-80% 67%-80% 67%-80% 67%-80% 67%-80% 67%-80% 67%-80% 67%-80% 67%-80%	Rest :30 :30 :30 :30 :30 :30 :30 :30 :30 :30

Day 2	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	400m Repeats	4	400m	1:35	1:00
3 min break	2	400m Repeats	4	400m	1:35	1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1850m	Main Set	Freestyle	6	50m	1:20	of Interval
						Remainder
Time: 55 min		Freestyle	4	200m	3:20	of Interval
						Remainder
		Side Kicking w/ fins	4	75m	1:40	of Interval
						Remainder
		Side Kicking w/ fins	5	50m	1:15	of Interval
		Side Kicking w/ fins	1	200m	3:45	1:00
		Side Kicking w/ fins	1	300m	Race Pace	
	Cool Down	Freestyle	1	100m	Easy	NA
	_			-	_	-
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	Treading Water	3		1:30 on/ :30 off	

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	15	<67%	:30
	5	Step Ups	3	15	<67%	:30
	6	Biceps Curl	3	15	<67%	:30
	7	Triceps OH Extension	3	15	<67%	:30

	Optional Run					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	30-40 min Steady State	1	30-40min	Conversation	
Day 5	Total Time: 1hr 35 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle	5	50m	0:50	0:15
						Remainder
Time: 55 min		Side Kicking w/ fins	4	75m	1:30	of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
	•	Freestyle	1	100m	Easy	NA
		le : /p:::		D: . / T:		
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 50 min	Order 1A	Exercise/ Drill Fartlek (30 sec Burst every 3 min)	Sets	Distance/ Time 20-30 min	Pace Varied	Rest NA
-						
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min) Exercise	1	20-30 min	Varied	NA
Time: 50 min	1 A Order	Fartlek (30 sec Burst every 3 min)	l Sets	20-30 min	Varied	NA
Time: 50 min Strength & Conditioning	1A Order 1A	Fartlek (30 sec Burst every 3 min) Exercise Box Jumps	1 Sets 2	20-30 min Reps 8	Varied	NA Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B	Fartlek (30 sec Burst every 3 min) Exercise Box Jumps Med Ball Slam	1	20-30 min Reps 8 10	Varied Intensity	Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2	Fartlek (30 sec Burst every 3 min) Exercise Box Jumps Med Ball Slam Bench Press	1 Sets 2 2 3	20-30 min Reps 8 10 15	Varied Intensity <67%	Rest 1:00 :30
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2 3	Fartlek (30 sec Burst every 3 min) Exercise Box Jumps Med Ball Slam Bench Press Back Squat	1 Sets 2 2 3 3 3	20-30 min Reps 8 10 15	Varied Intensity <67% <67%	Rest 1:00 :30

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 2000m	Main Set	Freestyle	4	50m	1:20	of Interval
Time: 55 min		Side Kicking w/ fins	1	250m	5:00	
		Freestyle	1	250m	5:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
	4	10-Ups	1	~17m	1:30	
	_	_	_	_	_	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1 B	Seated OH Pres	5	10	<67%	:30
	1C	Lat Pull Down	5	10	<67%	:30
Rest 30 sec between	1D	BB Squat	5	10	<67%	:30

exercises	1E	Incline Bench	5	10	<67%	:30
	1F	Bent Over Row	5	10	<67%	:30
Rest 3 min between rounds	1G	2	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Repeat 5 Times	11	Bench Press	5	10	<67%	:30
	1 J	Seated Row	5	10	<67%	:30
	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 25min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	1200 Repeats	3	1200m	5:15	2:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1800m	Main Set	Freestyle	4	50m	1:30	of Interval
						Remainder
Time: 45 min		Breaststroke	2	100m	3:15	of Interval
						Remainder
		Freestyle	2	50m	1:25	of Interval
						Remainder
		Breaststroke	2	100m	3:15	of Interval
						Remainder
		Freestyle	4	50m	1:15	of Interval
				0.5		Remainder
		Breaststroke	4	25m	1:10	of Interval
					_	
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	2:15	1
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	1
	3	Mask and Snorkel	2	20m	2:30	1
	,	THESE GIRLS CHICKEN	_	20	2.00	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Ţ Ţ	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30

Day 4	off	_	 	_

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
		Side Kicking w/ fins or Combat Side				Remainder
Total Distance: 900m	Main Set	Stroke	6	250m	5:00	of Interval
Time: 35 min						
	Cool Down					

		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Buddy Breathin	2	Moderate	1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 55 min	1A	Long Slow Distance	1	45-55 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1.1	1 B	Med Ball Slam	2	10		1:00
i nr						20
1 hr	2	Bench Press	3	15	<67%	:30
ı nr	2	Bench Press Back Squat	3	15 15	<67% <67%	:30
i nr						
i nr	3	Back Squat	3	15	<67%	

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle	1	500m	10:00	3:00
Time: 55 min		Side Kicking w/ fins or Combat Side Stroke	1	500m	10:00	
	Cool Down				I I	
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/:30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time		D .
				Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA NA
	'	Steady State Run	1	40-50 min		NA
	Order	Steady State Run Exercise	1 Sets	40-50 min	Conversation Intensity	NA Rest
Strength & Conditioning	Order 1A	Steady State Run Exercise RDL	1 Sets 5	40-50 min Reps 10	Intensity <67%	Rest
Strength & Conditioning	Order 1 A 1 B	Exercise RDL Seated OH Pres	5 5 5	40-50 min Reps 10 10	Conversation Intensity <67% <67%	Rest :30 :30
Strength & Conditioning Time: 1hr 15 min	Order 1 A 1 B 1 C	Steady State Run Exercise RDL Seated OH Pres Lat Pull Down	1 Sets 5 5 5 5	40-50 min Reps 10 10 10	Conversation	Rest :30 :30
Strength & Conditioning Time: 1hr 15 min	Order 1 A 1 B 1 C 1 D	Exercise RDL Seated OH Pres Lat Pull Down BB Squat	5 5 5 5	40-50 min Reps 10 10 10 10	Intensity <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <6	Rest :30 :30 :30 :30
Strength & Conditioning Time: 1hr 15 min Rest 30 sec between	Order 1 A 1 B 1 C	Steady State Run Exercise RDL Seated OH Pres Lat Pull Down	1 Sets 5 5 5 5	40-50 min Reps 10 10 10	Conversation	Rest :30 :30
Strength & Conditioning Time: 1hr 15 min Rest 30 sec between	Order 1A 1B 1C 1D 1E	Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row	5 5 5 5	40-50 min Reps 10 10 10 10	Intensity <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67%	Rest :30 :30 :30 :30 :30 :30
Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises	Order 1A 1B 1C 1D 1E 1F	Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Right	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	40-50 min Reps 10 10 10 10 10 10 10 10	Intensity <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <6	Rest :30 :30 :30 :30 :30 :30 :30
Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises	Order 1A 1B 1C 1D 1E	Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Right RFE Split Squat Left	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	40-50 min Reps 10 10 10 10 10 10 10 10 10 10	Intensity	Rest :30 :30 :30 :30 :30 :30 :30 :30
Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises Rest 3 min between rounds	Order 1A 1B 1C 1D 1E 1F	Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Right	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	40-50 min Reps 10 10 10 10 10 10 10 10	Intensity <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <67% <6	Rest :30 :30 :30 :30 :30 :30 :30
Time: 50 min Strength & Conditioning Time: 1hr 15 min Rest 30 sec between exercises Rest 3 min between rounds Repeat 5 Times	Order 1A 1B 1C 1D 1E 1F 1G	Exercise RDL Seated OH Pres Lat Pull Down BB Squat Incline Bench Bent Over Row RFE Split Squat Right RFE Split Squat Left	5 5 5 5 5 5 5 5 5 5	40-50 min Reps 10 10 10 10 10 10 10 10 10 10	Intensity	Rest :30 :30 :30 :30 :30 :30 :30 :30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1600 repeats	3	1600m	<7:00	3:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 2300m	Main Set	Freestyle	10	100m	2:20	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	10	100m	2:20	of Interval

l						
	Cool Down	Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4	Time: 50 min	Optional				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	40-50 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 850m	Main Set	Freestyle	6	50m	1:20	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:00	
Time: 25 min	2	Mask & Snorkel Recovery	1	25m		
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	LSD Run	1	50-60 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1 A 1 B	Box Jumps Med Ball Slam	2	8 10		1:00
1 hr				-	<67%	1:00
1 hr	1 B	Med Ball Slam	2	10	<67% <67%	
1 hr	1B 2	Med Ball Slam Bench Press	2	10 15		:30
1 hr	1B 2 3	Med Ball Slam Bench Press Back Squat	2 3 3	10 15 15	<67%	:30

		_				
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 2000m	Main Set	Freestyle	2	250m	5:45	of Interval
						Remainder
Time: 55 min		Breastroke	4	50m	1:30	of Interval
						Remainder
		Side Kicking w/ fins	4	250m	5:45	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1 B	Seated OH Pres	5	10	<67%	:30
	1C	Lat Pull Down	5	10	<67%	:30
Rest 30 sec between	1D	BB Squat	5	10	<67%	:30
exercises	1 E	Incline Bench	5	10	<67%	:30
	1F	Bent Over Row	5	10	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Repeat 5 Times	11	Bench Press	5	10	<67%	:30
	1 J	Seated Row	5	10	<67%	:30
	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 10 min	_	_	_		_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 mile time trial	1	1.5mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1800m	Main Set	Freestyle	5	50m	1:30	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	of Interval
						Remainder
		Freestyle	5	50m	1:15	of Interval
		0.1.16.1.	_	50		Remainder
		Side Kicking w/ fins	5	50m	1:15	of Interval
		5	_	50	1.00	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder
		Side Kicking w/ fins	5	50m	1:00	of Interval
		Side Ricking W/ Tills	3	30111	1:00	or liner var
	Cool Down	Freestyle	1	100m	Easy	NA
		,			,	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4			

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 900m	Main Set	Freestyle	4	50m	1:30	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	4	100m	2:30	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		_				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min						
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	1
Time: 25 min	3	Mask & Snorkel Recovery Treading Water	2	20m	2:30 1:00 on/ :30 off	
Time: 25 min				20m		
				20m Distance/ Time		Rest
Ruck	3	Treading Water	4		1:00 on/ :30 off	Rest NA
Ruck	3 Order	Treading Water Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Ruck Time: 60 min	3 Order	Treading Water Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Ruck Time: 60 min	3 Order 1A	Treading Water Exercise/ Drill Ruck w/ 30 lbs	Sets	Distance/ Time	1:00 on/ :30 off Pace 15:00/ mi	NA
Ruck Time: 60 min Strength & Conditioning	Order 1A Order	Treading Water Exercise/ Drill Ruck w/ 30 lbs Exercise	Sets 1 Sets	Distance/ Time 60 min Reps	1:00 on/ :30 off Pace 15:00/ mi	NA
Ruck Time: 60 min Strength & Conditioning	Order 1A Order 1A	Exercise / Drill Ruck w / 30 lbs Exercise Box Jumps	4	Distance/ Time 60 min Reps 8	1:00 on/ :30 off Pace 15:00/ mi	NA Rest
Ruck Time: 60 min Strength & Conditioning	3 Order 1A Order 1A 1B	Exercise / Drill Ruck w / 30 lbs Exercise Box Jumps Med Ball Slam	4	Distance/ Time 60 min Reps 8	Pace 15:00 / mi	Rest
Ruck Time: 60 min Strength & Conditioning	3 Order 1A Order 1A 1B 2	Exercise / Drill Ruck w / 30 lbs Exercise Box Jumps Med Ball Slam Bench Press	Sets 1 Sets 2 2 3	Distance/ Time 60 min Reps 8 10 15	Pace 15:00 / mi Intensity	NA Rest 1:00 :30
Ruck Time: 60 min Strength & Conditioning	3 Order 1A Order 1A 1B 2 3	Exercise / Drill Ruck w / 30 lbs Exercise Box Jumps Med Ball Slam Bench Press Back Squat	Sets 1 Sets 2 2 3 3	Distance/ Time 60 min Reps 8 10 15	Pace 15:00 / mi Intensity <67%	NA Rest 1:00 :30

SOPHOMORE YEAR, FALL, WEEKS 1-4

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				_	
					Rest
	,			,	2:00
Drill Sets	Position 11 Drill	5	25m	Easy	0:20
	Rotational Drill	5	25m	Easy	0:20
_	1-Arm Free	5	25m	Easy	0:20
	Bow and Arrow	5	25m	Easy	0:20
Main Set					
	Freestyle	3	100m	2:00	1:30
Cool Down					
	Freestyle	1	100m	Easy	NA
	-				
Order	Exercise/ Drill	Sets	Distance	Interval	
1	Underwaters	5	25m	3:00	
2	Mask & Snorkel Recovery	2	20	3:00	
2	Mask & Shorker Recovery	2	20m	3:00	
3	Treading Water	2	20m	1:00 on/ :30 off	
	,		20m	0.00	
	,		20m	0.00	
	,		Distance/ Time	0.00	Rest
3	Treading Water	2		1:00 on/ :30 off	Rest NA
3 Order	Treading Water Exercise/ Drill	2 Sets	Distance/ Time	1:00 on/ :30 off	
3 Order	Treading Water Exercise/ Drill	2 Sets	Distance/ Time	1:00 on/ :30 off	
3 Order 1	Treading Water Exercise/ Drill Steady State Run	2 Sets	Distance/ Time 20-30 min	1:00 on/ :30 off Pace Conversation	NA Rest
3 Order	Treading Water Exercise/ Drill Steady State Run Exercise	2 Sets 1 Sets	Distance/ Time 20-30 min Reps	1:00 on/ :30 off Pace Conversation Intensity	NA Rest 0:45-1:00
Order 1 Order 1	Treading Water Exercise/ Drill Steady State Run Exercise Exercise Eccentric Overhead Press	2 Sets 1 Sets 3	Distance/ Time 20-30 min Reps 6	Pace Conversation Intensity 65%-85%	NA
7 Order 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Exercise/ Drill Steady State Run Exercise Eccentric Overhead Press Cable or Band Face Pull Single Arm DB Row	2 Sets 1 Sets 3 3	Distance/ Time 20-30 min Reps 6 6-12	1:00 on/ :30 off Pace Conversation Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00
3 Order 1 Order 1 2 3	Treading Water Exercise/ Drill Steady State Run Exercise Eccentric Overhead Press Cable or Band Face Pull	2 Sets 1 Sets 3 3 4	Distance/ Time 20-30 min Reps 6 6-12 6-12	1:00 on/ :30 off Pace Conversation Intensity 65%-85% 65%-85% 65%-85%	NA Rest 0:45-1:00
	Order Warm-up Drill Sets Main Set Cool Down	Warm-up Freestyle Drill Sets Position 11 Drill Rotational Drill 1-Arm Free Bow and Arrow Main Set Freestyle Cool Down Freestyle Order Exercise/ Drill 1 Underwaters	Order Exercise/ Drill Sets Warm-up Freestyle 1 Drill Sets Position 11 Drill 5 Rotational Drill 5 1-Arm Free 5 Bow and Arrow 5 Main Set Freestyle Cool Down Freestyle Toder Exercise/ Drill Underwaters 5	Order Exercise/ Drill Sets Distance Warm-up Freestyle 1 200m Drill Sets Position 11 Drill 5 25m Rotational Drill 5 25m 1-Arm Free 5 25m Bow and Arrow 5 25m Main Set Freestyle 3 100m Cool Down Freestyle 1 100m Order Exercise/ Drill Sets Distance 1 Underwaters 5 25m	Order Exercise/ Drill Sets Distance Pace Warm-up Freestyle 1 200m Easy Drill Sets Position 11 Drill 5 25m Easy Rotational Drill 5 25m Easy 1-Arm Free 5 25m Easy Bow and Arrow 5 25m Easy Main Set Freestyle 3 100m 2:00 Cool Down Freestyle 1 100m Easy Order Exercise/ Drill Sets Distance Interval 1 Underwaters 5 25m 3:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
		_				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	150m	Easy	2:00
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1300m	Drill Sets	Side Kicking w/ Fins	3	50m	Easy	0:30
Time: 40 min		Side Stroke/ Combat Recovery	2	100m	Easy	1:15
		Rotation Drill	4	25m	Easy	0:20
	Main Set					
_		Freestyle	3	100m	2:15	1:45
_		Side Kicking w/ Fins	2	100m	2:15	1:45
	Cool Down					
		Freestyle	1	100m	Easy	NA
		_				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:30
Time: 20 min	2	Buddy Breathing	2		2:00
	3	Drown Proofing (Bobbing/ Float)	1		2:00

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Steady State Run	1	20-30 min	Conversation	NA

Day 5	Total Time: 2hr 30 m	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	100m	Easy	2:00
Total Distance: 1100m	Drill Sets	Position 11 Drill	2	25m	Easy	0:30
Time: 40 min		Rotational Drill	2	25m	Easy	0:30
		1-Arm Free	2	25m	Easy	0:30
		Bow and Arrow	2	25m	Easy	0:30
		Fingertip Drag	2	25m	Easy	0:30
_		Slingshot	2	25m	Easy	0:30
	Main Set					
_		Freestyle	10	50m	1:30 Interval	
	Cool Down					
•		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
						_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Sirengin & Conditioning	Order 1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
inic. III 13 IIIII	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12 ed	65%-85%	0:45-1:00
	0	DUCK EXTENSION	3	0-12	0370-83%	0:43-1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	100m	Easy	2:00
Total Distance: 700m	Drill Sets	Fingertip Drag	2	25m	Easy	0:30
Time: 30 min		Rotational Drill	2	25m	Easy	0:30
	Main Set					
		Freestyle	2	100m	2:30	2:00
		Finning (Side Kicking)	2	100m	2:30	2:00
	Cool Down					
		Freestyle	1	100m	Easy	NA
		-				_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
						_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
				•		
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Strength & Conditioning	Order	Exercise Eccentric Overhead Press	Sets 3	Reps 6	Intensity 65%-85%	Rest 0:45-1:00
Strength & Conditioning Time: 1hr	Order 1 2			1 :	•	
, ,	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00 0:45-1:00
ů ů	1 2	Eccentric Overhead Press Cable or Band Face Pull	3	6 6-12	65%-85% 65%-85%	0:45-1:00
, ,	1 2 3	Eccentric Overhead Press Cable or Band Face Pull Single Arm DB Row	3 3 4	6 6-12 6-12	65%-85% 65%-85% 65%-85%	0:45-1:00 0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1100m	Drill Sets	Streamline/ Pushoff	1	10 minutes	Technique	
Time: 40 min		Turns	2	10 minutes	Technique	
	Main Set					
		Side Kicking w/ Fins	1	250m	6:00	
	Cool Down					
_		Choice of Stroke	1	100m	Easy	NA
			-			_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1A	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300	Easy	2:00

Total Distance: 1000m	Intro to Breastroke	Breastroke Kick on Back	2	25m	Easy	0:30
Time: 40 min		Breastroke 2 kick/ 1 pull	2	25m	Easy	0:30
		Dolphin Kick w/ Board	2	25m	Easy	0:30
		Breastroke Pull w/ Dolphin Kick	2	25m	Easy	0:30
	Main Set					
-		Breastroke	4	50	1:45 Interval	
_		Freestyle	4	50	1:30 Interval	
	Cool Down					
_		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
						•
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Long Slow Distance Run	1	35-45 min	8:30	NA
		-				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1225m	Main Set	Rotational Drill	4	25m	Easy	0:30
Time: 45 min		Freestyle	4	50m	1:15	0:20
		Flutter Kick w/ Kickboard	4	50m	1:40	0:30
•		Freestyle	4	75m	2:00	1:00
_		Sidestroke	2	75m	2:00	1:00
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		=				_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
			<u>_</u>	-		
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	800m Intervals	4	800m	3:10	1:45
		Rest 3:30 after 2nd Set				

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr		_	_	_	_
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	2	100m	Easy	1:30
#REF!	Drill Sets	Open Turns with Fins Practice	1	10 min	Technique	3:00
Time: 35 min						
	Main Set	Side Stroke w/ Fins	5	50m	1:15	0:30
	=	Side Kicking w/ Fins	1	350m	6:00	
	Cool Down					
'		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00]
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min	_		_		_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 mii	1				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 800m		Kick w/ Board	1	100m	Easy	1:00
Γime: 25 min						
	Main Set	Side Kicking w/ Fins	1	550m	1:15 per 50m	NA
	Cool Down					
-		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
						•
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance Run	1	40-50 min	8:30	NA
g: .1 a g 11:1 1		- .				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00

4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
6	Back Extension	3	6-12	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
3WIIII	Warm-up	Freestyle / Sidestroke	1	200m	Easy	2:00
Total Distance: 900m	Drill Sets	Rotational Drill	2	25m	Easy	0:30
Time: 35 min	Dini ocis	Position 11 Drill	2	25m	Easy	0:30
	Main Set		_	20	2007	0.00
	7710111 001	Freestyle	6	50m	1:00	0:30
		Breast Stroke	4	50m	1:20	0:30
	Cool Down	Di dadi di dice		· · · · · ·	20	0.00
	2001.20111	Freestyle	1	100m	Easy	NA
					2007	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
						_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
		_	-			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min	*	0:45-1:00

Day 2	Total Time: 1hr 15 min		_	_		_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	400m Intervals	8	400m	1:20	1:00
		Rest 3:30 after 4th set				
'						
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	3 4	Goblet Lateral Squat Lat Pulldown	4	6-12 ea 6-12	65%-85% 65%-85%	0:45-1:00
	,					-

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1300m	Drill Sets	Finger Tip Drag	4	50m	Technique	1:45
Time: 40 min						
	Main Set		-			
		Freestyle	2	225m	1:00/ 50m	2:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
-		Choice of Stroke	1	100m	Easy	NA
			<u>-</u>			
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30]
Time: 20 min	2	Buddy Breathing	2		3:00	

3	Drown Proofing	1	2:00

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 850m	Main Set	Freestyle	1	500m	Race Pace	
Time: 20 min						
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Ruck Time: 30 min	Order 1A	Exercise/ Drill Ruck	Sets 1	Distance/ Time 2 miles	Pace 15 min/ mile	Rest NA
			Sets 1			
Time: 30 min			Sets 1 Sets			
Time: 30 min	1A	Ruck	1	2 miles	15 min/ mile	NA Rest
Time: 30 min Strength & Conditioning	1A	Ruck Exercise	1 Sets	2 miles	15 min/ mile	NA Rest 0:45-1:00
Time: 30 min Strength & Conditioning	1A Order	Ruck Exercise Eccentric Front Squat	1 Sets 4	2 miles Reps 4	15 min/ mile Intensity 65%-85%	NA
Time: 30 min Strength & Conditioning	1A Order 1 2	Ruck Exercise Eccentric Front Squat Side Plank	1 Sets 4 4	2 miles Reps 4 45 sec ea	15 min/ mile Intensity 65%-85% 65%-85%	NA Rest 0:45-1:00 0:45-1:00 0:45-1:00
	1A Order 1 2 3	Exercise Eccentric Front Squat Side Plank Single Leg RDL	1 Sets 4 4 4	2 miles Reps 4 45 sec ea 6-12 ea	15 min/ mile Intensity 65%-85% 65%-85% 65%-85%	NA Rest 0:45-1:00

SOPHOMORE YEAR, FALL, WEEKS 5-8

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	350m	Easy	2:00
#REF!	Main Set	Freestyle	4	50m	1:10	0:30
Time: 35 min		Sidestroke	4	50m	1:10	0:30
		Freestyle Down Sidestroke Back	1	350m	1:10 per 50m	
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	3	6	<u>≥</u> 75%	
		Ankle Mobility (foot elevated				
		, ,				
Time: 1hr	1A	dorsiflexion)	3	6 ea x 3 sec hold		0:45-1:0
Time: 1hr	1A 2	dorsiflexion) Glute Ham Raise	3	6 ea x 3 sec hold 6	<u>≥</u> 75%	
Time: 1hr		'				0:45-1:0
Time: 1hr	2	Glute Ham Raise	3	6	<u>≥</u> 75%	0:45-1:00 0:45-1:00 0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	1200m Repeats	4	1200m	4:45	3:00
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		1/2 Kneeling Landmine Single Arm				
	1	Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	Iso Chin Up Hold	3	5- 20 sec hold		0:45-1:00
	3	Rear Foot Elevated Split Squat	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	KB Gorilla Row	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	MB Perpendicular Scoop Throw	4	30 sec ea		0:45-1:00
		KB Offset Carry (1-arm front rack/				
	6	1-arm low carry)	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	1	150m	Easy	2:00
	Main Set	Side Kicking w/ Fins	1	450m	1:10 per 50m	3:00
Time: 55 min		Side Kicking w/ Fins	7	50m	0:50-1:00	0:20
	Cool Down		-			
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	
	3	Drown Proofing	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35min	Converation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press	3	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold	3	3 x 20 sec hold	<u>≥</u> 75%	0:45-1:00
	3	Pendlay BB Row	3	6	<u>≥</u> 75%	0:45-1:00
	4	Goblet Squat	3	6	<u>≥</u> 75%	0:45-1:00
	5	KB OH Walk	3	20 sec		0:45-1:00
	6	Single Arm Plank	3	30 sec ea		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
		Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breastroke Back	1	200m	1:15 per 50m	NA
•		Freestyle	5	50m	1:10	0:30
		Breastroke	4	50m	1:10	0:30
	Cool Down	1				
ı		Choice of Stroke	1	100m	Easy	NA
			_			1
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on]
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (60sec burst every 4 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Shengin & Conditioning	1	RDL	3	6	>75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	3	30 sec		0:45-1:00
	3	Weighted Lunge	4	6 ea	>75%	0:45-1:00
	4	BB Hip Thruster	3	6	<u>−</u> ≥75%	0:45-1:00
	5	Straight Arm Pulldown	3	6 ea	<u>≥</u> 75%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

Total Time: 2hr 30 min					
Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Warm-up	Choice of Stroke	1	250m	Easy	2:00
Drill Sets					
	Rotational Drill	4	25m	Easy	0:30
Main Set					
	Freestyle	9	50m	1:10	0:15
	Finning (Side Kicking)	9	50m	1:10	0:20
Cool Down					
	Freestyle	1	100m	Easy	NA
Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
1	Steady State Run	1	20-30 min	Conversation	NA
Order	Exercise	Sets	Reps	Intensity	Rest
1	Front Squat	3	6	<u>≥</u> 75%	
	Order Warm-up Drill Sets Main Set Cool Down Order	Order Exercise/ Drill Warm-up Choice of Stroke Drill Sets Rotational Drill Main Set Freestyle Finning (Side Kicking) Freestyle Cool Down Freestyle Order Exercise/ Drill 1 Steady State Run Order Exercise	Order Exercise/ Drill Sets Warm-up Choice of Stroke 1 Drill Sets 1 Rotational Drill 4 Main Set 9 Freestyle 9 Finning (Side Kicking) 9 Cool Down Freestyle 1 Order Exercise/ Drill Sets 1 Steady State Run 1 Order Exercise Sets	Order Exercise/ Drill Sets Distance Warm-up Choice of Stroke 1 250m Drill Sets	Order Exercise/ Drill Sets Distance Pace Warm-up Choice of Stroke 1 250m Easy Drill Sets 8 Easy Easy Main Set 9 50m 1:10 Freestyle 9 50m 1:10 Cool Down Freestyle 1 100m Easy Order Exercise/ Drill Sets Distance/ Time Pace 1 Steady State Run 1 20-30 min Conversation Order Exercise Sets Reps Intensity

		Ankle Mobility (foot elevated				
Time: 1hr	1A	dorsiflexion)	3	6 ea x 3 sec hold		0:45-1:00
	2	Glute Ham Raise	3	6	<u>≥</u> 75%	0:45-1:00
	4	Iso Pallof Hold	3	2 x 20 sec ea	65%-85%	0:45-1:00
	5	Trap Bar Carry	3	45 sec	<u>≥</u> 75%	0:45-1:00
	6	Dead Hang (Pull up Position)	3	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		1/2 Kneeling Landmine Single Arm				
	1	Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	Iso Chin Up Hold	3	5- 20 sec hold		0:45-1:00
	3	Rear Foot Elevated Split Squat	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	KB Gorilla Row	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	MB Perpendicular Scoop Throw	4	30 sec ea		0:45-1:00
		KB Offset Carry (1-arm front rack/				
	6	1-arm low carry)	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	
Time: 30 min	Dilli Seis	ao.i,	•	200111	Lusy	
	Main Set					
		Freestyle	1	300m	1:00 per 50m	
		Side Kicking w/ Fins	1	300m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press	3	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold	3	3 x 20 sec hold	<u>≥</u> 75%	0:45-1:00
	3	Pendlay BB Row	3	6	<u>≥</u> 75%	0:45-1:00
	4	Goblet Squat	3	6	<u>≥</u> 75%	0:45-1:00
	5	KB OH Walk	3	20 sec		0:45-1:00
	6	Single Arm Plank	3	30 sec ea		0:45-1:00

Day 5	Total Time: 2hr 30 min		_	_	_	
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Drill Sets	Freestyle (Breathe every 5th stroke)	5	50m	Easy	0:20
Time: 45 min		Freestyle (Breathe every 7th stroke)	5	25m	Easy	0:20
	Main Set					
		Freestyle	1	500m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 50 min	1A	Long Slow Distance	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	3	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	3	30 sec		0:45-1:00
	3	Weighted Lunge	4	6 ea	<u>≥</u> 75%	0:45-1:00
	4	BB Hip Thruster	3	6	<u>≥</u> 75%	0:45-1:00
	5	Straight Arm Pulldown	3	6 ea	<u>></u> 75%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
						Remainder
Total Distance: m	Main Set	Freestyle w/ Fins	4	100m	2:05	of Interval
Time: 25 min		Rotational Drill down, freestyle bacl	4	50m	Technique	0:30
	<u>-</u> '	Position 11 Drill down, freestyle bac	4	50m	Technique	0:30
						Remainder
		Freestyle w/ Fins	3	350m	5:40	of Interval
	Cool Down					
·		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30]
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :15 off	l
						•
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	Ì	Front Squat	3	6	<u>≥</u> 75%	
		Ankle Mobility (foot elevated				
Time: 1hr	1A	dorsiflexion)	3	6 ea x 3 sec hold		0:45-1:00
	2	Glute Ham Raise	3	6	<u>≥</u> 75%	0:45-1:00
	4	lso Pallof Hold	3	2 x 20 sec ea	65%-85%	0:45-1:00
	5	Trap Bar Carry	3	45 sec	<u>≥</u> 75%	0:45-1:00
	6	Dead Hang (Pull up Position)	3	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	200m	Sprint	Walk Down
		-				-
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		1/2 Kneeling Landmine Single Arm				
	1	Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	Iso Chin Up Hold	3	5- 20 sec hold		0:45-1:00
	3	Rear Foot Elevated Split Squat	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	KB Gorilla Row	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	MB Perpendicular Scoop Throw	4	30 sec ea		0:45-1:00
		KB Offset Carry (1-arm front rack/				
	6	1-arm low carry)	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	150m	Easy	
#REF!	Finning Work	Side Kicking w/ Fins	4	125m	2:00	0:30
Time: 40 min		Side Stroke/ Combat Recovery	4	100m	2:00	0:30

	Main Set					
		Breastroke	2	125m	2:30	1:00
		Freestyle	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
		i i eesi yie	'	100111	Lusy	INA
		rreestyle	<u> </u>	100111	Lusy	INA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	IVA
Water Confidence	Order	,	Sets 5		•	100
Water Confidence Time: 20 min	Order 1 2	Exercise/ Drill		Distance	Interval	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press	3	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold	3	3 x 20 sec hold	<u>≥</u> 75%	0:45-1:00
	3	Pendlay BB Row	3	6	<u>≥</u> 75%	0:45-1:00
	4	Goblet Squat	3	6	<u>≥</u> 75%	0:45-1:00
	5	KB OH Walk	3	20 sec		0:45-1:00
	6	Single Arm Plank	3	30 sec ea		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
		Choice of Stroke (at				
	Warm-up	least 3 different)	1	250m	Easy	2:00
	Main Set	Freestyle	5	100m	1:00	0:30
Time: 40 min		Freestyle w/ fins	5	125m	1:15	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
						-
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	45-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	3	6	<u>></u> 75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	3	30 sec		0:45-1:00
	3	Weighted Lunge	4	6 ea	<u>≥</u> 75%	0:45-1:00
	4	BB Hip Thruster	3	6	<u>></u> 75%	0:45-1:00
	5	Straight Arm Pulldown	3	6 ea	<u>></u> 75%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	250m	Easy	1:00
		Finning (Side Kicking)	1	250m	Easy	1:00
	Main Set	Freestyle w/ fins and snorkel	3	150m	1:45	0:30
Time: 30 min		Side Kicking w/fins	3	50m	0:55	0:10
	Cool Down					
		Freestyle	1	150m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
						_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	3	6	<u>≥</u> 75%	
		Ankle Mobility (foot elevated				
Time: 1hr	1A	dorsiflexion)	3	6 ea x 3 sec hold		0:45-1:00
	2	Glute Ham Raise	3	6	<u>≥</u> 75%	0:45-1:00
	4	Iso Pallof Hold	3	2 x 20 sec ea	65%-85%	0:45-1:00
	5	Trap Bar Carry	3	45 sec	<u>≥</u> 75%	0:45-1:00
	6	Dead Hang (Pull up Position)	3	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	800m	6	800m	3:10	1:45
		Rest 5:00 after 3rd set				
	-					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		1/2 Kneeling Landmine Single Arm				
	1	Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	Iso Chin Up Hold	3	5- 20 sec hold		0:45-1:00
	3	Rear Foot Elevated Split Squat	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	KB Gorilla Row	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	MB Perpendicular Scoop Throw	4	30 sec ea		0:45-1:00
		KB Offset Carry (1-arm front rack/				
	6	1-arm low carry)	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
		Kick with Kick Board	1	150m	Easy	2:00
	Main Set	Freestyle Breath every 5th Stroke	2	225m	4:00	2:00
Time: 40 min		25m Down - Freestyle Back				
		Side Kicking w/ Fins	4	100m	2:00	0:30
		Combat Recovery w/ Fins	3	100m	2:00	0:30
	Cool Down					
	-	Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	
	3	Drown Proofing	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press	3	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold	3	3 x 20 sec hold	<u>≥</u> 75%	0:45-1:00
	3	Pendlay BB Row	3	6	<u>≥</u> 75%	0:45-1:00
	4	Goblet Squat	3	6	<u>≥</u> 75%	0:45-1:00
	5	KB OH Walk	3	20 sec		0:45-1:00
	6	Single Arm Plank	3	30 sec ea		0:45-1:00

Day 5	Total Time: 2hr 30 mi	n				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Breastroke Kick w/ kick board	4	50m		0:30
Time: 40 min		Flutter Kick w/ kick board	4	50m	Fast	0:30
	!	Breastroke	1	300m	5:30	2:00
-		Freestyle	1	800m	7:30	NA
	Cool Down					
- -		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1A	Ruck	1	3 miles	20min/ mile	NA
-		=	_	_		
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	3	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	3	30 sec		0:45-1:00
	3	Weighted Lunge	4	6 ea	<u>≥</u> 75%	0:45-1:00
	4	BB Hip Thruster	3	6	<u>≥</u> 75%	0:45-1:00
	5	Straight Arm Pulldown	3	6 ea	<u>></u> 75%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

SOPHOMORE YEAR, FALL, WEEKS 9-12

Day 1	Total Time: 2hr 30 mi	in l				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
	Main Set	Flutter Kick w/ Kickboard	4	75m	1:45	0:30
Time: 45 min		Freestyle	3	100m	1:50	0:30
		Side Kicking w/ Fins	6	125m	1:50	0:30
_		Combat Recovery Stroke w/ fins	3	100m	2:00	0:30
	Cool Down					
_		Choice of Stroke	1	100m	Easy	NA
		<u>-</u>				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	Ì	Underwaters	3	25m	2:30	
Time: 20 min						
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
Time: 20 min	3	Mask & Snorkel Recovery Treading Water	2	20m	3:00 1:30 on/ :30 off	
Time: 20 min				20m		
Time: 20 min				20m Distance/ Time		Rest
	3	Treading Water	2		1:30 on/ :30 off	Rest NA
Run	3 Order	Treading Water Exercise/ Drill	2	Distance/ Time	1:30 on/ :30 off	
Run	3 Order	Treading Water Exercise/ Drill	2	Distance/ Time	1:30 on/ :30 off	
Run Time: 40 min	3 Order	Treading Water Exercise/ Drill Steady State Run	2 Sets	Distance/ Time 30-40 min	1:30 on/ :30 off Pace Conversation	NA
Run Time: 40 min	3 Order	Treading Water Exercise/ Drill Steady State Run Exercise	Sets 1 Sets	Distance/ Time 30-40 min Reps	Pace Conversation Intensity	NA Rest
Run Time: 40 min Strength & Conditioning	Order 1 Order 1	Treading Water Exercise / Drill Steady State Run Exercise Barbell Deadlift	2	Distance/ Time 30-40 min Reps 4-6	Pace Conversation Intensity	NA Rest 0:45-1:00
Run Time: 40 min Strength & Conditioning	3 Order 1 Order 1 2	Treading Water Exercise/ Drill Steady State Run Exercise Barbell Deadlift Alternating Deadbug	2	Distance/ Time 30-40 min Reps 4-6 10 ea	1:30 on/ :30 off Pace Conversation Intensity $\geq 75\%$	NA Rest 0:45-1:00 0:45-1:00
Run Time: 40 min Strength & Conditioning	Order 1 Order 1 2 3	Treading Water Exercise/ Drill Steady State Run Exercise Barbell Deadlift Alternating Deadbug Lateral Step Downs	2	Distance/ Time 30-40 min Reps 4-6 10 ea 6 ea	1:30 on/:30 off Pace Conversation Intensity $\geq 75\%$ $\geq 75\%$	NA

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	1600 m repeats	3	1600m	7:00	3:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	<u>></u> 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	Wieghted Pull Up	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr			_	_	_
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
		Side Kicking w/ Fins	1	100m	Easy	2:00
#REF!	Drill Set	Side Kicking w/ Fins	3	150m	2:50	0:25
						remainder of pace
Time: 2 hr		Flutter kick w/ board (no fins)	3	1 <i>5</i> 0m	4:00	time
						remainder
						of pace
	Main Set	Side Stroke w/ Fins	8	75m	1:30	time
						remainder
						of pace
		Freestyle w/ Fins	6	125m	2:00	time
	Cool Down					·
		Choice of Stroke	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	4	25m	2:30
Time: 20 min	2	Buddy Breathing	2		3:00
	3	Drown Proofing	1		2:00

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups		12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	15 Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Time: 40 min	Main Set	Freestyle w/ fins	1	1 <i>5</i> 00m	30:00:00	NA
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
5: .1 0 G 13:1			C .			D .
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity >75%	Rest
T: 11 15 :	ı	Incline DB Bench Press	4	6	<u>~</u> /3%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec	>75%	0:45-1:00
	3	Reverse Lunge	4	6 ea	_	0:45-1:00
	4	Incline Chest Supported Row	3	6	≥75%	0:45-1:00
	5	Pallof Press	3	6 ea	<u>≥</u> 75%	0:45-1:00
	6	Max Dead Hang		Max		0.45.1.00
	7	Landmine Rotations	3	5 ea		0:45-1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	250m	Easy	2:00
	Drill Sets	Rotational Drill	2	50m	Easy	0:30
Time: 45 min		Position 11 Drill	2	50m	Easy	0:30
	Main Set					
	_	Freestyle	6	100m	1:45	0:15
		Side Kicking w/ Fins	1	1000m	20:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	<u>></u> 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	<u>≥</u> 75%	0:45-1:00
	4	Glute Ham Raise	4	6	<u>≥</u> 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	<u>≥</u> 75%	0:45-1:00
						0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	800m Intervals	4	800m	3:10	1:30
		-	=			=
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	Wieghted Pull Up	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
				500	10.00	2.00
Time: 40 min	Main Set	Combat Recovery Stroke 25m/ Side Kicking back w/ fins	I	500m	10:00	3:00
		Freestyle	1	600m	10:00	3:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
	-	Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	
	3	Drown Proofing	1		2:00	

Day 4	Total Time: 1hr 15 min			_		_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	1 <i>5</i> Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Freestyle	1	1000m	Race Pace	
Time: 30 min						

	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	2:30	1
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00]
	4B	Drownproofing (Float)	1		1:00 on	1
			-			
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 55 min	Order 1 A	Exercise/ Drill Long Slow Distance	Sets 1	Distance/ Time 45-55 min	Pace 8:30	Rest NA
			Sets			
Time: 55 min	1A	Long Slow Distance	1	45-55 min	8:30	NA
Time: 55 min	1A	Long Slow Distance Exercise	1 Sets	45-55 min	8:30	NA Rest
Time: 55 min Strength & Conditioning	1 A Order	Long Slow Distance Exercise Incline DB Bench Press	1 Sets 4	45-55 min Reps 6	8:30	Rest 0:45-1:00
Time: 55 min Strength & Conditioning	1A Order 1 2	Exercise Incline DB Bench Press Weighted Chin Up	Sets 4 4	45-55 min Reps 6 30 sec	8:30 Intensity ≥75%	Rest 0:45-1:00 0:45-1:00
Time: 55 min Strength & Conditioning	1A Order 1 2 3	Exercise Incline DB Bench Press Weighted Chin Up Reverse Lunge	Sets 4 4 4	45-55 min Reps 6 30 sec 6 ea	8:30 Intensity ≥75% ≥75%	NA Rest 0:45-1:00
Time: 55 min Strength & Conditioning	1A Order 1 2 3 4	Exercise Incline DB Bench Press Weighted Chin Up Reverse Lunge Incline Chest Supported Row	Sets 4 4 4 3	45-55 min Reps 6 30 sec 6 ea 6	8:30 Intensity ≥75% ≥75% ≥75%	Rest 0:45-1:00 0:45-1:00 0:45-1:00

Day 1	Total Time: 2hr 30 mi	n				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
1500m	Main Set	Freestyle	5	50m	:45	0:30
Time: 35 min		Sidestroke	5	50m	1:00	0:20
		Side kicking w/ fins	2	300m	5:00	2:30
	Cool Down					
• •		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
			-		_	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
a		-				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	<u>≥</u> 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	<u>≥</u> 75%	0:45-1:00
	4	Glute Ham Raise	4	6	<u>≥</u> 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	<u>≥</u> 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	400m Intervals	6	400m	1:20	0:45
		Rest 3:00 after 3rd set				
·						
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	Wieghted Pull Up	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
		Heavy DB Max Hold		10 ea	> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
1300m	Main Set	Side Kicking w/ Fins	1	500m	10:00	3:00
Time: 35 min		Freestyle w/ Fins	8	50m	:45	0:20
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	
	3	Drown Proofing	1		2:00	

Day 4	Total Time: 1hr 15 min			_		_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	1 <i>5</i> Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 mir	1				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
1250m	Drill Set	Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breastroke Back	1	250m	4:00	NA
-		Freestyle	8	50m	0:50	0:15
	Cool Down					
		Choice of Stroke	1	250m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00
	3	Reverse Lunge	4	6 еа	<u>≥</u> 75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	<u>≥</u> 75%	0:45-1:00
	5	Pallof Press	3	6 ea	<u>≥</u> 75%	0:45-1:00
	6	Max Dead Hang		Max		
	·					

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
1550m	Drill Sets					

Time: 35 min		Rotational Drill	4	25m	Easy	0:30
	Main Set					
		Freestyle	1	300m	5:00	2:30
		Side Kicking w/ fins	1	300m	5:00	2:30
		Side Kicking w/ fins	10	50m	0:45	0:15
	Cool Down					
		Freestyle	1	100m	Easy	NA
-			_			_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	10-Ups Rest as needed	10	1 <i>5</i> -18m	1:30	
Run	•	•				Rest
Run Time: 30 min	3 Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest NA
Run Time: 30 min	•	•				Rest NA
	•	Exercise/ Drill		Distance/ Time	Pace	
Time: 30 min	Order 1	Exercise/ Drill Steady State Run	Sets 1	Distance/ Time 20-30 min	Pace Conversation	NA
Time: 30 min	Order 1	Exercise/ Drill Steady State Run Exercise	Sets 1	Distance/ Time 20-30 min Reps	Pace Conversation	NA
Time: 30 min Strength & Conditioning	Order 1 Order	Exercise/ Drill Steady State Run Exercise Barbell Deadlift	Sets 1 Sets 4	Distance/ Time 20-30 min Reps 4-6	Pace Conversation	NA Rest
Time: 30 min Strength & Conditioning	Order 1 Order 1 2	Exercise/ Drill Steady State Run Exercise Barbell Deadlift Alternating Deadbug	Sets 1 Sets 4 4	Distance/ Time 20-30 min Reps 4-6 10 ea	Pace Conversation Intensity ≥ 75%	Rest 0:45-1:00
Time: 30 min Strength & Conditioning	Order 1 Order 1 2 3	Exercise/ Drill Steady State Run Exercise Barbell Deadlift Alternating Deadbug Lateral Step Downs	Sets 1 Sets 4 4 4 4	Distance / Time 20-30 min Reps 4-6 10 ea 6 ea	Pace Conversation Intensity ≥ 75% ≥ 75%	NA Rest 0:45-1:00 0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	<u>></u> 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	Wieghted Pull Up	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
1/50	D :11 C .	Swim w/ Snorkel (Not attached to mask)	1	200	_	
1650m	Drill Sets	mask)	l	200m	Easy	
Time: 30 min						
	Main Set					
		Freestyle w/ snorkel	1	500m	10:00	
		Side Kicking w/ Fins	1	600m	10:00	
	Cool Down					
	•	Choice of Stroke	1	100m	Easy	NA

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	1 <i>5</i> Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 mir	า				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
900m	Main Set					
Time: 45 min		Side Kicking w/ fins	1	500m	Race Pace	
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
		Fingertip Drag	2	25m	Easy	0:30
_		Slingshot	2	25m	Easy	0:30
	Main Set					
		Freestyle	8	50m	1:45 Interval	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	2		1:00	
	4C	Drownproofing (Travel)	1			
			-			4
					_	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	Ruck	1	4 miles	15 min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
onengin a conamoning	1	Incline DB Bench Press	4	6	>75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00
11110. 1111 13 111111	3	Reverse Lunge	4	6 ea	>75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	<u>_</u> , 5 % ≥75%	0:45-1:00
	5	Pallof Press	3	6 ea	>75%	0:45-1:00
	6	Max Dead Hang		Max	_, 5/6	0.43-1.00
	7	Landmine Rotations	3	5 ea		0:45-1:00
	/	Lunumine Koranons	3	5 ea		0:45-1:00

SOPHOMORE YEAR, SPRING, WEEKS 1-4

Day 1	Total Time: 2hr 30 m	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 2000m	Main Set	Freestyle	2	250m	5:45	of Interval
						Remainder
Time: 55 min		Breastroke	4	50m	1:30	of Interval
	_					Remainder
		Side Kicking w/ fins	4	250m	5:45	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
						•
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Strength & Conditioning	Order 1	Exercise Eccentric Overhead Press	Sets 3	Reps 6	Intensity 65%-85%	Rest 0:45-1:00
Strength & Conditioning Time: 1hr						
0	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
0	1 2	Eccentric Overhead Press Cable or Band Face Pull	3	6-12	65%-85% 65%-85%	0:45-1:00 0:45-1:00 0:45-1:00
0	1 2 3	Eccentric Overhead Press Cable or Band Face Pull Single Arm DB Row	3 3 4	6 6-12 6-12	65%-85% 65%-85% 65%-85%	0:45-1:00 0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
						Remainder
Total Distance: 2000m	Main Set	Freestyle	6	50m	1:30	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	of Interval
		Freestyle	6	50m	1:15	Remainder of Interval
_		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Freestyle	6	50m	1:00	Remainder of Interval

		Side Kicking w/ fins	5	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
	_					
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Water Confidence	Order	Exercise/ Drill Underwaters	Sets 3	Distance 25m	Interval 3:00	-
Water Confidence Time: 20 min	Order 1 2		Sets 3 2			

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Steady State Run	1	20-30 min	Conversation	NA

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1200m	Main Set	Freestyle	5	50m	1:30	Remainde of Interva
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	Remainde of Intervo
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
ime: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:0
ime: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:0
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:0
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:0
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:0
	5 6	1/2 Kneeling Single Arm OH Press Back Extension	3	6-12 ea 6-12	65%-85% 65%-85%	0:45-1:0 0:45-1:0

Week 2	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
		Warm-up	Choice of Stroke	1	250m	Easy	2:00
							Remainder
	Total Distance: 1900m	Main Set	Side Kicking w/ fins	6	150m	3:15	of Interval
	Time: 55 min		Freestyle w/ fins	4	75m	Fast	:30
		•	Alternating laps-Freestyle/				Remainder
			Sidekicking	7	50m	1:15	of Interval
		Cool Down					
	,		Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	3	25m	3:00
Time: 20 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00
	3	Treading Water	2		1:00 on/:30 off
D	Ondon	,	5-4-	Distance / Time	<u> </u>
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
S		- ·				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					_
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 1500m	Main Set	Freestyle	2	1 50m	2:40	Remainder of Interval
Time: 45 min	2 times Through Main Set	Side Kicking w/ fins	3	100m	2:00	Remainder of Interval
	2:00 rest between exercises	Side Kicking w/ fins	7	50m	1:00	Remainder of Interval
		Freestyle	1	200m	Easy	
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1A	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1850m	Main Set	Freestyle	1	500m	10:30	
Time: 35 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
w . c .:		/ 5 :!!	c .	.		
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
		_				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Long Slow Distance Run	1	35-45 min	8:30	NA
			_			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12	65%-85%	0:45-1:00

Total Time: 2hr 30 m	in				
Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Warm-up	Choice of Stroke	1	250m	Easy	2:00
Main Set	Freestyle	1	800m	13:00	3:00
					Remainder
	Freestyle	12	50m	1:00	of Interval
	Side Kicking w/ fins	1	500m	10:00	
Cool Down					
	Freestyle	1	100m	Easy	NA
Order	Exercise/ Drill	Sets	Distance	Interval	
1	Underwaters	3	25m	3:00	
2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
•	- 10 117	_	i e		
3	Treading Water	2		1:00 on/ :30 off	
3	Treading Water	2		1:00 on/ :30 off	
3	Treading Water	2		1:00 on/ :30 off	
3 Order	Treading Water Exercise/ Drill	Sets	Distance/ Time	1:00 on/ :30 off	Rest
			Distance/ Time	,	Rest NA
	Exercise/ Drill			Pace	
	Exercise/ Drill			Pace	
Order 1	Exercise/ Drill Steady State Run	Sets 1	30-40 min	Pace Conversation	NA Rest
Order 1	Exercise/ Drill Steady State Run Exercise	Sets 1	30-40 min	Pace Conversation Intensity	Rest 0:45-1:00
Order 1 Order	Exercise/ Drill Steady State Run Exercise Eccentric Overhead Press	Sets 1 Sets 3	30-40 min Reps 6	Pace Conversation Intensity 65%-85%	Rest 0:45-1:00 0:45-1:00
Order 1 Order 1 2	Exercise/ Drill Steady State Run Exercise Eccentric Overhead Press Cable or Band Face Pull	Sets 1 Sets 3 3	30-40 min Reps 6 6-12	Pace Conversation Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00 0:45-1:00
Order 1 Order 1 2 3	Exercise/ Drill Steady State Run Exercise Eccentric Overhead Press Cable or Band Face Pull Single Arm DB Row	Sets 1	30-40 min Reps 6 6-12 6-12	Pace Conversation Intensity 65%-85% 65%-85% 65%-85%	NA
	Order Warm-up Main Set Cool Down Order 1 2	Warm-up Choice of Stroke Main Set Freestyle Freestyle Side Kicking w/ fins Cool Down Freestyle Order Exercise/ Drill 1 Underwaters 2 Mask & Snorkel Recovery	Order Exercise/ Drill Sets Warm-up Choice of Stroke 1 Main Set Freestyle 1 Freestyle 12 Side Kicking w/ fins 1 Cool Down Freestyle 1 Order Exercise/ Drill Sets 1 Underwaters 3 2 Mask & Snorkel Recovery 2	Order Exercise/ Drill Sets Distance Warm-up Choice of Stroke 1 250m Main Set Freestyle 1 800m Freestyle 12 50m Side Kicking w/ fins 1 500m Cool Down Freestyle 1 100m Order Exercise/ Drill Sets Distance 1 Underwaters 3 25m 2 Mask & Snorkel Recovery 2 15m	Order Exercise/ Drill Sets Distance Pace Warm-up Choice of Stroke 1 250m Easy Main Set Freestyle 1 800m 13:00 Freestyle 12 50m 1:00 Side Kicking w/ fins 1 500m 10:00 Cool Down Freestyle 1 100m Easy Order Exercise/ Drill Sets Distance Interval 1 Underwaters 3 25m 3:00 2 Mask & Snorkel Recovery 2 15m 3:00

Day 2	Total Time: 1hr 15 min					_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	800m Intervals	4	800m	3:10	1:45
		Rest 3:30 after 2nd Set				
-						
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest

	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 1625m	Main Set	Freestyle	2	1 <i>75</i> m	3:30	Remainder of Interval
Time: 45 min		Breastroke	2	125m	2:30	Remainder of Interval
		Side Kicking w/ fins	2	1 <i>5</i> 0m	3:30	Remainder of Interval
		Flutterkick Kickboard (no fins)	10	25m	Fast	:20
		Breastroke Kick Kickboard	5	25m		:20
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 mi	n				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	225m	Easy	2:00
Total Distance: 1625m	Main Set	Freestyle	1	300m	5:00	2:00
Time: 30 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
						i
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
						•'
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance Run	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00

3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:0
4	Pallof Press	3	8 ea	65%-85%	0:45-1:0
5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:0
6	Back Extension	3	6-12	65%-85%	0:45-1:0

Day 1	Total Time: 2hr 30 mir					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
						Remainder
Total Distance: 1900m	Main Set	Freestyle	4	150m	3:30	of Interval
Time: 55 min		SideStroke	1	200m	4:30	
	-					Remainder
		Side Kicking w/ fins	5	150m	3:30	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	-					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Eccentric Overhead Press Cable or Band Face Pull	3	6 6-12	65%-85% 65%-85%	0:45-1:00 0:45-1:00
Time: 1hr	1 2 3					
Time: 1hr		Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00 0:45-1:00
Time: 1hr	3	Cable or Band Face Pull Single Arm DB Row	3 4	6-12 6-12	65%-85% 65%-85%	0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	400m Intervals	8	400m	1:20	1:00
		Rest 3:30 after 4th set				
·		-				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2250m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 55 min	Main Ser	Freestyle Breathe every 5th Stroke	6	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	1 <i>5</i> 0m	3:20	Remainder of Interval
-		Side Kicking w/ fins- 3 breaths per 25m	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	Remainder of Interval

	Cool Down	Freestyle	1	100m	Easy	١
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	2	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1350m	Main Set					
Time: 35 min		Side Kicking w/ fins	1	1000m	Race	
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
		-		<u>-</u>		
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Ruck	1	2 miles	15 min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Strength & Conditioning	Order	Exercise Eccentric Front Squat	Sets 4	Reps 4	Intensity 65%-85%	
	Order 1 2					
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
	1 2	Eccentric Front Squat Side Plank	4	4 45 sec ea	65%-85% 65%-85%	0:45-1:00 0:45-1:00 0:45-1:00
Strength & Conditioning Time: 1hr 15 min	1 2 3	Eccentric Front Squat Side Plank Single Leg RDL	4 4 4	4 45 sec ea 6-12 ea	65%-85% 65%-85% 65%-85%	0:45-1:00 0:45-1:00

SOPHOMORE YEAR, SPRING, WEEKS 5-8

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
3WIM	Warm-up	Choice of Stroke	Jers	250m	Easy	2:00
	vv arm-up	Choice of Siroke	ı	250m	Easy	Remainder
Total Distance: 1750m	Main Set	Evenetule w/ Eine and Speuleel	5	1.50m	1:45	of Interva
Total Distance: 17 30m	Main Ser	Freestyle w/ Fins and Snorkel	3	130m	1:45	Remainde
Time: 55 min		Side Kicking w/ fins	6	25m	:30	of Interval
Time: 55 timi		Side Kicking w/ fins	1	500m	10:00	0
	Cool Down	olde Ricking W/ Tills		300111	10.00	
	C001 B0 WII	Freestyle	1	100m	Easy	NA
		110031710		100111	Lusy	177
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Francisc / Delli	Sets	Distance / Time	Pace	Rest
	0.1	Exercise/ Drill	Sets	Distance/ Time		
Time: 35 min	1	Steady State Run	l	25-35 min	Conversation	NA
C	Order	Exercise	Sets	D	1	Rest
Strength & Conditioning	Order			Reps 6	Intensity > 75%	Kest
T. 11	1	Front Squat Side Plank Starfish Hold	3	, ,	<u>~</u> / 3 %	
Time: 1hr	2		3	30 sec ea side	45.050/	0.45.101
	3	Goblet Squat w/ OH press	3	8	65-85%	0:45-1:01
	4	Ankle Mobility (foot elevated dorsiflexion)	3	6x 3 sec hold ea	<u>≥</u> 75%	0:45-1:00
	5	Glute Ham Raise	3	6	≥ 75%	0:45-1:00
	6		3	45 sec	> 75%	0:45-1:00
		Trap Bar Carry			<u>~</u> / 3 70	
	7	Iso Pull Up Hold- Top of Pull Up	3	45 sec		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	1200m Repeats	4	1200m	4:45	3:00
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		Split Stance Landmine Single Arm				
	1	Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	Neutral Grip Weighted Pull Up	3	5	<u>≥</u> 75%	0:45-1:00
	3	Rear Foot Elevated Split Squat	3	6	<u>≥</u> 75%	0:45-1:00
	4	Cable Underhand Row	3	8	<u>≥</u> 75%	0:45-1:00
		MB Parallel (Forward Facing)				
	5	Scoop Throw	3	5 ea side		0:45-1:00
		KB Offset Carry (1-arm front rack/				
	6	1-arm low carry)	3	30 sec ea side	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
						Remainder
Total Distance: 1500m	Main Set	Freestyle	5	50m	1:30	of Interval
						Remainder
Time: 45 min		Breaststroke	2	100m	3:15	of Interval

						Remainder
		Freestyle	3	50m	1:25	of Interval
		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Breaststroke	4	25m	1:10	Remainder of Interval
					_	
	Cool Down	Freestyle	I	100m	Easy	NA
W. L. C. C. L.	0.1	F / D :!!		D '		1
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35min	Converation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		Close Grip Bench Press (Hold at				
	1	bottom 5 sec)	4	4	<u>></u> 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold (10 sec ea rep)	4	3	<u>></u> 75%	0:45-1:00
	3	Pendlay BB Row	4	6	<u>≥</u> 75%	0:45-1:00
	4	Wall sit for time with Plate Hold	4	45 sec	<u>≥</u> 75%	0:45-1:00
	5	KB OH Walk (2 KBs OH)	4	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1850m	Main Set	Side Kicking w/ fins	12	125m	2:30	Remainder of Interval
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (60sec burst every 4 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	4	30 sec		0:45-1:00
	3	Weighted Lunge Iso Hold	4	20 sec ea	<u>≥</u> 75%	0:45-1:00
	4	BB Hip Thruster	3	6	<u>≥</u> 75%	0:45-1:00
	5	Straight Arm Pulldown	3	6-12 ea	65-85%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

		_				
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1450m	Main Set	Freestyle	1	500m	10:00	3:00
Time: 55 min		Side Kicking w/ fins	1	600m	10:00	

Cool Down					
	Freestyle	1	100m	Easy	NA
					_
Order	Exercise/ Drill	Sets	Distance	Interval	i
1	Underwaters	3	25m	3:00	i
2	Mask & Snorkel Recovery	2	15m	3:00	
3	Treading Water	2		1:00 on/ :30 off	
Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
1	Steady State Run	1	20-30 min	Conversation	NA
	-				
Order	Exercise	Sets	Reps	Intensity	Rest
1	Front Squat	3	6	<u>≥</u> 75%	
2	Side Plank Starfish Hold	3	30 sec ea side		
3	Goblet Squat w/ OH press	3	8	65-85%	0:45-1:01
3	Goblet Squat w/ OH press Ankle Mobility (foot elevated	3	8	65-85%	0:45-1:01
3	. , .	3	6x 3 sec hold ea		0:45-1:01
	Ankle Mobility (foot elevated				
4	Ankle Mobility (foot elevated dorsiflexion)	3	6x 3 sec hold ea	<u>></u> 75%	0:45-1:00
	1 2 3 3 Order 1 Order 1	Freestyle Order Exercise/ Drill 1 Underwaters 2 Mask & Snorkel Recovery 3 Treading Water Order Exercise/ Drill 1 Steady State Run Order Exercise 1 Front Squat 2 Side Plank Starfish Hold	Order Exercise/ Drill Sets 1 Underwaters 3 2 Mask & Snorkel Recovery 2 3 Treading Water 2 Order Exercise/ Drill Sets 1 Steady State Run 1 Order Exercise Sets 1 Front Squat 3	Order Exercise/ Drill Sets Distance 1 Underwaters 3 25m 2 Mask & Snorkel Recovery 2 15m 3 Treading Water 2 Order Exercise/ Drill Sets Distance/ Time 1 Steady State Run 1 20-30 min Order Exercise Sets Reps 1 Front Squat 3 6 2 Side Plank Starfish Hold 3 30 sec ea side	Order Exercise/ Drill Sets Distance Interval 1 Underwaters 3 25m 3:00 2 Mask & Snorkel Recovery 2 15m 3:00 3 Treading Water 2 1:00 on/ :30 off Order Exercise/ Drill Sets Distance/ Time Pace 1 Steady State Run 1 20-30 min Conversation Order Exercise Sets Reps Intensity 1 Front Squat 3 6 ≥ 75% 2 Side Plank Starfish Hold 3 30 sec ea side

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		Split Stance Landmine Single Arm				
	1	Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	Neutral Grip Weighted Pull Up	3	5	<u>≥</u> 75%	0:45-1:00
	3	Rear Foot Elevated Split Squat	3	6	<u>≥</u> 75%	0:45-1:00
	4	Cable Underhand Row	3	8	<u>≥</u> 75%	0:45-1:00
	5	MB Parallel (Forward Facing) Scoop Throw	3	5 ea side		0:45-1:00
	6	KB Offset Carry (1-arm front rack/ 1-arm low carry)	3	30 sec ea side	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr		_			
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2650m	Main Set	Freestyle	2	250m	4:00	Remainder of Interval
Time: 45 min		Freestyle	3	1 <i>5</i> 0m	2:45	Remainder of Interval
		Freestyle	4	50m	1:20	Remainder of Interval
		Side Kicking w/ fins	2	250m	4:00	Remainder of Interval
		Side Kicking w/ fins	3	1 <i>5</i> 0m	2:45	Remainder of Interval
		Side Kicking w/ fins	4	50m	1:20	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	٦
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00]
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		Close Grip Bench Press (Hold at				
	1	bottom 5 sec)	4	4	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold (10 sec ea rep)	4	3	<u>≥</u> 75%	0:45-1:00
	3	Pendlay BB Row	4	6	<u>≥</u> 75%	0:45-1:00
	4	Wall sit for time with Plate Hold	4	45 sec	<u>≥</u> 75%	0:45-1:00
	5	KB OH Walk (2 KBs OH)	4	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 m	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1050m	Main Set	Freestyle	8	50m	1:20	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down		_	-		
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	1
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	1
	4B	Drownproofing (Float)	1		1:00 on	
						_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	40-50 min	8:30	NA
			_		-	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	3	6	<u>></u> 75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	3	30 sec		0:45-1:00
	3	Weighted Lunge	4	6 ea	<u>≥</u> 75%	0:45-1:00
	4	BB Hip Thruster	3	6	<u>></u> 75%	0:45-1:00
	5	Straight Arm Pulldown	3	6 ea	<u>></u> 75%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

	T . IT. O. OO .					
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
						Remainde
Total Distance: 2350m	Main Set	Freestyle	3	250m	5:45	of Interva
						Remainde
Time: 55 min		Breastroke	4	50m	1:30	of Interva
						Remainde
		Side Kicking w/ fins	4	250m	5:45	of Interva
	Cool Down					
		Freestyle	1	100m	Easy	NA
w . 		- : /5:!!		D		1
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	1.5m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
						•
				_		
	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run						

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	3	6	<u>≥</u> 75%	
Time: 1hr	2	Side Plank Starfish Hold	3	30 sec ea side		
	3	Goblet Squat w/ OH press	3	8	65-85%	0:45-1:01
		Ankle Mobility (foot elevated				
	4	dorsiflexion)	3	6x 3 sec hold ea	<u>≥</u> 75%	0:45-1:00
	5	Glute Ham Raise	3	6	<u>≥</u> 75%	0:45-1:00
	6	Trap Bar Carry	3	45 sec	<u>≥</u> 75%	0:45-1:00
	7	Iso Pull Up Hold- Top of Pull Up	3	45 sec		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		Split Stance Landmine Single Arm				
	1	Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	Neutral Grip Weighted Pull Up	3	5	<u>≥</u> 75%	0:45-1:00
	3	Rear Foot Elevated Split Squat	3	6	<u>≥</u> 75%	0:45-1:00
	4	Cable Underhand Row	3	8	<u>≥</u> 75%	0:45-1:00
		MB Parallel (Forward Facing)				
	5	Scoop Throw	3	5 ea side		0:45-1:00
		KB Offset Carry (1-arm front rack/				
	6	1-arm low carry)	3	30 sec ea side	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr		_			
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2000m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
		·			•	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		Close Grip Bench Press (Hold at				
	1	bottom 5 sec)	4	4	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold (10 sec ea rep)	4	3	<u>≥</u> 75%	0:45-1:00
	3	Pendlay BB Row	4	6	<u>≥</u> 75%	0:45-1:00
	4	Wall sit for time with Plate Hold	4	45 sec	<u>≥</u> 75%	0:45-1:00
	5	KB OH Walk (2 KBs OH)	4	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1100m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	5	100m	2:30	Remainder of Interval
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run Time: 50 min	Order	Exercise/ Drill	Sets	Distance/ Time 45-50 min	Pace 8:30	Rest
Time: 50 min	IA	Long Slow Distance	ļ	43-30 min	6:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	4	30 sec		0:45-1:00
	3	Weighted Lunge Iso Hold	4	20 sec ea	<u>≥</u> 75%	0:45-1:00
	4	BB Hip Thruster	3	6	<u>≥</u> 75%	0:45-1:00
	5	Straight Arm Pulldown	3	6-12 ea	65-85%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 30 mi	'n				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 2150	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
Time: 55 min		Breastroke	6	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down					
•		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
					/	
	3	Treading Water	2		1:00 on/ :30 off	
	3	Treading Water	2		1:00 on/ :30 off	l
Run	3 Order	Treading Water Exercise/ Drill	2 Sets	Distance/ Time	1:00 on/ :30 off	Rest
Run Time: 30 min		•	•	Distance/ Time 20-30 min	,	Rest NA
-	Order	Exercise/ Drill	•		Pace	
Time: 30 min	Order	Exercise/ Drill	•		Pace Conversation Intensity	
Time: 30 min	Order	Exercise/ Drill Steady State Run Exercise Front Squat	Sets 1	20-30 min	Pace Conversation	NA
Time: 30 min Strength & Conditioning	Order 1 Order	Exercise/ Drill Steady State Run Exercise	Sets 1	20-30 min	Pace Conversation Intensity	NA
Time: 30 min Strength & Conditioning	Order 1 Order	Exercise/ Drill Steady State Run Exercise Front Squat Side Plank Starfish Hold Goblet Squat w/ OH press	Sets 1 Sets 3	20-30 min Reps 6	Pace Conversation Intensity	NA
-	Order 1 Order 1 2	Exercise/ Drill Steady State Run Exercise Front Squat Side Plank Starfish Hold	Sets 1	20-30 min Reps 6 30 sec ea side	Pace Conversation Intensity ≥ 75%	NA Rest
Time: 30 min Strength & Conditioning	Order 1 Order 1 2 3	Exercise/ Drill Steady State Run Exercise Front Squat Side Plank Starfish Hold Goblet Squat w/ OH press Ankle Mobility (foot elevated	Sets 1 Sets 3 3 3 3	20-30 min Reps 6 30 sec ea side 8	Pace Conversation Intensity ≥ 75% 65-85%	NA Rest 0:45-1:01
Time: 30 min Strength & Conditioning	Order 1 Order 1 2 3	Exercise/ Drill Steady State Run Exercise Front Squat Side Plank Starfish Hold Goblet Squat w/ OH press Ankle Mobility (foot elevated dorsiflexion)	Sets 1	Reps 6 30 sec ea side 8 6x 3 sec hold ea	Pace Conversation Intensity ≥ 75% 65-85% ≥ 75%	NA Rest 0:45-1:01

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 30 min	1	800m	6	800m	3:10	1:45
		Rest 5:00 after 3rd set				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		Split Stance Landmine Single Arm				
	1	Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	Neutral Grip Weighted Pull Up	3	5	<u>≥</u> 75%	0:45-1:00
	3	Rear Foot Elevated Split Squat	3	6	<u>≥</u> 75%	0:45-1:00
	4	Cable Underhand Row	3	8	<u>≥</u> 75%	0:45-1:00
		MB Parallel (Forward Facing)				
	5	Scoop Throw	3	5 ea side		0:45-1:00
		KB Offset Carry (1-arm front rack/				
	6	1-arm low carry)	3	30 sec ea side	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
						Remainder
Total Distance: "2000m	Main Set	Freestyle	5	50m	1:30	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	of Interval
						Remainder
		Freestyle	5	50m	1:15	of Interval
_						Remainder
		Side Kicking w/ fins	6	50m	1:15	of Interval
						Remainder
		Freestyle	5	50m	1:00	of Interval
						Remainder
		Side Kicking w/ fins	6	50m	1:00	of Interval
_						
	Cool Down	Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		Close Grip Bench Press (Hold at				
	1	bottom 5 sec)	4	4	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold (10 sec ea rep)	4	3	<u>≥</u> 75%	0:45-1:00
	3	Pendlay BB Row	4	6	<u>≥</u> 75%	0:45-1:00
	4	Wall sit for time with Plate Hold	4	45 sec	<u>≥</u> 75%	0:45-1:00
	5	KB OH Walk (2 KBs OH)	4	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 mir	1				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
#REF!	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	Remainder of Interval
	Cool Down					
	-	Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	

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	4B	Drownproofing (Float)	1		1:00 on
	4A	Drownproofing (Bobbing)	1		2:00
	3	Treading Water	2		1:00 on/ :30 off
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00

Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1A	Ruck	1	3 miles	15min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	4	30 sec		0:45-1:00
	3	Weighted Lunge Iso Hold	4	20 sec ea	<u>></u> 75%	0:45-1:00
	4	BB Hip Thruster	3	6	<u>></u> 75%	0:45-1:00
	5	Straight Arm Pulldown	3	6-12 ea	65-85%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

SOPHOMORE YEAR, SPRING, WEEKS 9-12

		_				
Day 1	Total Time: 2hr 30 mir					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
						Remainder
Total Distance: 1450m	Main Set	Freestyle	3	200m	4:00	of Interva
						Remainde
Time: 55 min	2 Rounds	Flutter Kick w/ board and fins	6	50m	1:30	of Interva
	-					Remainde
		Freestyle	2	100m	3:00	of Interva
	Cool Down					
		Freestyle	1	100m	Easy	NA
		-				-
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00]
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00]
	3	Treading Water	2		1:00 on/ :30 off	
			=			•
Run	Order	Exercise/ Drill	· ·			
	0.00	Exercise/ Dilli	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	Sets 1	30-40 min	Pace Conversation	Rest NA
Time: 40 min						
Time: 40 min Strength & Conditioning						
	1	Steady State Run	1	30-40 min	Conversation	NA
	1 Order	Steady State Run Exercise	1 Sets	30-40 min	Conversation Intensity	NA Rest
Strength & Conditioning	1 Order	Steady State Run Exercise Barbell Deadlift	1 Sets 4	30-40 min Reps 4-6	Conversation Intensity	Rest 0:45-1:00
Strength & Conditioning	1 Order 1 2	Steady State Run Exercise Barbell Deadlift Alternating Deadbug	1 Sets 4 4	30-40 min Reps 4-6 10 ea	Conversation Intensity ≥ 75%	Rest 0:45-1:00 0:45-1:00
Strength & Conditioning	1 Order 1 2 3	Exercise Barbell Deadlift Alternating Deadbug Lateral Step Downs	Sets 4 4 4	30-40 min Reps 4-6 10 ea 6 ea	Conversation Intensity ≥ 75% ≥ 75%	NA

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	1600 m repeats	3	1600m	7:00	3:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	Wieghted Pull Up	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2700m	Main Set	Freestyle	6	50m	1:20	Remainder of Interval
Time: 55 min		Freestyle	4	200m	3:20	Remainder of Interval
		Side Kicking w/ fins	4	75m	1:40	Remainder of Interval
_		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	2	200m	3:45	1:00
		Side Kicking w/ fins	1	300m	Race Pace	

	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
water Confidence	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	1 <i>5</i> Sec	Heavy	0:45-1:00

	Total Time: 2hr 30 m	in			<u> </u>	
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1500m	Main Set	Freestyle	7	50m	0:50	0:15
Time: 55 min		Side Kicking w/ fins	4	75m	1:30	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
water Confidence	Order	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	25m	3:00	
Time: 25 min	3	Treading Water	2	15m	1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4A 4B	Drownproofing (Bobbing) Drownproofing (Float)	1		1:00 on	
		- remiprosining (rices)			1.00 011	J
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 30 min	·-	, , ,	Sets	Distance/ Time 20-30 min		Rest NA
	Order	Exercise/ Drill	Sets 1		Pace	
Time: 30 min	Order	Exercise/ Drill	Sets		Pace	
Time: 30 min	Order 1A	Exercise/ Drill Fartlek (30sec burst every 3 min)	1	20-30 min	Pace Varied	NA Rest
Time: 30 min Strength & Conditioning	Order 1A Order	Exercise / Drill Fartlek (30sec burst every 3 min) Exercise	1 Sets	20-30 min	Pace Varied	NA Rest 0:45-1:00
Time: 30 min Strength & Conditioning	Order 1 A Order	Exercise/ Drill Fartlek (30sec burst every 3 min) Exercise Incline DB Bench Press	1 Sets 4	20-30 min Reps 6	Pace Varied	NA Rest 0:45-1:00
Time: 30 min Strength & Conditioning	Order 1A Order 1 2	Exercise/ Drill Fartlek (30sec burst every 3 min) Exercise Incline DB Bench Press Weighted Chin Up	1 Sets 4 4	20-30 min Reps 6 30 sec	Pace Varied Intensity ≥75%	Rest 0:45-1:00 0:45-1:00
	Order 1 A Order 1 2 3	Exercise/ Drill Fartlek (30sec burst every 3 min) Exercise Incline DB Bench Press Weighted Chin Up Reverse Lunge	Sets 4 4 4	20-30 min Reps 6 30 sec 6 ea	Pace Varied Intensity ≥75% ≥75%	Rest 0:45-1:00 0:45-1:00 0:45-1:00
Time: 30 min Strength & Conditioning	Order 1A Order 1 2 3 4	Exercise/ Drill Fartlek (30sec burst every 3 min) Exercise Incline DB Bench Press Weighted Chin Up Reverse Lunge Incline Chest Supported Row	1 Sets 4 4 4 3	20-30 min Reps 6 30 sec 6 ea 6	Pace Varied Intensity ≥75% ≥75% ≥75%	NA

		_				
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainde
Total Distance: 1250m	Main Set	Freestyle	4	50m	1:20	of Interva
Time: 55 min		Side Kicking w/ fins	2	250m	5:00	
		Freestyle	1	250m	5:00	
	Cool Down					
'		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	

	3	Treading Water	2		1:00 on/ :30 off	
						_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	<u>≥</u> 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	<u>≥</u> 75%	0:45-1:00
	4	Glute Ham Raise	4	6	<u>≥</u> 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	<u>≥</u> 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1hr 15 min		_			_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	800m Intervals	4	800m	3:10	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	Wieghted Pull Up	4	6-12	<u>></u> 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1500m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 45 min		Breaststroke	3	100m	3:15	Remainder of Interval
		Freestyle	2	50m	1:25	Remainder of Interval
		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	6	50m	1:15	Remainder of Interval
		Breaststroke	4	25m	1:10	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	-
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	1 <i>5</i> Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 2100m	Main Set	Side Kicking w/ fins or Combat Side Stroke	7	250m	5:00	Remainder of Interval
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
						_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 55 min	1A	Long Slow Distance	1	45-55 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:43-1:00
Tille: Till 15 lilli	2	Weighted Chill Op		00 000		0:45-1:00
Time: Till 15 lilli	3	Reverse Lunge	4	6 ea	<u>≥</u> 75%	
Time: Till 13 lilli					≥75% ≥75%	0:45-1:00
Time: Till 13 lillil	3	Reverse Lunge	4	6 ea	_	0:45-1:00 0:45-1:00
Time: Till 13 lillil	3 4	Reverse Lunge Incline Chest Supported Row	4	6 ea	<u>≥</u> 75%	0:45-1:00 0:45-1:00 0:45-1:00

		_				
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1450m	Main Set	Freestyle	1	600m	10:00	3:00
Time: 55 min		Side Kicking w/ fins or Combat Side Stroke	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
				-		•
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
						-
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	<u>≥</u> 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	<u>≥</u> 75%	0:45-1:00
	4	Glute Ham Raise	4	6	<u>≥</u> 75%	0:45-1:00
	5	Single Arm DB Row	4	6 еа	<u>≥</u> 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	400m Intervals	6	400m	1:20	0:45
		Rest 3:00 after 3rd set				

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	Wieghted Pull Up	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
						Remainder
Total Distance: 2550m	Main Set	Freestyle	12	100m	2:20	of Interval
Time: 45 min		Side Kicking w/ fins	10	100m	2:20	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	15 Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 mi	n				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
						Remainder
Total Distance: 1000m	Main Set	Freestyle	8	50m	1:20	of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down					
ļ.		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	1
						_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
	_			-	-	_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	<u>></u> 75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec	·	0:45-1:00

3 Reverse Lunge	4	6 ea	<u>≥</u> 75%	0:45-1:00
4 Incline Chest Supported Row	3	6	<u>≥</u> 75%	0:45-1:00
5 Pallof Press	3	6 еа	<u>≥</u> 75%	0:45-1:00
6 Max Dead Hang		Max		
7 Landmine Rotations	3	5 ea		0:45-1:00

		_				
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
						Remainder
Total Distance: 2150m	Main Set	Freestyle	2	250m	5:45	of Interval
						Remainder
Time: 55 min		Breastroke	6	50m	1:30	of Interval
						Remainder
		Side Kicking w/ fins	4	250m	5:45	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
					_	-
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
	•					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	<u>≥</u> 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	<u>≥</u> 75%	0:45-1:00
	4	Glute Ham Raise	4	6	<u>≥</u> 75%	0:45-1:00
	4 5	Glute Ham Raise Single Arm DB Row	4	6 6 ea	≥ 75% ≥ 75%	0:45-1:00 0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
		-				=
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	<u>≥</u> 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	<u>≥</u> 75%	0:45-1:00
	4	Wieghted Pull Up	4	6-12	<u>≥</u> 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	<u>≥</u> 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2000m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min	Maii Jei	Side Kicking w/ fins	6	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval

		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Water Confidence	Order	Exercise/ Drill Underwaters	Sets 3	Distance 25m	Interval 3:00	-
Water Confidence Time: 20 min	Order 1 2		Sets 3 2			

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	1 <i>5</i> Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 mi	in <u> </u>				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1150m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	Remainder of Interval
	Cool Down		=	-	-	
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	F / D . !!	C.1.	B:	Interval	1
water Confidence	Order	Exercise/ Drill Underwaters	Sets	Distance 25m	3:00	
T: 05 :	2		5		3:00	
Time: 25 min		Mask & Snorkel Recovery	2	15m		l
	3	Treading Water	2		1:00 on/ :30 off	
	4A 4B	Drownproofing (Bobbing) Drownproofing (Float)	1		2:00 1:00 on	l
		oromprooming (riodi)				1
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	Ruck	1	4 miles	15 min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
U	1	Incline DB Bench Press	4	6	<u>≥</u> 75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00
	3	Reverse Lunge	4	6 ea	<u>≥</u> 75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	<u>≥</u> 75%	0:45-1:00
	5	Pallof Press	3	6 ea	<u>></u> 75%	0:45-1:00
	6	Max Dead Hang		Max		
	7	Landmine Rotations	3	5 ea		0:45-1:00

JUNIOR YEAR, FALL, WEEKS 1-6

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	200m	Easy	2:00
Total Distance: 1300m	Drill Sets	Position 11 Drill	6	25m	Easy	0:15
Time: 25 min		Rotational Drill	6	25m	Easy	0:15
		1-Arm Free	6	25m	Easy	0:15
_		Bow and Arrow	6	25m	Easy	0:15
	Main Set					
		Freestyle	4	100m	1:45	1:15
	Cool Down		=	-		
•		Freestyle	1	100m	Easy	NA
						•
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	6-12	<u>65%-85%</u>	
Time: 1hr 15 min	1B	Depth Jumps	4	5		0:45-1:00
	2	Nordic Hamstring Curls	4	6-12		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	5 ea		
	4	Lateral Bound to Stabilize	3	6-12	65%-85%	0:45-1:00
	5	SL RDL	3	6-12	65%-85%	0:45-1:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
		_	_			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	3	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	200m	Easy	1:30
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1500m	Drill Sets	Side Kicking w/ Fins	4	50m	Easy	0:20
Time: 40 min		Side Stroke/ Combat Recovery	3	100m	Easy	1:00
		Rotation Drill	4	25m	Easy	0:20
	Main Set					
•		Freestyle	3	100m	2:15	1:45
		Side Kicking w/ Fins	2	100m	2:15	1:45

	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	6-12		0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	150m	Easy	2:00
Total Distance: 1250m	Drill Sets	Position 11 Drill	2	25m	Easy	0:30
Time: 40 min		Rotational Drill	2	25m	Easy	0:30
		1-Arm Free	2	25m	Easy	0:30
		Bow and Arrow	2	25m	Easy	0:30
		Fingertip Drag	2	25m	Easy	0:30
		Slingshot	2	25m	Easy	0:30
	Main Set					
'		Freestyle	12	50m	1:15 Interval	
	Cool Down					
'		Freestyle	1	100m	Easy	NA
		-		-		=
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	2		1:00 on/:30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
				•		
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Push Ups	4	30-50	65%-85%	0:45-1:00
	3	Sit Ups	4	40	65%-85%	0:45-1:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	6-12 ea		
	5	Lateral Raises	2	6-11	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	O .	Reverse corrs		V	00 / 0 00 / 0	

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	200m	Easy	2:00

Total Distance: 1300m	Drill Sets	Position 11 Drill	6	25m	Easy	0:15
Time: 25 min		Rotational Drill	6	25m	Easy	0:15
		1-Arm Free	6	25m	Easy	0:15
_		Bow and Arrow	6	25m	Easy	0:15
	Main Set					
		Freestyle	4	100m	1:45	1:15
	Cool Down					
-		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	3:00	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
			_		/	
	3	Treading Water	2		1:00 on/ :30 off	
Run	3 Order	Treading Water Exercise/ Drill	2 Sets	Distance/ Time	1:00 on/ :30 off	Rest
-			=	Distance/ Time		Rest NA
Run Time: 35 min		Exercise/ Drill	=		Pace	
Time: 35 min		Exercise/ Drill	=		Pace	
Time: 35 min	Order 1	Exercise/ Drill Steady State Run	Sets 1	25-35 min	Pace Conversation	NA
Time: 35 min Strength & Conditioning	Order 1 Order	Exercise/ Drill Steady State Run Exercise	Sets 1	25-35 min	Pace Conversation	NA
Time: 35 min Strength & Conditioning	Order 1 Order	Exercise/ Drill Steady State Run Exercise Back Squat	Sets Sets 4	25-35 min Reps 6-12	Pace Conversation	NA Rest
Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B	Exercise/ Drill Steady State Run Exercise Back Squat Depth Jumps	Sets 1	25-35 min Reps 6-12 5	Pace Conversation	NA Rest
-	Order 1 Order 1A 1B 2	Exercise/ Drill Steady State Run Exercise Back Squat Depth Jumps Nordic Hamstring Curls	Sets 1 Sets 4 4 4	25-35 min Reps 6-12 5 6-12	Pace Conversation	NA Rest
Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B 2 3A	Exercise/ Drill Steady State Run Exercise Back Squat Depth Jumps Nordic Hamstring Curls Bird Dogs	Sets 1 Sets 4 4 4 3 3	25-35 min Reps 6-12 5 6-12 10 ea	Pace Conversation	NA Rest
Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B 2 3A 3B	Exercise/ Drill Steady State Run Exercise Back Squat Depth Jumps Nordic Hamstring Curls Bird Dogs Med Ball Perpendicular Throw	Sets 1 Sets 4 4 4 3 3 3 3	25-35 min Reps 6-12 5 6-12 10 ea 5 ea	Pace Conversation Intensity 65%-85%	NA Rest 0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	100m-200m	Sprint	Walk Down
		_				_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	3	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	200m	Easy	1:30
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1500m	Drill Sets	Side Kicking w/ Fins	4	50m	Easy	0:20
Time: 40 min		Side Stroke/ Combat Recovery	3	100m	Easy	1:00
_	!	Rotation Drill	4	25m	Easy	0:20
	Main Set					
•		Freestyle	3	100m	2:15	1:45
_		Side Kicking w/ Fins	2	100m	2:15	1:45
	Cool Down					
•		Freestyle	1	100m	Easy	NA
		-		-		_
Time: 20 min	2	Mask and Snorkel	2		3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min	
Duy 4	Total fille: Till 15 lilli	ı

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	6	100m-200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	6-12		0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	150m	Easy	2:00
Total Distance: 1250m	Drill Sets	Position 11 Drill	2	25m	Easy	0:30
Time: 40 min		Rotational Drill	2	25m	Easy	0:30
		1-Arm Free	2	25m	Easy	0:30
		Bow and Arrow	2	25m	Easy	0:30
		Fingertip Drag	2	25m	Easy	0:30
_		Slingshot	2	25m	Easy	0:30
	Main Set			-	•	-
		Freestyle	12	50m	1:15 Interval	
	Cool Down					
•		Freestyle	1	100m	Easy	NA
_						
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4	Buddy Breathing	1	Mild	2:00	
						•
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	LSD (Long Slow Distance)	1	35-45 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Push Ups	4	30-50	65%-85%	0:45-1:00
	3	Sit Ups	4	40	65%-85%	0:45-1:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	6-12 ea		
	5	Lateral Raises	2	6-11	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	0	RC TC 13C COT13				

Day 1	Total Time: 3hr 0 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1450m	Main Set	Rotational Drill	4	25m	Easy	0:30
Time: 45 min		Freestyle	5	50m	1:15	0:15
		Flutter Kick w/ Kickboard	5	50m	1:40	0:15
•		Freestyle	4	75m	2:00	1:00
_		Sidestroke	2	75m	2:00	1:00
	Cool Down		_		-	
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	2		1:00 on/:30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	6-12	<u>65%-85%</u>	
Time: 1hr 15 min	1 B	Depth Jumps	4	5		0:45-1:
	2	Nordic Hamstring Curls	4	6-12		
	3A	Bird Dogs	3	10 ea		
	3В	Med Ball Perpendicular Throw	3	5 ea		
	4	Lateral Bound to Stabilize	3	6-12	65%-85%	0:45-1
	5	SL RDL	3	6-12	65%-85%	0:45-1
	6	Plank	3	1 min	<u> </u>	0:45

Day 2	Total Time: 1hr 18 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 18 min	1	Intervals	8	400m	1:30	0:45
		3:00 minute break after 4th				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	3	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	2	150m	Easy	1:15
Total Distance: 1300m	Drill Sets	Open Turns with Fins Practice	1	10 min	Technique	3:00
Time: 35 min						
	Main Set	Side Stroke w/ Fins	6	50m	1:15	0:20
_		Side Kicking w/ Fins	1	400m	6:00	
	Cool Down					
_		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 25 min	2	Mask and Snorkel	2	15m	3:00	
	3	Treading	3	1:00 on 0:30 off		
	4A	Drown Proofin (Bobbing)	1	1:00		
	4B	Drown Proofin (Float)	1	1:00		
	4C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	6-12		0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1150m		Kick w/ Board	1	1 <i>5</i> 0m	Easy	1:00
Time: 25 min						
	Main Set	Side Kicking w/ Fins	1	600m	1:00 per 50m	NA
	Cool Down	1				
'		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	LSD (Long Slow Distance)	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Dana	Intensity	Rest
Strength & Conditioning	Order	Wide Grip Pull Ups	4	Reps 6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Push Ups	4	30-50	65%-85%	0:45-1:00
	3	Sit Ups	4	40	65%-85%	0:45-1:00
	4	Plank	3	90 sec		•
	5	Single Arm DB Row	3	6-12 ea		
	5	Lateral Raises	2	6-11	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Skull Crushers	3	6-12	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 40 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1000m	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:00
	Drill Sets	Rotational Drill	2	25m	Easy	0:30
Time: 35 min		Position 11 Drill	2	25m	Easy	0:30
	Main Set					
		Freestyle	7	50m	1:00	0:30
		Breast Stroke	5	50m	1:20	0:30
	Cool Down					
		Freestyle	1	100m	Easy	NA
						•
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	3		1:00 on/ :30 off	
		_	_			_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	6-12	<u>65%-85%</u>	
Time: 1hr 15 min	1B	Depth Jumps	4	5		0:45-1:00
	2	Nordic Hamstring Curls	4	6-12		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	5 ea		
	4	Lateral Bound to Stabilize	3	6-12	65%-85%	0:45-1:00
	5	SL RDL	3	6-12	65%-85%	0:45-1:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1hr 25 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	Repeats	3	1200m	5:15	2:30
		_	_			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest

	1	BenchPress	4	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	3	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1450m	Drill Sets	Finger Tip Drag	5	50m	Technique	1:30
Time: 40 min						
	Main Set					
•		Freestyle	2	250m	1:00/ 50m	2:00
_		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	1 <i>5</i> m	3:00	
	3	Underwater Technique Work	1	10 minutes		

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
			_			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	6-12		0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 900m	Main Set	Freestyle	1	500m	Race Pace	
Time: 20 min						
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
		-	=	-		
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	3		1:00 on/ :30 off	
	4	Buddy Breathing	2	Mild	2:00	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Ruck w/ 45 lbs	1	2 mi	15:00/ mi	NA
-		-	=	-	-	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	6-12	65%-85%	0:45-1:00

Time: 1hr 15 min	2	Push Ups	4	30-50	65%-85%	0:45-1:00
	3	Sit Ups	4	40	65%-85%	0:45-1:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	6-12 ea		
	5	Lateral Raises	2	6-11	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Skull Crushers	3	6-12	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 50 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	400m	Easy	2:00
Total Distance: 1350m	Main Set	Freestyle	5	50m	1:10	0:20
Time: 35 min		Sidestroke	4	50m	1:10	0:30
		Freestyle Down Sidestroke Back	1	400m	1:10 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
						1
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Buddy Breathing	1	Moderate	1:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4.4		-	1.00		
	4A	Drown Proofing (Bobbing)	1	1:30		
	4A 4B	Drown Proofing (Bobbing) Drown Proofing (Floating)	1	1:30		
		5 1 5/	1			
Run		Drown Proofing (Floating)	1 1 Sets	1:30	Pace	Rest
Run Time: 35 min	4B	Drown Proofing (Floating) Exercise/ Drill	1 1 Sets	1:30 Distance/ Time		Rest NA
	4B Order	Drown Proofing (Floating)	1 1 Sets	1:30	Pace Conversation	
	4B Order	Drown Proofing (Floating) Exercise/ Drill	Sets	1:30 Distance/ Time		
Time: 35 min	4B Order	Drown Proofing (Floating) Exercise/ Drill Steady State Run	1	1:30 Distance/ Time 25-35 min	Conversation	NA
Time: 35 min	4B Order	Drown Proofing (Floating) Exercise/ Drill Steady State Run Exercise	1 Sets	1:30 Distance/ Time 25-35 min Reps	Conversation Intensity	NA Rest
Time: 35 min Strength & Conditioning	Order 1 Order 1A	Exercise Drill Exercise Back Squat	1 Sets 4	Distance/ Time 25-35 min Reps 6-12	Conversation Intensity	NA Rest
Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B	Exercise Drill Steady State Run Exercise Back Squat Depth Jumps	1 Sets 4 4	1:30 Distance/ Time 25-35 min Reps 6-12 5	Conversation Intensity	NA Rest
Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B 2	Exercise Drill Steady State Run Exercise Back Squat Depth Jumps Nordic Hamstring Curls	Sets 4 4 4	1:30 Distance/ Time 25-35 min Reps 6-12 5 6-12	Conversation Intensity	NA Rest
Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B 2 3A	Exercise / Drill Steady State Run Exercise Back Squat Depth Jumps Nordic Hamstring Curls Bird Dogs	1 Sets 4 4 4 3	1:30 Distance/ Time 25-35 min Reps 6-12 5 6-12 10 ea	Conversation Intensity	NA Rest 0:45-1:0
Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B 2 3A 3B	Exercise / Drill Steady State Run Exercise Back Squat Depth Jumps Nordic Hamstring Curls Bird Dogs Med Ball Perpendicular Throw	1 Sets 4 4 4 3 3 3	1:30 Distance/ Time 25-35 min Reps 6-12 5 6-12 10 ea 5 ea	Conversation Intensity 65%-85%	NA

Day 2	Total Time: 1hr 29 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 29 min	1	Repeats	3	1600m	<i>7</i> :10	3:30
		-	_	-		-
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	3	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
		Side Kicking w/ Fins	1	150m	Easy	2:00
Total Distance: 1400m	Main Set	Side Kicking w/ Fins	1	500m	1:10 per 50m	3:00
Time: 35 min		Side Kicking w/ Fins	8	50m	0:50-1:00	0:10
	Cool Down					
-		Choice of Stroke	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:30
Time: 25 min	2	Mask and Snorkel	1	20m	3:00
	3	Fin Treading	3	1:00 on 0:30 off	

Day 4	Total Time: 1hr 15 min		_		_	_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	6-12		0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 800m		Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breastroke Back	1	200m	1:15 per 50m	NA
•		Freestyle	5	50m	1:10	0:20
		Breastroke	5	50m	1:10	0:30
_						
	Cool Down					
·		Choice of Stroke	1	100m	Easy	NA
		-				_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 30 min	Order	Exercise/ Drill Fartlek (60sec burst every 4 min)	Sets 1	Distance/ Time 20-30min	Pace Varied	Rest NA
Time: 30 min	1	Fartlek (60sec burst every 4 min)	1	20-30min	Varied	NA
	1	Fartlek (60sec burst every 4 min) Exercise	Sets 1 Sets 4			
Time: 30 min	l Order	Fartlek (60sec burst every 4 min)	l Sets	20-30min	Varied Intensity	NA Rest
Time: 30 min Strength & Conditioning	l Order	Fartlek (60sec burst every 4 min) Exercise Wide Grip Pull Ups	1 Sets 4	20-30min Reps 6-12	Varied Intensity 65%-85%	NA Rest 0:45-1:00
Time: 30 min Strength & Conditioning	1 Order 1 2	Fartlek (60sec burst every 4 min) Exercise Wide Grip Pull Ups Push Ups	1 Sets 4	20-30min Reps 6-12 30-50	Varied Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00
Time: 30 min Strength & Conditioning	1 Order 1 2 3	Fartlek (60sec burst every 4 min) Exercise Wide Grip Pull Ups Push Ups Sit Ups	1 Sets 4 4 4	20-30min Reps 6-12 30-50 40	Varied Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00
Time: 30 min Strength & Conditioning	1 Order 1 2 3 4	Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank	1 Sets 4 4 4 3	20-30min Reps 6-12 30-50 40 90 sec	Varied Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00
Time: 30 min Strength & Conditioning	1 Order 1 2 3 4 5	Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank Single Arm DB Row	Sets 4 4 3 3 3	20-30min Reps 6-12 30-50 40 90 sec 6-12 ea	Varied Intensity 65%-85% 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00 0:45-1:00

Stroke 1 300m Drill 4 25m 10 50m de Kicking) 10 50m	Easy 1:05 1:05
Drill 4 25m 10 50m de Kicking) 10 50m	Easy 1:05
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1 100m	
1 100m	
	Easy
Drill Sets Distance In	nterval
ers 5 25m	2:30
norkel 2 20m	3:00
ng 2 1:00 c	on/:30 of
1	orkel 5 25m 20m

Time: 40 min	1	C. 1 C D	1	20.40 :	C .:	NIA
Time: 40 min		Steady State Run	ı	30-40min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
gg	1A	Back Squat	1	6-12	65%-85%	
Time: 1hr 15 min			-			
	2	Nordic Hamstring Curls	1	6-12		
	3A	Bird Dogs	1	10 ea		
	3B	Med Ball Perpendicular Throw	1	30		
	4	Lateral Bound to Stabilize	1	6-12	65%-85%	0:45-1:00
	5	SL RDL	1	6-12	65%-85%	0:45-1:00
	6	Plank	1	1 min		0:45
Day 2	Total Time: 1hr 10 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Time Trial (Race Pace)	1	1.5 mi	Race	
			•			_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	1	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	1	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	1	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	1	12		0:45
	5	Side Plank	1	30 Sec Each		
	6	Single Arm OH Press	1	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	1	6-12	65%-85%	0:45-1:00
Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
		Swim w/ Snorkel (Not attached to				
Total Distance: 1300m	Drill Sets	mask)	1	200m	Easy	
Time: 30 min						
	Main Set					_
		Freestyle	1	350m	1:00 per 50m	
Ī		Side Kicking w/ Fins	1	350m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
			_			
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	ĺ
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	20m	3:00	[
	3A	Drown Proofing (Bobbing)	1	2:00		[
	3B	Drown Proofin (Float)	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	1	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	1	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	1	3 Seconds		
	3	Sit Ups	1	40		
	4	GHD Leg Curl	1	6-12		0:45-1:00
	5	Goblet Squat	1	6-12	65%-85%	0:45-1:00
	6A	V-Ups	1	15-20		
	6B	Hollow Hold	1	30 sec		0:45-1:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00

		Freestyle (Breathe every 5th				
Total Distance: 1450m	Drill Sets	stroke)	6	50m	Easy	0:10
		Freestyle (Breathe every 7th			·	
Time: 45 min		stroke)	6	25m	Easy	0:10
	Main Set					
		Freestyle	1	600m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
			-			_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
Time: 25 min						
Time: 20 min	3	Fin Treading	3		1:00 on/ :30 off	
111110.1 20 111111	3 4	Fin Treading Buddy Breathing	3	Moderate	1:00 on/ :30 off 2:00	}
	4	Buddy Breathing	1		2:00	Post
Run	_	Buddy Breathing Exercise/ Drill		Distance/ Time	2:00 Pace	Rest
Run	4	Buddy Breathing	1		2:00	Rest NA
Run Time: 50 min	4	Buddy Breathing Exercise/ Drill	1	Distance/ Time	2:00 Pace	
Run Time: 50 min	4 Order	Buddy Breathing Exercise/ Drill LSD (Long Slow Distance)	Sets	Distance/ Time 40-50 min	2:00 Pace 8:30	NA Rest
Run Time: 50 min Strength & Conditioning	4 Order	Buddy Breathing Exercise/ Drill LSD (Long Slow Distance) Exercise	Sets 1 Sets	Distance/ Time 40-50 min	Pace 8:30	NA Rest 0:45-1:00
Run Time: 50 min Strength & Conditioning	Order 1 Order 1	Exercise / Drill LSD (Long Slow Distance) Exercise Wide Grip Pull Ups	Sets 1 Sets 1	Distance/ Time 40-50 min Reps 6-12	2:00 Pace 8:30 Intensity 65%-85%	Rest 0:45-1:00 0:45-1:00
Run Time: 50 min Strength & Conditioning	Order 1 Order 1 2	Exercise Drill LSD (Long Slow Distance) Exercise Wide Grip Pull Ups Push Ups	Sets	Distance/ Time 40-50 min Reps 6-12 30-50	2:00 Pace 8:30 Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00
	Order 1 Order 1 2 3	Exercise/ Drill LSD (Long Slow Distance) Exercise Wide Grip Pull Ups Push Ups Sit Ups	Sets	Distance/ Time 40-50 min Reps 6-12 30-50 40	2:00 Pace 8:30 Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00
Run Time: 50 min Strength & Conditioning	Order 1 Order 1 2 3 4	Exercise/ Drill LSD (Long Slow Distance) Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank	Sets	Distance/ Time 40-50 min Reps 6-12 30-50 40 90 sec	2:00 Pace 8:30 Intensity 65%-85% 65%-85%	Rest 0:45-1:00 0:45-1:00 0:45-1:00
Run Time: 50 min Strength & Conditioning	Order 1 Order 1 2 3 4 5	Exercise/ Drill LSD (Long Slow Distance) Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank Single Arm DB Row	Sets	Distance / Time 40-50 min Reps 6-12 30-50 40 90 sec 6-12 ea	2:00 Pace 8:30 Intensity 65%-85% 65%-85%	NA

JUNIOR YEAR, FALL, WEEKS 7-12

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
						Remainder
Total Distance: 2400m	Main Set	Freestyle w/ Fins	4	100m	2:05	of Interval
Time: 25 min		Rotational Drill down, freestyle bac	4	50m	Technique	0:30
	_	Position 11 Drill down, freestyle ba	4	50m	Technique	0:30
						Remainder
		Freestyle w/ Fins	3	400m	5:40	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	1-5	<u>≥</u> 85%	
Time: 1hr 15 min	1 B	Depth Jumps	4	5		2:00-5:00
	2	Nordic Hamstring Curls	4	5 (slow)		_
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	5 ea		
	4	Lateral Lunge	3	1-5 ea	<u>≥</u> 85%	2:00-5:00
	5	SL RDL	3	1-5 ea	<u>≥</u> 85%	2:00-5:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	8	200m	Sprint	Walk Down
		-				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	<u>></u> 85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	<u>≥</u> 85%	2:00-5:00
	3	Weighted Pull Up	3	1-5	<u>≥</u> 85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	<u>≥</u> 85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	<u>≥</u> 85%	2:00-5:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 2100m	Finning Work	Side Kicking w/ Fins	4	125m	2:00	0:30
Time: 40 min		Side Stroke/ Combat Recovery	4	125m	2:00	0:30
	Main Set		_			
-		Breastroke	2	150m	2:30	1:00
_		Freestyle	1	500m	10:00	
	Cool Down					
-		Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	3	25m	3:00
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00
	3	Drown Proofing (Bobbing Only)	1		2:00

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	<u>≥</u> 85%	2:00-5:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	<u>≥</u> 85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5	weighted if able	2:00-5:00
	5	Goblet Squat	3	1-5	<u>≥</u> 85%	2:00-5:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		2:00-5:00

Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
		Choice of Stroke (at				
	Warm-up	least 3 different)	1	300m	Easy	2:00
#REF!	Main Set	Freestyle	5	100m	1:00	0:30
Time: 40 min		Freestyle w/ fins	5	150m	1:30	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	1 <i>5</i> m	3:00	
	2	T 1: \A/ .	2		1:00 on/ :30 off	
	3	Treading Water			1:00 011/ :30 011	
	4A	Drownproofing (Bobbing)	1		2:00	
	4A	Drownproofing (Bobbing)	1		2:00	
Run	4A Order	Drownproofing (Bobbing) Exercise/ Drill		Distance/ Time	2:00 Pace	Rest
Run Time: 50 min	4A	Drownproofing (Bobbing)	1	Distance/ Time 45-50 min	2:00	Rest NA
Time: 50 min	4A Order	Drownproofing (Bobbing) Exercise/ Drill Long Slow Distance	Sets	45-50 min	2:00 Pace 8:30	NA
	4A Order	Drownproofing (Bobbing) Exercise/ Drill Long Slow Distance Exercise	Sets 1	45-50 min	2:00 Pace 8:30 Intensity	NA Rest
Time: 50 min Strength & Conditioning	Order 1 A Order	Drownproofing (Bobbing) Exercise/ Drill Long Slow Distance Exercise Wide Grip Pull Ups	Sets 1 Sets 4	45-50 min Reps 1-5	2:00 Pace 8:30	NA Rest 2:00-5:00
Time: 50 min	0rder 1 A Order 1 2	Exercise / Drill Ups Wide Grip Pull Ups Push Ups	Sets	45-50 min Reps 1-5 50+	2:00 Pace 8:30 Intensity ≥85%	NA Rest 2:00-5:00 2:00-5:00
Time: 50 min Strength & Conditioning	Order 1 A Order 1 2 3	Exercise / Drill Long Slow Distance Exercise Wide Grip Pull Ups Push Ups Sit Ups	Sets 1 Sets 4 4	45-50 min Reps 1-5 50+ 40	2:00 Pace 8:30 Intensity	NA Rest 2:00-5:00
Time: 50 min Strength & Conditioning	Order 1 A Order 1 2 3 4	Exercise / Drill Long Slow Distance Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank	Sets 1 Sets 4 4 3	45-50 min Reps 1-5 50+ 40 90 sec	2:00 Pace 8:30 Intensity ≥85%	NA Rest 2:00-5:00 2:00-5:00
Time: 50 min Strength & Conditioning	Order 1 A Order 1 2 3	Exercise / Drill Long Slow Distance Exercise Wide Grip Pull Ups Push Ups Sit Ups	Sets 1 Sets 4 4	45-50 min Reps 1-5 50+ 40	2:00 Pace 8:30 Intensity ≥85% ≥85%	NA Rest 2:00-5:00 2:00-5:00 2:00-5:00
Time: 50 min Strength & Conditioning	Order 1 A Order 1 2 3 4	Exercise / Drill Long Slow Distance Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank	Sets 1 Sets 4 4 3	45-50 min Reps 1-5 50+ 40 90 sec	2:00 Pace 8:30 Intensity ≥85% ≥85%	NA Rest 2:00-5:00 2:00-5:00
Time: 50 min Strength & Conditioning	Order 1 A Order 1 2 3 4 5	Exercise / Drill Long Slow Distance Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank Single Arm DB Row	Sets 1 Sets 4 4 4 3 3	45-50 min Reps 1-5 50+ 40 90 sec 1-5 ea	2:00 Pace 8:30 Intensity ≥85% ≥85%	NA Rest 2:00-5:00 2:00-5:00 2:00-5:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	1:00
		Finning (Side Kicking)	1	250m	Easy	1:00
#REF!	Main Set	Freestyle w/ fins and snorkel	4	150m	1:45	0:15
Time: 30 min		Side Kicking w/fins	4	50m	0:55	0:10
	Cool Down					
		Freestyle	1	150m	Easy	NA
			-			_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	3:00	

Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	2		1:00 on/ :30 off	
						_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
_		-	_			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	1-5	<u>≥</u> 85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		2:00-5:00
	2	Nordic Hamstring Curls	4	5 (Slow)		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	30		
	4	Lateral Lunge	3	1-5	<u>≥</u> 85%	2:00-5:00
	5	SL RDL	3	1-5	<u>≥</u> 85%	2:00-5:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Intervals	6	1200m	4:40	2:00
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	<u>></u> 85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	<u>≥</u> 85%	2:00-5:00
	3	Weighted Pull Up	3	1-5	<u>≥</u> 85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	<u>≥</u> 85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	<u>≥</u> 85%	2:00-5:00

Day 3	Total Time: 1hr			_		_
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
		Kick with Kick Board	1	200m	Easy	2:00
Total Distance: m	Main Set	Freestyle Breath every 5th Stroke	2	250m	4:00	1:45
Time: 40 min		25m Down - Freestyle Back				
		Side Kicking w/ Fins	4	100m	2:00	0:30
		Combat Recovery w/ Fins	3	100m	2:00	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		-				_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 20 min	2	Mask and Snorkel	2		3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	<u>≥</u> 85%	2:00-5:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	<u>≥</u> 85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5	Weighted if Able	2:00-5:00
	5	Goblet Squat	3	1-5	<u>≥</u> 85%	2:00-5:00
	6A	V-Ups	3	15-20		

6B	Hollow Hold	3	30 sec	2:00-5:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 2050m	Main Set	Breastroke Kick w/ kick board	4	50m	,	0:30
Time: 40 min		Flutter Kick w/ kick board	4	50m	Fast	0:30
		Breastroke	1	350m	5:30	2:00
		Freestyle	1	850m	7:30	NA
	Cool Down	, i		•		
		Choice of Stroke	1	100m	Easy	NA
				<u> </u>	•	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4	Buddy Breathing	1	Mild	2:00	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Ruck	1	3 mi	15min/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	1-5	<u>≥</u> 85%	2:00-5:00
Time: 1hr 15 min	2	Push Ups	4	50+		2:00-5:00
	3	Sit Ups	4	40	<u>≥</u> 85%	2:00-5:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	1-5	<u>≥</u> 85%	2:00-5:00
	5	Lateral Raises	2	1-5	<u>≥</u> 85%	2:00-5:00
	6	Reverse Curls	3	1-5	<u>≥</u> 85%	2:00-5:00
	7	Skull Crushers	3	1-5	<u>≥</u> 85%	2:00-5:00
Day 1 Swim	Total Time: 3hr 0 min	Exercise/ Drill	Sets	Distance	Pace	Rest
JWIIII	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 2250m	Main Set	Flutter Kick w/ Kickboard	4	75m	1:45	0:30
Time: 45 min	Maiii oci	Freestyle	4	100m	1:50	0:20
Tille: 45 Illill		Side Kicking w/ Fins	6	125m	1:50	0:20
		Combat Recovery Stroke w/ fins	4	100m	2:00	0:20
ı	Cool Down	Compar Recevery offere wy fins		100111	2.00	0.20
•	300.20	Choice of Stroke	1	100m	Easy	NA
		Choice of the one	•		2007	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	2		1:00 on/ :30 off	
			•	•	,	l
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
		,				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	1-5	<u>≥</u> 85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		2:00-5:00
	2	Nordic Hamstring Curls	4	5 (Slow)		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	30		
	4	Lateral Lunge	3	1-5	<u>≥</u> 85%	2:00-5:00
	5	SL RDL	3	1-5	<u>></u> 85%	2:00-5:00
	4	Plank	2	1 min		0.45

Day 2	Total Time: 1hr 18 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 18 min	1	Intervals	6	800m	3:20	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	<u>≥</u> 85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	<u>≥</u> 85%	2:00-5:00
	3	Weighted Pull Up	3	1-5	<u>></u> 85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	<u>≥</u> 85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	<u>≥</u> 85%	2:00-5:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
		Side Kicking w/ Fins	1	1 <i>5</i> 0m	Easy	2:00
Total Distance: 2900m	Drill Set	Side Kicking w/ Fins	3	150m	2:50	0:25
						remainder
						of pace
Time: 2 hr		Flutter kick w/ board (no fins)	3	1 <i>5</i> 0m	4:00	time
						remainder
						of pace
	Main Set	Side Stroke w/ Fins	10	75m	1:30	time
						remainder
		_ , , , _				of pace
		Freestyle w/ Fins	6	125m	2:00	time
Ļ	Cool Down			_		
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 25 min	2	Mask and Snorkel	2	15m	3:00	
	3	Treading	3	1:00 on 0:30 off		
	4A	Drown Proofin (Bobbing)	1	1:00		
	4B	Drown Proofin (Float)	1	1:00		
	4C	Drown Proofing (Travel)	1	50m	•	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	<u>≥</u> 85%	2:00-5:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	<u>≥</u> 85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5	Weighted if Able	2:00-5:00
	5	Goblet Squat	3	1-5	<u>≥</u> 85%	2:00-5:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		2:00-5:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1850m						
Time: 40 min	Main Set	Freestyle w/ fins]	1500m	30:00:00	NA
		_				
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Fartlek (30 sec burst every 3 min)	1	20-30 min	varied	NA
_						
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	1-5	<u>></u> 85%	2:00-5:00
Time: 1hr 15 min	2	Push Ups	4	50+	<u>≥</u> 85%	2:00-5:00
	3	Sit Ups	4	40	<u>≥</u> 85%	2:00-5:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	1-5 ea		
	5	Lateral Raises	2	1-5	<u>≥</u> 85%	2:00-5:00
	6	Reverse Curls	3	1-5	<u>></u> 85%	2:00-5:00
	7	Skull Crushers	3	1-5	<u>></u> 85%	2:00-5:00

Total Time: 2hr 40 min					
Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:00
Drill Sets	Rotational Drill	2	25m	Easy	0:30
	Position 11 Drill	2	25m	Easy	0:30
Main Set					
	Freestyle	5	50m	1:00	0:45
	Breast Stroke	4	50m	1:20	0:30
Cool Down					
	Freestyle	1	100m	Easy	NA
Order	Exercise/ Drill	Sets	Distance	Interval	
1	Underwaters	3	25m	2:30	
2	Buddy Breathing	1	Mild	2:00	
3	Treading Water	3		1:00 on/ :30 off	
					<u>-</u> '
				-	
		Sets			Rest
1	Steady State Run	1	35-45 min	Conversation	NA
	-		_		_
		Sets			Rest
		4		<u>≥</u> 85%	
• =	Depth Jumps	4	5		2:00-5:00
2	Nordic Hamstring Curls	4	5 (Slow)		
3A	Bird Dogs	3	10 ea		
3B	Med Ball Perpendicular Throw	3	30		
4	Lateral Lunge	3	1-5	<u>≥</u> 85%	2:00-5:00
5	SL RDL	3	1-5	<u>≥</u> 85%	2:00-5:00
					0:45
	Order Warm-up Drill Sets Main Set Cool Down Order 1 2 3 Order 1 1 Order 1 3 3 4 5	Order Exercise/ Drill Warm-up Freestyle/ Sidestroke Drill Sets Rotational Drill Position 11 Drill Position 11 Drill Main Set Freestyle Breast Stroke Freestyle Order Exercise/ Drill 1 Underwaters 2 Buddy Breathing 3 Treading Water Order Exercise/ Drill 1 Steady State Run Order Exercise 1A Back Squat 1B Depth Jumps 2 Nordic Hamstring Curls 3A Bird Dogs 3B Med Ball Perpendicular Throw 4 Lateral Lunge 5 SL RDL	Order Exercise/ Drill Sets Warm-up Freestyle/ Sidestroke 1 Drill Sets Rotational Drill 2 Position 11 Drill 2 Main Set 5 Freestyle 5 Breast Stroke 4 Cool Down 1 Freestyle 1 Order Exercise/ Drill Sets 1 Underwaters 3 2 Buddy Breathing 1 3 Treading Water 3 Order Exercise/ Drill Sets 1 Steady State Run 1 Order Exercise Sets 1A Back Squat 4 1B Depth Jumps 4 2 Nordic Hamstring Curls 4 3A Bird Dogs 3 3B Med Ball Perpendicular Throw 3 4 Lateral Lunge 3 5 SL RDL 3	Order Exercise/ Drill Sets Distance Warm-up Freestyle/ Sidestroke 1 200m Drill Sets Rotational Drill 2 25m Position 11 Drill 2 25m Main Set Freestyle 5 50m Breast Stroke 4 50m Cool Down Freestyle 1 100m Order Exercise/ Drill Sets Distance 1 Underwaters 3 25m 2 Buddy Breathing 1 Mild 3 Treading Water 3 3 Order Exercise/ Drill Sets Distance/ Time Order Exercise/ Drill Sets Reps 1A Back Squat 4 1-5 1B Depth Jumps 4 5 1B Depth Jumps 4 5 2 Nordic Hamstring Curls 4 5 (Slow) 3A Bird D	Order Exercise/ Drill Sets Distance Pace Warm-up Freestyle / Sidestroke 1 200m Easy Drill Sets Rotational Drill 2 25m Easy Main Set Freestyle 5 50m 1:00 Breast Stroke 4 50m 1:20 Cool Down Freestyle 1 100m Easy Order Exercise/ Drill Sets Distance Interval 1 Underwaters 3 25m 2:30 2 Buddy Breathing 1 Mild 2:00 3 Treading Water 3 1:00 on/:30 off Order Exercise/ Drill Sets Distance/ Time Pace 1 Steady State Run 1 35-45 min Conversation Order Exercise Sets Reps Intensity 1A Back Squat 4 1-5 2

Day 2	Total Time: 1hr 25 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Repeats	4	1200m	5:00	2:30
		_	_	_		
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	<u>≥</u> 85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds		2:00-5:00
	3	Weighted Pull Up	3	1-5	<u>≥</u> 85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	<u>></u> 85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	<u>≥</u> 85%	2:00-5:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	

		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1100m	Drill Sets	Finger Tip Drag	3	50m	Technique	2:00
Time: 40 min						
	Main Set					
		Freestyle	2	200m	1:00/ 50m	2:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
						•
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	1 <i>5</i> m	3:00	
	3	Underwater Technique Work	1	10 minutes		

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
		-	-	=		_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	<u>≥</u> 85%	2:00-5:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	<u>≥</u> 85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5		2:00-5:00
	5	Goblet Squat	3	1-5	<u>≥</u> 85%	2:00-5:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		2:00-5:00

Day 5	Total Time: 2hr 30 m	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 800m	Main Set	Freestyle	1	500m	Race Pace	
Time: 20 min						
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	3		1:00 on/ :30 off	
	4	Buddy Breathing	2	Mild	2:00	
	4	Buddy Breathing	2	Mild	2:00	
	4	• ,	2		2:00]
Ruck	4 Order	Buddy Breathing Exercise/ Drill	2 Sets	Mild Distance/ Time	2:00 Pace	Rest
Ruck Time: 55 min		• ,				Rest NA
	Order	Exercise/ Drill		Distance/ Time	Pace	
Time: 55 min	Order	Exercise/ Drill		Distance/ Time	Pace 15:00/ mi	
Time: 55 min	Order 1	Exercise/ Drill Long Slow Distance	Sets 1	Distance/ Time 45-55 min	Pace 15:00/ mi	NA Rest
Time: 55 min Strength & Conditioning	Order 1	Exercise/ Drill Long Slow Distance Exercise	Sets 1	Distance/ Time 45-55 min Reps	Pace 15:00/ mi	NA Rest 2:00-5:00
Time: 55 min Strength & Conditioning	Order 1 Order	Exercise/ Drill Long Slow Distance Exercise Wide Grip Pull Ups	Sets 1 Sets 4	Distance/ Time 45-55 min Reps 1-5	Pace 15:00/ mi	Rest 2:00-5:00 2:00-5:00
	Order 1 Order 1 2	Exercise/ Drill Long Slow Distance Exercise Wide Grip Pull Ups Push Ups	Sets 1	Distance/ Time 45-55 min Reps 1-5 50+	Pace 15:00/ mi Intensity ≥85%	NA
Time: 55 min Strength & Conditioning	Order 1 Order 1 2 3	Exercise/ Drill Long Slow Distance Exercise Wide Grip Pull Ups Push Ups Sit Ups	Sets 1	Distance/ Time 45-55 min Reps 1-5 50+ 40	Pace 15:00/ mi Intensity ≥85%	Rest 2:00-5:00 2:00-5:00
Time: 55 min Strength & Conditioning	Order 1 Order 1 2 3 4	Exercise/ Drill Long Slow Distance Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank	Sets 1	Distance/ Time 45-55 min Reps 1-5 50+ 40 90 sec	Pace 15:00/ mi Intensity ≥85%	NA Rest 2:00-5:00 2:00-5:00 2:00-5:00
Time: 55 min Strength & Conditioning	Order 1 Order 1 2 3 4 5	Exercise/ Drill Long Slow Distance Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank Single Arm DB Row	Sets 1	Distance/ Time 45-55 min Reps 1-5 50+ 40 90 sec 1-5	Pace 15:00 / mi Intensity ≥85% ≥85%	Rest 2:00-5:00 2:00-5:00

Week 11	Day 1	Total Time: 2hr 50 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
		Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
	Total Distance: 1700m	Main Set	Freestyle	6	50m	:45	0:30
	Time: 35 min		Sidestroke	6	50m	1:00	0:20

		Side kicking w/ fins	2	350m	5:00	2:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
			_			1
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Buddy Breathing	1	Moderate	1:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drown Proofing (Bobbing)	1	1:30		
	4B	Drown Proofing (Floating)	1	1:30		
D.v.	Ordon	Eversion / Drill	Cata	Dietanes / Time	Dave	Doct
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 50 min	Order 1	Exercise/ Drill Steady State Run	Sets	Distance/ Time 40-50 min	Pace Conversation	Rest NA
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Time: 50 min	1 Order	Steady State Run Exercise	l Sets	40-50 min	Conversation Intensity	
Time: 50 min Strength & Conditioning	1 Order	Steady State Run Exercise Back Squat	1 Sets 4	40-50 min Reps 1-5	Conversation	NA Rest
Time: 50 min Strength & Conditioning	1 Order 1 A 1 B	Steady State Run Exercise Back Squat Depth Jumps	1 Sets 4 4	40-50 min Reps 1-5 5	Conversation Intensity	NA Rest
Time: 50 min Strength & Conditioning	1 Order 1 A 1 B 2	Exercise Back Squat Depth Jumps Nordic Hamstring Curls	Sets 4 4 4	40-50 min Reps 1-5 5 (Slow)	Conversation Intensity	NA Rest
	1 Order 1 A 1 B 2 3 A	Exercise Back Squat Depth Jumps Nordic Hamstring Curls Bird Dogs	1 Sets 4 4 4 3	40-50 min Reps 1-5 5 (Slow) 10 ea	Conversation Intensity	NA Rest
Time: 50 min Strength & Conditioning	1 Order 1 A 1 B 2 3 A 3 B	Exercise Back Squat Depth Jumps Nordic Hamstring Curls Bird Dogs Med Ball Perpendicular Throw	Sets 4 4 4 3 3 3	40-50 min Reps 1-5 5 (Slow) 10 ea 30	Conversation Intensity ≥85%	NA Rest 2:00-5:00
Time: 50 min Strength & Conditioning	1 Order 1 A 1 B 2 3 A 3 B 4	Exercise Back Squat Depth Jumps Nordic Hamstring Curls Bird Dogs Med Ball Perpendicular Throw Lateral Lunge	Sets 4 4 4 3 3 3 3	40-50 min Reps 1-5 5 (Slow) 10 ea 30 1-5	Conversation Intensity ≥85% ≥85%	NA Rest 2:00-5:00
Time: 50 min Strength & Conditioning	1 Order 1 A 1 B 2 3 A 3 B	Exercise Back Squat Depth Jumps Nordic Hamstring Curls Bird Dogs Med Ball Perpendicular Throw	Sets 4 4 4 3 3 3	40-50 min Reps 1-5 5 (Slow) 10 ea 30	Conversation Intensity ≥85%	NA

Day 2	Total Time: 1hr 29 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 29 min	1	Repeats	4	400m	1:30	0:45
Rest: 3 minutes between	2	Repeats	3	800m	3:10	1:30
each group of repeats	3	Repeats	4	400m	1:30	0:45
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	<u>≥</u> 85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	<u>≥</u> 85%	2:00-5:00
	3	Weighted Pull Up	3	1-5	<u>≥</u> 85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	<u>≥</u> 85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	<u>≥</u> 85%	2:00-5:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 1450m	Main Set	Side Kicking w/ Fins	1	500m	10:00	3:00
Time: 35 min		Freestyle w/ Fins	10	50m	:45	0:20
	Cool Down		_			
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask and Snorkel	1	20m	3:00	
	3	Fin Treading	3	1:00 on 0:30 off		

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	<u>≥</u> 85%	2:00-5:00

Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	<u>≥</u> 85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5		2:00-5:00
	5	Goblet Squat	3	1-5	<u>≥</u> 85%	2:00-5:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		2:00-5:00

Day 5	Total Time: 2hr 10 m					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1450m	Drill Set	Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breastroke Back	1	300m	4:00	NA
-		Freestyle	10	50m	0:50	0:15
	Cool Down					
•		Choice of Stroke	1	250m	Easy	NA
		Choice of Stroke	1	100m	Easy	NA
Run	Order	Fyercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 60 min	Order 1	Exercise/ Drill Long Slow Distance	Sets	Distance/ Time 50-60min	Pace 8:30	Rest NA
	Order 1	,	Sets 1			
	Order 1 Order	,	Sets 1			
Time: 60 min	1	Long Slow Distance	1	50-60min	8:30	NA
Time: 60 min	1	Long Slow Distance Exercise	1 Sets	50-60min	8:30	NA Rest
Time: 60 min Strength & Conditioning	1 Order	Long Slow Distance Exercise Wide Grip Pull Ups	1 Sets 4	50-60min Reps 1-5	8:30 Intensity ≥85%	NA Rest 2:00-5:00
Time: 60 min Strength & Conditioning	1 Order 1 2	Long Slow Distance Exercise Wide Grip Pull Ups Push Ups	Sets 4 4	50-60min Reps 1-5 30-50	8:30 Intensity ≥85% ≥85% ≥85%	Rest 2:00-5:00 2:00-5:00
Time: 60 min Strength & Conditioning	Order 1 2 3	Exercise Wide Grip Pull Ups Push Ups Sit Ups	Sets 4 4 4	50-60min Reps 1-5 30-50 40	8:30 Intensity ≥85% ≥85% ≥85% ≥85%	Rest 2:00-5:00 2:00-5:00
Time: 60 min Strength & Conditioning	Order 1 2 3 4	Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank	Sets 4 4 4 3	50-60min Reps 1-5 30-50 40 90 sec	8:30 Intensity ≥85% ≥85% ≥85%	Rest 2:00-5:00 2:00-5:00 2:00-5:00
Time: 60 min Strength & Conditioning	Order 1 2 3 4 5	Exercise Wide Grip Pull Ups Push Ups Sit Ups Plank Single Arm DB Row	1 Sets 4 4 4 3 3 3	50-60min Reps 1-5 30-50 40 90 sec 1-5	8:30 Intensity ≥85% ≥85% ≥85% ≥85%	Rest 2:00-5:00 2:00-5:00 2:00-5:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: m	Drill Sets					
Time: 35 min		Rotational Drill	4	25m	Easy	0:30
	Main Set					
·		Freestyle	1	350m	5:00	2:30
		Side Kicking w/ fins	1	350m	5:00	2:30
		Side Kicking w/ fins	11	50m	0:45	0:15
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel	2	20m	3:00	
	3	Fin Treading	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30min	Conversation	NA
		•	-	-		
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	1-5	<u>≥</u> 85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		2:00-5:0
	2	Nordic Hamstring Curls	4	5 (Slow)		
		Bird Dogs	3	1 min		
	3A	Dira Dogs				
	3A 3B	Med Ball Perpendicular Throw	3	30		
		· ·		30 1-5	<u>></u> 85%	2:00-5:0

	6	Plank	3	1 min		0:45
						_
Day 2	Total Time: 1hr 10 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Time Trial (Race Pace)	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	<u>≥</u> 85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds		2:00-5:00
	3	Weighted Pull Up	3	1-5	<u>≥</u> 85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	<u>≥</u> 85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	<u>≥</u> 85%	2:00-5:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
ı		Swim w/ Snorkel (Not attached to				
Total Distance: 1800m	Drill Sets	mask)	1	200m	Easy	
Time: 30 min						
	Main Set					
_		Freestyle w/ snorkel	1	600m	10:00	
_		Side Kicking w/ Fins	1	600m	10:00	
	Cool Down					
-		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	20m	3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float)	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	<u>≥</u> 85%	2:00-5:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	<u>≥</u> 85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5	Weighted if Able	2:00-5:00
	5	Goblet Squat	3	1-5	<u>≥</u> 85%	2:00-5:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		2:00-5:00

Day 5	Total Time: 3hr		_	_	_	
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	2:00
Total Distance: 1000m	Main Set					
Time: 45 min		Side Kicking w/ fins	1	500m	Race Pace	
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Fin Treading	3		1:00 on/ :30 off	

	4	Buddy Breathing	1	Moderate	2:00	
						_
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1	Ruck w/ 45 lbs	1	4 miles	15 min/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	1-5	<u>></u> 85%	2:00-5:00
Time: 1hr 15 min	2	Push Ups	4	30-50	<u>></u> 85%	2:00-5:00
	3	Sit Ups	4	40	<u>≥</u> 85%	2:00-5:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	1-5	<u>≥</u> 85%	2:00-5:00
	5	Lateral Raises	2	1-5	<u>≥</u> 85%	2:00-5:00
	6	Reverse Curls	3	1-5	<u>≥</u> 85%	2:00-5:00
	7	Skull Crushers	3	1-5	<u>></u> 85%	2:00-5:00

JUNIOR YEAR, SPRING, WEEKS 1-6

Day 1	Total Time: 2hr 30 mi					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 2150m	Main Set	Freestyle	2	275m	5:45	Remainder of Interval
Time: 55 min		Breastroke	5	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
						•
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min						
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30]
Time: 20 min	3	Mask & Snorkel Recovery Fin Treading	2	20m	2:30 1:00 on/ :30 off	
Time: 20 min		,		20m		
		,		20m Distance/ Time		Rest
Time: 20 min Run Time: 30 min	3	Fin Treading	4		1:00 on/ :30 off	Rest NA
Run	3 Order	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 30 min	3 Order	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 30 min	3 Order 1	Fin Treading Exercise/ Drill Steady State Run	Sets	Distance/ Time 20-30 min	1:00 on/ :30 off Pace Conversation	NA
Run Time: 30 min Strength & Conditioning	Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	Sets 1	Distance/ Time 20-30 min Reps	Pace Conversation Intensity	NA
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A	Fin Treading Exercise/ Drill Steady State Run Exercise Back Squat	4 Sets 1 Sets 5	Distance/ Time 20-30 min Reps 1-5	Pace Conversation Intensity > 85%	NA Rest
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B	Fin Treading Exercise / Drill Steady State Run Exercise Back Squat Box Jumps	Sets 1 Sets 5 5	Distance/ Time 20-30 min Reps 1-5 5	Pace Conversation Intensity > 85% Explosive	Rest
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2	Fin Treading Exercise / Drill Steady State Run Exercise Back Squat Box Jumps Single Leg RDL	4	Distance/ Time 20-30 min Reps 1-5 5 1-5 ea sde	Pace Conversation Intensity > 85% Explosive	Rest 2:30 2:30
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2 3	Fin Treading Exercise / Drill Steady State Run Exercise Back Squat Box Jumps Single Leg RDL Pallof Press	Sets 1 Sets 5 5 4 4	Distance/ Time 20-30 min Reps 1-5 5 1-5 ea sde 10 ea side	Pace Conversation Intensity > 85% Explosive	2:30 2:30 2:30
Run	Order 1 Order 1A 1B 2 3 4	Fin Treading Exercise / Drill Steady State Run Exercise Back Squat Box Jumps Single Leg RDL Pallof Press Bicycles	Sets 1 Sets 5 5 4 4 4 4	Distance/ Time 20-30 min Reps 1-5 5 1-5 ea sde 10 ea side 40 (4 count)	Pace Conversation Intensity > 85% Explosive >85%	Rest 2:30 2:30 :30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Push ups	5	25	Fast	2:30
	2	Weighted Pull Ups	4	1-5	>85%	2:30
	3	Farmer's Carry (2x heavy)	4	30 Yards		1:00
	4	Plank Reaches	4	10 ea		1:00
	5	Alternating OH DB Press	3	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	3	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2150m	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	Remainder of Interval
		Freestyle	6	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	6	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30
	3	10-ups	1	~17m	1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Broad Jump	5	5	Explosive	2:30
	2	Lateral Lunge	4	1-5 ea sde	>85%	2:30
	3	Side Plank w/ hip abduction	4	15 ea side		:30
	4	Hanging Leg Lifts	4	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	3	10 ea side		1:00
	6	SA OH KB Squat	3	5 ea side	65%-85%	2:30
	7	5-10-5 Drill (See OFT Packet)	3	3	Explosive	1:00

Day 5	Total Time: 2hr 30 m					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
						Remainder
Total Distance: 1300m	Main Set	Freestyle	6	50m	1:30	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min		44 L 0 C L L D	2	20m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	Z	2011	2:30	
Time: 25 min	3	Treading Water	4	2011	1:00 on/ :30 off	
Time: 25 min		,		20111		
Time: 25 min		,		2011		<u> </u>
Time: 25 min		,		Distance/ Time		Rest
	3	Treading Water	4		1:00 on/ :30 off	<u> </u>
Run	3 Order	Treading Water Exercise/ Drill	4 Sets	Distance/ Time	1:00 on/ :30 off	Rest
Run Time: 50 min	3 Order 1A	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min)	Sets 1	Distance/ Time 20-30 min	Pace Varied	Rest NA
Run	3 Order	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise	4 Sets	Distance/ Time 20-30 min Reps	1:00 on/ :30 off	Rest
Run Time: 50 min	3 Order 1A	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min)	Sets 1	Distance/ Time 20-30 min	Pace Varied	Rest NA
Run Time: 50 min Strength & Conditioning	Order 1A Order	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise	Sets 1	Distance/ Time 20-30 min Reps	Pace Varied	Rest NA
Run Time: 50 min Strength & Conditioning	Order 1A Order 1A	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position)	Sets 1 Sets 5	Distance/ Time 20-30 min Reps :30	Pace Varied Intensity	Rest NA Rest
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups	Sets 1 Sets 5 5	Distance/ Time 20-30 min Reps :30	Pace Varied Intensity Controlled	Rest NA Rest
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press	Sets 1 Sets 5 5 4	Distance/ Time 20-30 min Reps :30 10 1-5	Pace Varied Intensity Controlled >85%	Rest NA Rest 2:00 2:30
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press SA Farmers Cary	Sets 1 Sets 5 4 4	Distance / Time 20-30 min Reps :30 10 1-5 30 Yards ea	Pace Varied Intensity Controlled >85%	Rest NA Rest 2:00 2:30 :30
Run Time: 50 min	Order 1 A Order 1 A 1 B 2 3 4	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press SA Farmers Cary V-Ups	Sets 1 Sets 5 4 4 4	Distance/ Time 20-30 min Reps :30 10 1-5 30 Yards ea 15	Pace Varied Intensity Controlled >85% Heavy	Rest NA Rest 2:00 2:30 2:30 1:00

Day 1	Total Time: 2hr 30 min			_		
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
						Remainder
Total Distance: 2150m	Main Set	Side Kicking w/ fins	6	150m	3:15	of Interval
Time: 55 min		Freestyle w/ fins	6	75m	Fast	:30
	_					Remainder
		Alternating laps-Freestyle/ Sidekicking	8	50m	1:15	of Interval
	Cool Down		•	-	-	
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Box Jumps	5	5	Explosive	2:30
	2	Single Leg RDL	4	1-5 ea sde	>85%	2:30
	3	Pallof Press	4	10 ea side		:30
	4	Bicycles	4	40 (4 count)		:30
	5	Lateral Bound	3	5 ea side	Explosive	:30
	6	Wieighted Glute Bridge (Hip Thruster)	3	1-5	>85%	2:30
	7	Push Up Hold (down position)	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Push ups	5	25	Fast	2:30
	2	Weighted Pull Ups	4	1-5	>85%	2:30
	3	Farmer's Carry (2x heavy)	4	30 Yards		1:00
	4	Plank Reaches	4	10 ea		1:00
	5	Alternating OH DB Press	3	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	3	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Res
	Warm-up	Choice of Stroke	1	300m	Easy	
						Remair
Total Distance: 1700m	Main Set	Freestyle	2	150m	2:40	of Inte
Time: 45 min	2 times Through Main Set	Side Kicking w/ fins	4	100m	2:00	Remair of Inte
	2:00 rest between exercises	Side Kicking w/ fins	8	50m	1:00	Remain of Inte
		Freestyle	1	200m	Easy	
	Cool Down	Freestyle	1	100m	Easy	N/
	Cool Down	Freestyle	1	100m	Easy	N/
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
		Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Broad Jump	5	5	Explosive	2:30
	2	Lateral Lunge	4	1-5 ea sde	>85%	2:30
	3	Side Plank w/ hip abduction	4	15 ea side		:30
	4	Hanging Leg Lifts	4	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	3	10 ea side		1:00
	6	SA OH KB Squat	3	5 ea side	65%-85%	2:30
	7	5-10-5 Drill (See OFT Packet)	3	3	Explosive	1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1900m	Main Set	Freestyle	1	500m	10:30	
Time: 35 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					

		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
			1 4		_	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (up position)	5	:30		
Time: 1hr 15 min	1 B	Pull Ups	5	10	Controlled	2:00
	2	OH BB Press	4	1-5	>85%	2:30
	3	SA Farmers Cary	4	30 Yards ea	Heavy	:30
	4	V-Ups	4	15		1:00
	5	Reverse Fly	3	3-8	65-85%	1:00
	6	Incline Bench Press	3	1-5	>85%	2:30
	7	Push Up Hold (Middle position)	3	1 min		1:00

Day 1	Total Time: 2hr 30 mi	n				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 2450m	Main Set	Freestyle	1	850m	13:00	3:00
						Remainder
Time: 55 min		Freestyle	14	50m	1:00	of Interval
	<u></u>	Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
		-				_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
		•				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Box Jumps	5	5	Explosive	2:30
	2	Single Leg RDL	4	1-5 ea sde	>85%	2:30
	3	Pallof Press	4	10 ea side		:30
	4	Bicycles	4	40 (4 count)		:30
	5	Lateral Bound	3	5 ea side	Explosive	:30
	6	Wieighted Glute Bridge (Hip Thruster)	3	1-5	>85%	2:30
	7	Push Up Hold (down position)	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Push ups	5	25	Fast	2:30
	2	Weighted Pull Ups	4	1-5	>85%	2:30
	3	Farmer's Carry (2x heavy)	4	30 Yards		1:00
	4	Plank Reaches	4	10 ea		1:00
	5	Alternating OH DB Press	3	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	3	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	

						Remainder
Total Distance: 1875m	Main Set	Freestyle	2	200m	3:30	of Interval
						Remainder
Time: 45 min		Breastroke	2	125m	2:30	of Interval
						Remainder
		Side Kicking w/ fins	3	150m	3:30	of Interval
		Flutterkick Kickboard (no fins)	10	25m	Fast	:20
		Breastroke Kick Kickboard	5	25m		:20
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	1
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
	_					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Broad Jump	5	5	Explosive	2:30
	2	Lateral Lunge	4	1-5 ea sde	>85%	2:30
	3	Side Plank w/ hip abduction	4	15 ea side		:30
	4	Hanging Leg Lifts	4	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	3	10 ea side		1:00
	6	SA OH KB Squat	3	5 ea side	65%-85%	2:30
	7	High Plank	3	1:30		1:00

Day 5	Total Time: 2hr 30 mi	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1675m	Main Set	Freestyle	1	325m	5:00	2:00
Time: 30 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
	<u>.</u>					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 50 min	Order	Exercise/ Drill Fartlek (30 sec Burst every 3 min)	Sets	Distance/ Time 20-30 min	Pace Varied	Rest NA
-		,	Sets 1			
Time: 50 min		,	Sets 1	20-30 min	Varied	
-	1A	Fartlek (30 sec Burst every 3 min)	1			NA
Time: 50 min	1 A Order	Fartlek (30 sec Burst every 3 min) Exercise	Sets	20-30 min	Varied	NA
Time: 50 min Strength & Conditioning	Order	Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position)	1 Sets 5	20-30 min Reps :30	Varied Intensity	NA Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B	Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups	1 Sets 5 5	20-30 min Reps :30 10	Varied Intensity Controlled	Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2	Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press	5 5 4	20-30 min Reps :30 10 1-5	Intensity Controlled >85%	Rest 2:00 2:30
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2 3	Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press SA Farmers Cary	5 5 4 4	20-30 min Reps :30 10 1-5 30 Yards ea	Intensity Controlled >85%	2:00 2:30 :30
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2 3 4	Exercise Pull Up Hold (up position) Pull Ups OH BB Press SA Farmers Cary V-Ups	Sets 5 5 4 4 4	20-30 min Reps :30 10 1-5 30 Yards ea 15	Intensity Controlled >85% Heavy	Rest 2:00 2:30 :30 1:00

		_				
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
						Remainder
Total Distance: 2100m	Main Set	Freestyle	5	150m	3:30	of Interval
Time: 55 min		SideStroke	1	200m	4:30	
						Remainder
		Side Kicking w/ fins	5	150m	3:30	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30
	3	Fin Treading	4		1:00 on/:30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Consult o Constitution	0.1.	P	C	D	1.1	D
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Box Jumps	5	5	Explosive	2:30
	2	Single Leg RDL	4	1-5 ea sde	>85%	2:30
	3	Pallof Press	4	10 ea side		:30
	4	Bicycles	4	40 (4 count)		:30
	5	Lateral Bound	3	5 ea side	Explosive	:30
	6	Wieighted Glute Bridge (Hip Thruster)	3	1-5	>85%	2:30
	7	Push Up Hold (down position)	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Push ups	5	25	Fast	2:30
	2	Weighted Pull Ups	4	1-5	>85%	2:30
	3	Farmer's Carry (2x heavy)	4	30 Yards		1:00
	4	Plank Reaches	4	10 ea		1:00
	5	Alternating OH DB Press	3	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	3	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 2250m	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 55 min		Freestyle Breathe every 5th Stroke	7	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	5	1 <i>5</i> 0m	3:20	Remainder of Interval
		Side Kicking w/ fins- 3 breaths per 25m	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
	Cool Down	Freestyle	1	100m	Easy	NA
		-				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	┙
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
					•	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Broad Jump	5	5	Explosive	2:30
	2	Lateral Lunge	4	1-5 ea sde	>85%	2:30
	3	Side Plank w/ hip abduction	4	15 ea side		:30
	4	Hanging Leg Lifts	4	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	3	10 ea side		1:00

6	SA OH KB Squat	3	5 ea side	65%-85%	2:30
7	High Plank	3	1:30		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1400m	Main Set					
Time: 35 min		Side Kicking w/ fins	1	1000m	Race	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/:30 off	
	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 50 min	Order 1 A		Sets 1	Distance/ Time 20-30 min	Pace Varied	Rest NA
Time: 50 min	1A	Exercise/ Drill Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
	1A Order	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise	Sets	20-30 min		
Time: 50 min Strength & Conditioning	1A Order 1A	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position)	1 Sets 5	20-30 min Reps :30	Varied Intensity	NA Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups	Sets	20-30 min Reps :30 10	Varied Intensity Controlled	Rest
Time: 50 min Strength & Conditioning	1A Order 1A	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position)	1 Sets 5	20-30 min Reps :30	Varied Intensity	NA Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups	5 5 5	20-30 min Reps :30 10	Varied Intensity Controlled	Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press	5 5 4	20-30 min Reps :30 10 1-5	Varied Intensity Controlled >85%	NA Rest 2:00 2:30
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2 3	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press SA Farmers Cary	5 5 5 4	20-30 min Reps :30 10 1-5 30 Yards ea	Varied Intensity Controlled >85%	Rest 2:00 2:30 :30
Time: 50 min	1A Order 1A 1B 2 3 4	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press SA Farmers Cary V-Ups	5 5 5 4 4	20-30 min Reps :30 10 1-5 30 Yards ea 15	Varied Intensity Controlled >85% Heavy	2:00 2:30 2:30

Day 1	Total Time: 2hr 30 min				_	_
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1950m	Main Set	Freestyle w/ Fins and Snorkel	6	1 <i>5</i> 0m	1:45	Remainder of Interval
		, ,				Remainde
Time: 55 min		Side Kicking w/ fins	6	25m	:30	of Interva
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down		-	-		-
1		Freestyle	1	100m	Easy	NA
		-				_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/:30 off	
	•			•	,	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 30 min	Order	· · · · · · · · · · · · · · · · · · ·	Sets 1	Distance/ Time		Rest NA
		Exercise/ Drill Steady State Run	Sets 1		Pace	
		· · · · · · · · · · · · · · · · · · ·	Sets 1		Pace	
Time: 30 min	1	Steady State Run	1	20-30 min	Pace Conversation	NA
Time: 30 min	l Order	Steady State Run Exercise	1 Sets	20-30 min	Pace Conversation	NA
Time: 30 min Strength & Conditioning	1 Order	Steady State Run Exercise Back Squat	1 Sets 5	20-30 min Reps 1-5	Pace Conversation Intensity > 85%	NA Rest
Time: 30 min Strength & Conditioning	1 Order 1A 1B	Steady State Run Exercise Back Squat Box Jumps	5 5 5	20-30 min Reps 1-5 5	Pace Conversation Intensity > 85% Explosive	Rest
Time: 30 min Strength & Conditioning	1 Order 1A 1B 2	Exercise Back Squat Box Jumps Single Leg RDL	5 5 4	20-30 min Reps 1-5 5 1-5 ea sde	Pace Conversation Intensity > 85% Explosive	Rest 2:30 2:30
Time: 30 min Strength & Conditioning	1 Order 1A 1B 2 3	Exercise Back Squat Box Jumps Single Leg RDL Pallof Press	5 5 4 4	20-30 min Reps 1-5 5 1-5 ea sde 10 ea side	Pace Conversation Intensity > 85% Explosive	2:30 2:30 2:30
Time: 30 min Strength & Conditioning	1 Order 1A 1B 2 3	Exercise Back Squat Box Jumps Single Leg RDL Pallof Press Bicycles	5 5 4 4	Reps 1-5 5 1-5 ea sde 10 ea side 40 (4 count)	Pace Conversation Intensity > 85% Explosive >85%	2:30 2:30 2:30 :30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	1-5	> 85%	
			_	^ =	-	0.00
Time: 1hr 15 min	1 B	Push ups	5	25	Fast	2:30

3	Farmer's Carry (2x heavy)	4	30 Yards		1:00
4	Plank Reaches	4	10 ea		1:00
5	Alternating OH DB Press	3	1-5 ea side	> 85%	2:30
6	Bent Over DB Row	3	1-5 ea side	>85%	2:30
7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Re
	Warm-up	Choice of Stroke	1	300m	Easy	
						Rema
Total Distance: 1700m	Main Set	Freestyle	6	50m	1:30	of Inte
Time: 45 min		Breaststroke	2	100m	3:15	Remai of Inte
		Freestyle	4	50m	1:25	Remai of Inte
•		Breaststroke	2	100m	3:15	Remail of Inte
		Freestyle	6	50m	1:15	Remail of Inte
		Breaststroke	4	25m	1:10	Remai of Inte
	Cool Down	Freestyle	1	100m	Easy	N/
Water Confidence	Order	Eventine / Daill	Sets	Distance	later al	1
water Confidence	Order 1	Exercise/ Drill Underwaters	5ers	25m	Interval 2:15	1
	-		,			4
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	1-5	> 85%	
Time: 1hr 15 min	1 B	Broad Jump	5	5	Explosive	2:30
	2	Lateral Lunge	4	1-5 ea sde	>85%	2:30
	3	Side Plank w/ hip abduction	4	15 ea side		:30
	4	Hanging Leg Lifts	4	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	3	10 ea side		1:00
	6	SA OH KB Squat	3	5 ea side	65%-85%	2:30
	7	5-10-5 Drill (See OFT Packet)	3	3		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	ı
	Warm-up	Choice of Stroke	1	300m	Easy	2
						Rem
Total Distance: 1900m	Main Set	Side Kicking w/ fins	10	150m	2:30	of Ir
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/:30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	
Run Time: 50 min	Order	Exercise/ Drill Fartlek (30 sec Burst every 3 min)	Sets	Distance/ Time	Pace Varied	
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	
	1A Order	Fartlek (30 sec Burst every 3 min) Exercise	Sets 1	20-30 min		
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	
Time: 50 min	1A Order	Fartlek (30 sec Burst every 3 min) Exercise	Sets	20-30 min	Varied	
Time: 50 min Strength & Conditioning	Order	Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position)	1 Sets 5	20-30 min Reps :30	Varied Intensity	F 2 2 2 2

4	V-Ups	4	15		1:00
5	Reverse Fly	3	3-8	65-85%	1:00
6	Incline Bench Press	3	1-5	>85%	2:30
7	Push Up Hold (Middle position)	3	1 min		1:00

	T . IT. OL OO .					
Day 1	Total Time: 2hr 30 min	- ' / D :!!		5		
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1600m	Main Set	Freestyle	1	600m	10:00	3:00
Time: 55 min		Side Kicking w/ fins	1	600m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Time: 20 min	3	Mask & Snorkel Recovery Fin Treading	2	20m	2:30 1:00 on/ :30 off	
Time: 20 min	_	, ,	_	20m		
	_	, ,	_	20m Distance/ Time		Rest
Run	3	Fin Treading	4		1:00 on/ :30 off	Rest NA
Run	3	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 30 min	3	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 30 min	3 Order 1	Fin Treading Exercise/ Drill Steady State Run	Sets	Distance/ Time 20-30 min	1:00 on/ :30 off Pace Conversation	NA
Run Time: 30 min Strength & Conditioning	3 Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	Sets 1 Sets	Distance/ Time 20-30 min Reps	Pace Conversation Intensity	NA
Run Time: 30 min Strength & Conditioning	Order 1 Order 1 A	Fin Treading Exercise / Drill Steady State Run Exercise Back Squat	Sets 1 Sets 2	Distance/ Time 20-30 min Reps 1-5	Pace Conversation Intensity > 85%	NA Rest
Run Time: 30 min Strength & Conditioning	3 Order 1 Order 1A 1B	Fin Treading Exercise/ Drill Steady State Run Exercise Back Squat Box Jumps	4	Distance/ Time 20-30 min Reps 1-5 5	Pace Conversation Intensity > 85% Explosive	Rest
Run Time: 30 min Strength & Conditioning	3 Order 1 Order 1A 1B 2	Exercise / Drill Steady State Run Exercise Back Squat Box Jumps Single Leg RDL	4	Distance/ Time 20-30 min Reps 1-5 5 1-5 ea sde	Pace Conversation Intensity > 85% Explosive	2:30 2:30
Run Time: 30 min Strength & Conditioning	3 Order 1 Order 1A 1B 2 3	Fin Treading Exercise/ Drill Steady State Run Exercise Back Squat Box Jumps Single Leg RDL Pallof Press	4	Distance/ Time 20-30 min Reps 1-5 5 1-5 ea sde 10 ea side	Pace Conversation Intensity > 85% Explosive	Rest 2:30 2:30 2:30
Run Time: 30 min Strength & Conditioning Time: 1hr 15 min	3 Order 1 Order 1A 1B 2 3 4	Fin Treading Exercise / Drill Steady State Run Exercise Back Squat Box Jumps Single Leg RDL Pallof Press Bicycles	4	Distance/ Time 20-30 min Reps 1-5 5 1-5 ea sde 10 ea side 40 (4 count)	Pace Conversation Intensity > 85% Explosive >85%	2:30 2:30 2:30 :30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
S 0 G. 151		_				ь.
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	2	1-5	> 85%	
Time: 1hr 15 min	1 B	Push ups	2	25	Fast	2:30
	2	Weighted Pull Ups	2	1-5	>85%	2:30
	3	Farmer's Carry (2x heavy)	1	30 Yards		1:00
	4	Plank Reaches	1	10 ea		1:00
	5	Alternating OH DB Press	1	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	1	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	1	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
T . I D		F		0.50	400	Remainder of Interval
Total Distance: 3000m	Main Set	Freestyle	2	250m	4:00	Remainder
Time: 1hr 20min		Freestyle	4	1 <i>5</i> 0m	2:45	of Interval
		Freestyle	4	50m	1:20	Remainder of Interval
		Side Kicking w/ fins	2	250m	4:00	Remainder of Interval
		Side Kicking w/ fins	4	1 <i>5</i> 0m	2:45	Remainder of Interval
		Side Kicking w/ fins	4	50m	1:20	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
		•	•		,	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	

3	10-ups	1	~17m	1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	2	1-5	> 85%	
Time: 1hr 15 min	1 B	Broad Jump	2	5	Explosive	2:30
	2	Lateral Lunge	2	1-5 ea sde	>85%	2:30
	3	Side Plank w/ hip abduction	1	15 ea side		:30
	4	Hanging Leg Lifts	1	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	1	10 ea side		1:00
	6	SA OH KB Squat	1	5 ea side	65%-85%	2:30
	7	5-10-5 Drill (See OFT Packet)	1	3	Explosive	1:00

Day 5	Total Time: 2hr 30 mir					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	2:00
						Remainder
Total Distance: 1250m	Main Set	Freestyle	10	50m	1:20	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min			2	20m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery		2011	2:50	
Time: 25 min	3	Mask & Snorkel Recovery Treading Water	4	2011	1:00 on/ :30 off	
Time: 25 min		,		20111		
Time: 25 min		,		2011		
Time: 25 min		,		Distance/ Time		Rest
	3	Treading Water	4		1:00 on/ :30 off	Rest NA
Run	3 Order	Treading Water Exercise/ Drill	4 Sets	Distance/ Time	1:00 on/ :30 off	
Run	3 Order	Treading Water Exercise/ Drill	4 Sets	Distance/ Time	1:00 on/ :30 off	
Run	3 Order	Treading Water Exercise/ Drill	4 Sets	Distance/ Time	1:00 on/ :30 off	
Run Time: 50 min	Order	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min)	Sets 1	Distance/ Time 20-30 min	1:00 on/ :30 off Pace Varied	NA
Run Time: 50 min	Order 1 A Order	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise	Sets 1 Sets	Distance/ Time 20-30 min Reps	1:00 on/ :30 off Pace Varied	NA
Run Time: 50 min Strength & Conditioning	Order 1A Order 1A	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position)	4	Distance/ Time 20-30 min Reps :30	Pace Varied Intensity	NA Rest
Run Time: 50 min Strength & Conditioning	Order 1A Order 1A 1B	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups	Sets 1 Sets 2 2	Distance/ Time 20-30 min Reps :30 10	1:00 on/ :30 off Pace Varied Intensity Controlled	Rest
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press	Sets 1 Sets 2 2 2	Distance/ Time 20-30 min Reps :30 10 1-5	Pace Varied Intensity Controlled >85%	Rest 2:00 2:30
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press SA Farmers Cary	Sets 1 Sets 2 2 2	Distance/ Time 20-30 min	Pace Varied Intensity Controlled >85%	2:00 2:30 :30
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3 4	Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (up position) Pull Ups OH BB Press SA Farmers Cary V-Ups	Sets 1 Sets 2 2 2	Distance/ Time 20-30 min	Pace Varied Intensity Controlled >85% Heavy	Rest 2:00 2:30 30 1:00

JUNIOR YEAR, SPRING, WEEKS 7-12

Day 1	Total Time: 2hr 30 m	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	2:00
Total Distance: 2700m	Main Set	Freestyle	3	250m	5:45	Remainder of Interval
Time: 55 min		Breastroke	4	50m	1:30	Remainder of Interval
	_	Side Kicking w/ fins	5	250m	5:45	Remainder of Interval
	Cool Down		=	-	-	_
		Freestyle	1	100m	Easy	NA
						•
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min			2	20	0.00	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Time: 20 min	3	Fin Treading	4	20m	1:00 on/ :30 off	
Time: 20 min		,		20m		
Time: 20 min		,		Distance/ Time		Rest
	3	Fin Treading	4		1:00 on/ :30 off	Rest NA
Run	3	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run	3	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 30 min	Order 1	Fin Treading Exercise/ Drill Steady State Run	Sets	Distance/ Time 20-30 min	1:00 on/ :30 off Pace Conversation	NA
Run Time: 30 min	Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	Sets 1	Distance/ Time 20-30 min Reps	Pace Conversation Intensity	NA
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A	Fin Treading Exercise/ Drill Steady State Run Exercise Back Squat (Explosive)	4	Distance/ Time 20-30 min Reps 3-8	Pace Conversation Intensity 65%-85%	NA Rest
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B	Fin Treading Exercise/ Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps	4	Distance/ Time 20-30 min Reps 3-8 5	Pace Conversation Intensity 65%-85% Explosive	Rest
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2	Fin Treading Exercise/ Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps Deadlift	4	Distance/ Time 20-30 min Reps 3-8 5 3-8	Pace Conversation Intensity 65%-85% Explosive	Rest
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2 3A	Fin Treading Exercise/ Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps Deadlift Plank (Up immediately to Sprint)	Sets 1 Sets 5 5 4 4	Distance/ Time 20-30 min Reps 3-8 5 3-8 1:00	Pace Conversation Intensity 65%-85% Explosive 65%-85%	1:30 2:30
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2 3A 3B	Exercise/ Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps Deadlift Plank (Up immediately to Sprint) Sprint	Sets 1 Sets 5 4 4 4 4	Distance/ Time 20-30 min Reps 3-8 5 3-8 1:00 50m	Pace Conversation Intensity 65%-85% Explosive 65%-85% Sprint	NA Rest 1:30 2:30 1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	3-8	65%-85%	
Time: 1hr 15 min	1 B	Med Ball Chest Pass (Against Wall)	5	5	Explosive	1:30
	2	Chin Ups	4	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	60 Yards		1:00
	4	SA Plank	4	30 sec ea		1:00
	5	OH Press	3	3-8	65%-85%	1:30
	6	Bent Over BB Row	3	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
						Remainder
Total Distance: 2200m	Main Set	Freestyle	5	50m	1:30	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	7	50m	1:30	of Interval
						Remainder
		Freestyle	5	50m	1:15	of Interval
						Remainder
		Side Kicking w/ fins	7	50m	1:15	of Interval
						Remainder
		Freestyle	5	50m	1:00	of Interval
						Remainder
		Side Kicking w/ fins	7	50m	1:00	of Interval
	Cool Down	Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30
	3	10-ups	1	~17m	1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
			•			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	3-8	65%-85%	
Time: 1hr 15 min	1 B	Broad Jump	5	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	4	10 ea side	65%-85%	
	2B	Run	4	400 Yards	Fast	2:00
	3	Side Plank	4	45 Sec ea		1:00
	4	Squat Jumps	3	10		1:00
	5	SL Glute Bridge	3	10 ea side	65%-85%	1:30
	6	Hollow Hold	3	1:00		1:00

	Total Time: 2hr 30 mi	n				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1300m	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		-		=		•
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Evereise / Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 30 min	Order	Exercise/ Drill Frutlek (30 sec Burst every 3 min)	Sets	Distance/ Time	Pace Varied	Rest NA
Run Time: 30 min	Order 1 A	Exercise/ Drill Fartlek (30 sec Burst every 3 min)		Distance/ Time 20-30 min	Pace Varied	Rest NA
-		,				
-		,				
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Time: 30 min	1 A Order	Fartlek (30 sec Burst every 3 min) Exercise	1 Sets	20-30 min	Varied Intensity	NA
Time: 30 min Strength & Conditioning	1A Order 1A	Fartlek (30 sec Burst every 3 min) Exercise BB Row	1 Sets 5	20-30 min Reps 3-8	Varied Intensity 65%-85%	NA Rest
Time: 30 min Strength & Conditioning	1 A Order 1 A 1 B	Fartlek (30 sec Burst every 3 min) Exercise BB Row Pull Ups	1 Sets 5 5	20-30 min Reps 3-8 5	Varied Intensity 65%-85% Fast/ Explosive	Rest
Time: 30 min Strength & Conditioning	1A Order 1A 1B 2	Fartlek (30 sec Burst every 3 min) Exercise BB Row Pull Ups OH BB Press	5 5 4	20-30 min Reps 3-8 5 3-8	Varied Intensity 65%-85% Fast/ Explosive	Rest 2:00 2:30
Time: 30 min Strength & Conditioning	1A Order 1A 1B 2 3	Fartlek (30 sec Burst every 3 min) Exercise BB Row Pull Ups OH BB Press Plank Crawl (forward and back)	5 5 4 3	20-30 min Reps 3-8 5 3-8 5 yards	Varied Intensity 65%-85% Fast/ Explosive	Rest 2:00 2:30 1:00
Time: 30 min Strength & Conditioning	1A Order 1A 1B 2 3 4	Fartlek (30 sec Burst every 3 min) Exercise BB Row Pull Ups OH BB Press Plank Crawl (forward and back) Sit Ups	5 5 4 3	20-30 min Reps 3-8 5 3-8 5 yards 30	Intensity 65%-85% Fast/ Explosive 65%-85%	Rest 2:00 2:30 1:00 1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 2450m	Main Set	Freestyle	3	250m	5:45	Remainder of Interval
Time: 55 min		Breastroke	6	50m	1:30	Remainder of Interval
	_	Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down					
	<u> </u>	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
						•
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat (Explosive)	5	3-8	65%- 85%	
Time: 1hr 15 min	1 B	Box Jumps	5	5	Explosive	1:30
	2	Deadlift	4	3-8	65%-85%	2:30
	3A	Plank (Up immediately to Sprint)	4	1:00		
	3B	Sprint	4	50m	Sprint	1:00
	4	Squat Hold (45 lb Plate in Hands)	3	1:00	Explosive	:45
	5	SL Glute Bridge	3	1-5	65%-85%	1:00
	6	Push Up Hold (down position)	3	1:30		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Hill Sprints	6	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	3-8	65%-85%	
Time: 1hr 15 min	1 B	Med Ball Chest Pass (Against Wall)	5	5	Explosive	1:30
	2	Chin Ups	4	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	60 Yards		1:00
	4	SA Plank	4	30 sec ea		1:00
	5	OH Press	3	3-8	65%-85%	1:30
	6	Bent Over BB Row	3	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Re
	Warm-up	Choice of Stroke	Ī	300m	Easy	
						Rema
Total Distance: 2200m	Main Set	Freestyle	6	50m	1:30	of Int
						Rema
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	of Inte
						Rema
		Freestyle	6	50m	1:15	of Int
						Rema
		Side Kicking w/ fins	6	50m	1:15	of Int
						Rema
		Freestyle	6	50m	1:00	of Int
						Rema
		Side Kicking w/ fins	6	50m	1:00	of Int
	Cool Down	Freestyle	1	100m	Easy	N.
	•		·			_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 35 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	3-8	65%-85%	
Time: 1hr 15 min	1 B	Broad Jump	5	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	4	10 ea side	65%-85%	
	2B	Run	4	400 Yards	Fast	2:00
	3	Side Plank	4	45 Sec ea		1:00
	4	Squat Jumps	3	10		1:00
	5	SL Glute Bridge	3	10 ea side	65%-85%	1:30
	6	Hollow Hold	3	1:00		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest

	Warm-up	Choice of Stroke	1	300m	Easy	2:00
						Remainder
Total Distance: 1300m	Main Set	Freestyle	6	50m	1:30	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	of Interval
	Cool Down					
_		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/:30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 45 min	Order 1 A	Exercise/ Drill Long Slow Distance	Sets 1	Distance/ Time 35-45 min	Pace 8:30	Rest NA
			Sets 1			
Time: 45 min	1A	Long Slow Distance	1	35-45 min	8:30	NA
Time: 45 min	1 A Order	Long Slow Distance Exercise	1 Sets	35-45 min	8:30	NA
Time: 45 min Strength & Conditioning	1A Order 1A	Long Slow Distance Exercise BB Row	1 Sets 5	35-45 min Reps 3-8	8:30 Intensity 65%-85%	NA Rest
Time: 45 min Strength & Conditioning	0rder 1A 1B	Exercise BB Row Pull Ups	Sets 5 5	35-45 min Reps 3-8 5	8:30 Intensity 65%-85% Fast/ Explosive	Rest
Time: 45 min Strength & Conditioning	1A Order 1A 1B 2	Exercise BB Row Pull Ups OH BB Press	5 5 4	35-45 min Reps 3-8 5 3-8	8:30 Intensity 65%-85% Fast/ Explosive	Rest 2:00 2:30
Time: 45 min Strength & Conditioning	1A Order 1A 1B 2 3	Exercise BB Row Pull Ups OH BB Press Plank Crawl (forward and back)	5 5 5 4 3	35-45 min Reps 3-8 5 3-8 5 yards	8:30 Intensity 65%-85% Fast/ Explosive	Rest 2:00 2:30 1:00
Time: 45 min Strength & Conditioning	1A Order 1A 1B 2 3 4	Exercise BB Row Pull Ups OH BB Press Plank Crawl (forward and back) Sit Ups	5 5 4 3	35-45 min Reps 3-8 5 3-8 5 yards 30	8:30 Intensity 65%-85% Fast/ Explosive 65%-85%	Rest 2:00 2:30 1:00 1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1600m	Main Set	Freestyle	3	200m	4:00	Remainder of Interval
Time: 55 min	2 Rounds	Flutter Kick w/ board and fins	8	50m	1:30	Remainder of Interval
		Freestyle	2	100m	3:00	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat (Explosive)	5	3-8	65%- 85%	
Time: 1hr 15 min	1 B	Box Jumps	5	5	Explosive	1:30
	2	Deadlift	4	3-8	65%-85%	2:30
	3A	Plank (Up immediately to Sprint)	4	1:00		
	3B	Sprint	4	50m	Sprint	1:00
	4	5-10-5 Drill (See OFT Packet)	3	3	Explosive	:45
	5	SL Glute Bridge	3	1-5	65%-85%	1:00
	6	Push Up Hold (down position)	3	1:30		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Med Ball Chest Pass (Against Wall)	5	5	Explosive	1:30
	2	Chin Ups	4	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	60 Yards		1:00
	4	SA Plank	4	30 sec ea		1:00
	5	OH Press	3	3-8	65%-85%	1:30

6	Bent Over BB Row	3	3-8	65%-85%	1:30
7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
						Remainder
Total Distance: 2950m	Main Set	Freestyle	6	50m	1:20	of Interval
						Remainder
Time: 55 min		Freestyle	4	200m	3:20	of Interval
						Remainder
		Side Kicking w/ fins	4	75m	1:40	of Interval
						Remainder
		Side Kicking w/ fins	5	50m	1:15	of Interval
		Side Kicking w/ fins	3	200m	3:45	1:00
		Side Kicking w/ fins	1	300m	Race Pace	
	Cool Down	Freestyle	1	100m	Easy	NA
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
	•					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	3-8	65%-85%	
Time: 1hr 15 min	1 B	Broad Jump	5	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	4	10 ea side	65%-85%	
	2B	Run	4	400 Yards	Fast	2:00
	3	Side Plank	4	45 Sec ea		1:00
	4	5-10-5 drill (See OFT Packet)	3	3	Fast	1:00
	5	SL Glute Bridge	3	10 ea side	65%-85%	1:30
	6	Hollow Hold	3	1:00		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 1650m	Main Set	Freestyle	9	50m	0:50	
						Ī
Time: 55 min		Side Kicking w/ fins	4	75m	1:30	L
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	Γ
	1	Underwaters	5	25m	2:15	l
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	1
1111101 20 111111						
	3	Treading Water	4		1:00 on/ :30 off	
Run	3 Order	Treading Water Exercise/ Drill	4 Sets	Distance/ Time	1:00 on/ :30 off	
	-!			Distance/ Time 20-30 min		
Run	Order	Exercise/ Drill			Pace	
Run	Order	Exercise/ Drill			Pace	
Run Time: 50 min	Order 1 A	Exercise/ Drill Fartlek (30 sec Burst every 3 min)	Sets 1	20-30 min	Pace Varied	
Run Time: 50 min	Order 1 A Order	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise	Sets 1	20-30 min	Pace Varied Intensity	
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise BB Row	Sets 1 Sets 5	20-30 min Reps 3-8	Pace Varied Intensity 65%-85%	
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise BB Row Pull Ups	Sets 1	20-30 min Reps 3-8 5	Pace Varied Intensity 65%-85% Fast/ Explosive	
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise BB Row Pull Ups OH BB Press	Sets 1	20-30 min Reps 3-8 5 3-8	Pace Varied Intensity 65%-85% Fast/ Explosive	
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise BB Row Pull Ups OH BB Press Plank Crawl (forward and back)	Sets 1	20-30 min Reps 3-8 5 3-8 5 yards	Pace Varied Intensity 65%-85% Fast/ Explosive	
Run Time: 50 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3 4	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise BB Row Pull Ups OH BB Press Plank Crawl (forward and back) Sit Ups	Sets 1	20-30 min Reps 3-8 5 3-8 5 yards 30	Pace Varied Intensity 65%-85% Fast/ Explosive 65%-85%	

Day 1	Total Time: 2hr 30 mi	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 1500m	Main Set	Freestyle	4	50m	1:20	of Interval
Time: 55 min		Side Kicking w/ fins	3	250m	5:00	
		Freestyle	1	250m	5:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
			=	-		
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
					/	
	3	Fin Treading	4		1:00 on/ :30 off	
			4		1:00 on/ :30 off	
Run	3 Order	Fin Treading Exercise/ Drill	Sets	Distance/ Time	1:00 on/ :30 off	Rest
				Distance/ Time	,	Rest NA
		Exercise/ Drill			Pace	
Time: 30 min		Exercise/ Drill			Pace	
Time: 30 min	Order 1	Exercise/ Drill Steady State Run	Sets 1	20-30 min	Pace Conversation	NA
Time: 30 min Strength & Conditioning	Order 1 Order	Exercise/ Drill Steady State Run Exercise	Sets 1	20-30 min	Pace Conversation Intensity	NA
Time: 30 min Strength & Conditioning	Order 1 Order 1A	Exercise/ Drill Steady State Run Exercise Back Squat (Explosive)	Sets 1 Sets 5	20-30 min Reps 3-8	Pace Conversation Intensity 65%- 85%	NA Rest
Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B	Exercise/ Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps	Sets 1 Sets 5 5	20-30 min Reps 3-8 5	Pace Conversation Intensity 65%- 85% Explosive	Rest
Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2	Exercise/ Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps Deadlift	Sets 1 Sets 5 4	20-30 min Reps 3-8 5 3-8	Pace Conversation Intensity 65%- 85% Explosive	Rest
Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2 3A	Exercise/ Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps Deadlift Plank (Up immediately to Sprint)	Sets 1 Sets 5 4 4	20-30 min Reps 3-8 5 3-8 1:00	Pace Conversation Intensity 65%- 85% Explosive 65%-85%	1:30 2:30
Run Time: 30 min Strength & Conditioning Time: 1hr 15 min	Order 1 Order 1A 1B 2 3A 3B	Exercise/ Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps Deadlift Plank (Up immediately to Sprint) Sprint	Sets 1 Sets 5 4 4 4	20-30 min Reps 3-8 5 3-8 1:00 50m	Pace Conversation Intensity 65%-85% Explosive 65%-85% Sprint	1:30 2:30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	3-8	65%-85%	
Time: 1hr 15 min	1 B	Med Ball Chest Pass (Against Wall)	5	5	Explosive	1:30
	2	Chin Ups	4	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	60 Yards		1:00
	4	SA Plank	4	30 sec ea		1:00
	5	OH Press	3	3-8	65%-85%	1:30
	6	Bent Over BB Row	3	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
						Remainder
Total Distance: 1800m	Main Set	Freestyle	4	50m	1:30	of Interval
						Remainder
Time: 45 min		Breaststroke	3	100m	3:15	of Interval
						Remainder
		Freestyle	4	50m	1:25	of Interval
						Remainder
		Breaststroke	3	100m	3:15	of Interval
						Remainder
		Freestyle	6	50m	1:15	of Interval
						Remainder
		Breaststroke	4	25m	1:10	of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
		-				•
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30]
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
			•			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	4	10 ea side	65%-85%	
	2B	Run	4	400 Yards	Fast	2:00
	3	Side Plank	4	45 Sec ea		1:00
	4	Squat Jumps	3	10		1:00
	5	SL Glute Bridge	3	10 ea side	65%-85%	1:30
	6	Hollow Hold	3	1:00		1:00

	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 2350m	Main Set	Side Kicking w/ fins or Combat Side Stroke	8	250m	5:00	Remainder of Interval
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	Ī
water Confidence	Order 1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:13	
Time: 25 min	3	Treading Water	4	20111	1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Run Time: 50 min	Order 1 A	Exercise/ Drill Fartlek (30 sec Burst every 3 min)	Sets 1	Distance/ Time 20-30 min	Pace Varied	Rest NA
-		,	Sets 1			
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Time: 50 min	1 A Order	Fartlek (30 sec Burst every 3 min) Exercise	1 Sets	20-30 min	Varied Intensity	NA
Time: 50 min Strength & Conditioning	Order	Fartlek (30 sec Burst every 3 min) Exercise BB Row	1 Sets 5	20-30 min Reps 3-8	Varied Intensity 65%-85%	NA Rest
Time: 50 min Strength & Conditioning	0rder 1A 1B	Fartlek (30 sec Burst every 3 min) Exercise BB Row Pull Ups	5 5	20-30 min Reps 3-8 5	Varied Intensity 65%-85% Fast/ Explosive	Rest
Time: 50 min Strength & Conditioning	0rder 1A 1B 2	Fartlek (30 sec Burst every 3 min) Exercise BB Row Pull Ups OH BB Press	5 5 4	20-30 min Reps 3-8 5 3-8	Varied Intensity 65%-85% Fast/ Explosive	2:00 2:30
Time: 50 min Strength & Conditioning	Order 1A 1B 2 3	Exercise BB Row Pull Ups OH BB Press Plank Crawl (forward and back)	5 5 4 3	20-30 min Reps 3-8 5 3-8 5 yards	Varied Intensity 65%-85% Fast/ Explosive	Rest 2:00 2:30 1:00
Time: 50 min Strength & Conditioning	Order 1A 1B 2 3	Exercise BB Row Pull Ups OH BB Press Plank Crawl (forward and back) Sit Ups	5 5 4 3	20-30 min Reps 3-8 5 3-8 5 yards 30	Intensity 65%-85% Fast/ Explosive 65%-85%	Rest 2:00 2:30 1:00 1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1600m	Main Set	Freestyle	1	600m	10:00	3:00
Time: 55 min		Side Kicking w/ fins or Combat Side Stroke	1	600m	10:00	
	_					
	Cool Down	-		-	•	
		Freestyle	1	100m	Easy	NA
					•	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Time: 20 min	2 3	Mask & Snorkel Recovery Fin Treading	4	20m	2:30 1:00 on/ :30 off	
Time: 20 min		,		20m		
Time: 20 min		,		20m		
Time: 20 min		,		20m Distance/ Time		Rest
	3	Fin Treading	4		1:00 on/ :30 off	Rest NA
Run	3 Order	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run	3 Order	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 30 min	3 Order 1	Fin Treading Exercise/ Drill Steady State Run	Sets	Distance/ Time 20-30 min	1:00 on/ :30 off Pace Conversation	NA
Run Time: 30 min	Order 1 Order	Fin Treading Exercise / Drill Steady State Run Exercise	Sets 1 Sets	Distance/ Time 20-30 min Reps	Pace Conversation Intensity	NA
Run Time: 30 min Strength & Conditioning	Order 1 Order 1 A	Exercise / Drill Steady State Run Exercise Back Squat (Explosive)	4	Distance/ Time 20-30 min Reps 3-8	Pace Conversation Intensity 65%-85%	NA Rest
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B	Exercise / Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps	5ets 1 Sets 5 5 5	Distance/ Time 20-30 min Reps 3-8 5	Pace Conversation Intensity 65%-85% Explosive	Rest
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2	Exercise / Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps Deadlift	5ets 1 Sets 5 4	Distance/ Time 20-30 min Reps 3-8 5 3-8	Pace Conversation Intensity 65%-85% Explosive	Rest
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2 3A	Exercise/ Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps Deadlift Plank (Up immediately to Sprint)	5ets 1 Sets 5 4 4	Distance/ Time 20-30 min Reps 3-8 5 3-8 1:00	Pace Conversation Intensity 65%-85% Explosive 65%-85%	NA Rest 1:30 2:30
Run Time: 30 min Strength & Conditioning	3 Order 1 Order 1A 1B 2 3A 3B	Exercise / Drill Steady State Run Exercise Back Squat (Explosive) Box Jumps Deadlift Plank (Up immediately to Sprint) Sprint	Sets 1 Sets 5 4 4 4	Distance/ Time 20-30 min Reps 3-8 5 3-8 1:00 50m	Pace Conversation Intensity 65%-85% Explosive 65%-85% Sprint	1:30 2:30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	3-8	65%-85%	
Time: 1hr 15 min	1 B	Med Ball Chest Pass (Against Wall)	5	5	Explosive	1:30
	2	Chin Ups	4	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	60 Yards		1:00
	4	SA Plank	4	30 sec ea		1:00
	5	OH Press	3	3-8	65%-85%	1:30
	6	Bent Over BB Row	3	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
						Remainder
Total Distance: 2800m	Main Set	Freestyle	12	100m	2:20	of Interval
						Remainder
Time: 1 hr 25 min		Side Kicking w/ fins	12	100m	2:20	of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
						Remainder
		Freestyle	5	50m	1:00	of Interval
						Remainder
		Side Kicking w/ fins	5	50m	1:00	of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	3-8	65%-85%	
Time: 1hr 15 min	1 B	Broad Jump	5	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	4	10 ea side	65%-85%	
	2B	Run	4	400 Yards	Fast	2:00
	3	Side Plank	4	45 Sec ea		1:00
	4	5-10-5 Drill (See OFT Packet)	3	3	Explosive	1:00
	5	SL Glute Bridge	3	10 ea side	65%-85%	1:30
	6	Hollow Hold	3	1:00		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1150m	Main Set	Freestyle	10	50m	1:20	Remainde of Interva
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interva
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/:30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	BB Row	5	3-8	65%-85%	
Time: 1hr 15 min	1 B	Pull Ups	5	5	Fast/ Explosive	2:00
	2	OH BB Press	4	3-8	65%-85%	2:30
	3	Plank Crawl (forward and back)	3	5 yards		1:00
	4	Sit Ups	4	30		1:00
	5	Straight Arm Lat Pull Down (Swimmer Row)	3	3-8	65-85%	1:30
	6	SA DB Bench Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Day 1	Total Time: 2hr 30 mi					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
						Remainder
Total Distance: 2300m	Main Set	Freestyle	2	250m	5:45	of Interval
						Remainder
Time: 55 min		Breastroke	8	50m	1:30	of Interval
						Remainder
		Side Kicking w/ fins	4	250m	5:45	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
						•
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
	-		<u>-</u>			•
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat (Explosive)	2	3-8	65%- 85%	
Time: 1hr 15 min	1 B	Box Jumps	2	5	Explosive	1:30
	2	Deadlift	1	3-8	65%-85%	2:30
	3A	Plank (Up immediately to Sprint)	1	1:00		
	3B	Sprint	1	50m	Sprint	1:00
	4	Squat Hold (45 lb Plate in Hands)	1	1:00	Explosive	:45
	5	SL Glute Bridge	1	1-5	65%-85%	1:00
	6	Push Up Hold (down position)	1	1:30		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	2	3-8	65%-85%	
Time: 1hr 15 min	1 B	Med Ball Chest Pass (Against Wall)	2	5	Explosive	1:30
	2	Chin Ups	1	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	1	60 Yards		1:00
	4	SA Plank	1	30 sec ea		1:00
	5	OH Press	1	3-8	65%-85%	1:30
	6	Bent Over BB Row	1	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	1	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
						Remainder
Total Distance: 2200m	Main Set	Freestyle	6	50m	1:30	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	of Interval

		Freestyle	6	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	6	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	E	1	100m	F	NIA
	Cool Down	Freestyle	l l	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	2:15]
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	1
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	2	3-8	65%-85%	
Time: 1hr 15 min	1 B	Broad Jump	2	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	1	10 ea side	65%-85%	
	2B	Run	1	400 Yards	Fast	2:00
	3	Side Plank	1	45 Sec ea		1:00
	4	Squat Jumps	1	10		1:00
	5	SL Glute Bridge	1	10 ea side	65%-85%	1:30
	6	Hollow Hold	1	1:00		1:00

		_				
Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
						Remainder
Total Distance: 1400m	Main Set	Freestyle	4	50m	1:30	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	8	100m	2:30	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		T				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Shengin & Conditioning	1A	BB Row	2	3-8	65%-85%	Kesi
Time: 1hr 15 min	1B	Pull Ups	2	5	Fast/ Explosive	2:00
11110: 1111 13 11111	2	OH BB Press	1	3-8	65%-85%	2:30
	3	Plank Crawl (forward and back)	1	5 yards	3370-3370	1:00
	4	Sit Ups	1	30		1:00
	5	Straight Arm Lat Pull Down (Swimmer Row)	1	3-8	65-85%	1:30
	6	SA DB Bench Press	1	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	1	1 min	3370-3370	1:00
	/	1 0311 OP 11010 (LOW POSITION)				1.00

SENIOR YEAR, FALL, WEEKS 1-6

	Total Time: 2hr 30 m					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	200m	Easy	2:00
Total Distance: 1400m	Drill Sets	Position 11 Drill	6	25m	Easy	0:10
Time: 25 min		Rotational Drill	6	25m	Easy	0:10
	<u> </u>	1-Arm Free	6	25m	Easy	0:10
		Bow and Arrow	6	25m	Easy	0:10
	Main Set					
		Freestyle	5	100m	1:30	1:15
	Cool Down					
		Freestyle	1	100m	Easy	NA
	<u> </u>	·	· ·	·	·	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
ime: 20 min						
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Time: 20 min	3	Mask & Snorkel Recovery Fin Treading	2	20m	2:30 1:00 on/ :30 off	
Time: 20 min				20m		
	3	Fin Treading	4		1:00 on/ :30 off	Doct
Run		Fin Treading Exercise/ Drill		Distance/ Time	1:00 on/ :30 off	Rest
Run	3	Fin Treading	4		1:00 on/ :30 off	Rest NA
Run Time: 30 min	3	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 30 min	0rder	Fin Treading Exercise/ Drill Steady State Run	5ets	Distance/ Time 20-30 min	1:00 on/:30 off Pace Conversation	NA
Run Time: 30 min Strength & Conditioning	Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	4	Distance/ Time 20-30 min Reps	Pace Conversation Intensity	NA Rest
Run Fime: 30 min Strength & Conditioning	Order 1 Order 1A	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift	4	Distance/ Time 20-30 min Reps 6-12	Pace Conversation Intensity 65%-85%	NA Rest
Run Fime: 30 min Strength & Conditioning	Order 1 Order 1A 1B	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps	4	Distance/ Time 20-30 min Reps 6-12 5	Pace Conversation Intensity 65%-85% Fast/ Explosive	NA
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL	Sets 1 Sets 4 4 4	Distance/ Time 20-30 min Reps 6-12 5 6-12 Ea	Pace Conversation Intensity 65%-85% Fast/ Explosive	1:30 1:30 1:00
Run Fime: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2 3	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank	Sets 1 Sets 4 4 4 3	Distance/ Time 20-30 min Reps 6-12 5 6-12 Ea 2:00	Pace Conversation Intensity 65%-85% Fast/ Explosive 65%-85%	1:30 1:30 1:00
	Order 1 Order 1A 1B 2 3 4	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank Bicycle Crunch	Sets 1 Sets 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	Distance/ Time 20-30 min Reps 6-12 5 6-12 Ea 2:00 30	Pace Conversation Intensity 65%-85% Fast/ Explosive 65%-85% 4 count	NA Rest 1:30 1:30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	6-12	65%-85%	
Time: 1hr 15 min	1 B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	Inverted Row	4	6-12	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	6-12 ea	65%-85%	1:30
	6	Weighted Pull Ups	3	6-12	65%-85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	200m	Easy	1:30
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1550m	Drill Sets	Side Kicking w/ Fins	5	50m	Easy	:15
Time: 40 min		Side Stroke/ Combat Recovery	3	100m	Easy	:45
		Rotation Drill	4	25m	Easy	:20
	Main Set					
		Freestyle	3	100m	2:15	1:45
		Side Kicking w/ Fins	3	100m	1:45	1:30
	Cool Down					
		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
-	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1hr 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1 B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squats	4	6-12	65%-85%	
	2B	Lunges (Unweighted)	4	6 ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	15	65%-85%	1:00
	5	Lateral Lunge	3	10 ea side	65%-85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	200m	Easy	1:30
Total Distance: 1250m	Drill Sets	Position 11 Drill	2	25m	Easy	0:30
Time: 40 min		Rotational Drill	2	25m	Easy	0:30
		1-Arm Free	2	25m	Easy	0:30
		Bow and Arrow	2	25m	Easy	0:30
		Fingertip Drag	2	25m	Easy	0:30
		Slingshot	2	25m	Easy	0:30
	Main Set		-	-		
		Freestyle	14	50m	1:00 Interval	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
						•'
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
		-		_		_
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top)	4	30 sec		
Time: 1hr 15 min	1B	Pull Ups	4	6-10	Controlled	1:30
	2	Bench Pres	4	6-12	65%-85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	65-85%	1:30
	6	SA DB OH Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1550m	Main Set	Rotational Drill	4	25m	Easy	0:30
Time: 45 min		Freestyle	6	50m	1:15	0:15
		Flutter Kick w/ Kickboard	6	50m	1:40	0:15
		Freestyle	4	75m	2:00	0:45
		Sidestroke	2	75m	2:00	0:45
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Con	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
			<u>.</u>	_		
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Hill Sprints	12	200m	Sprint	Walk Dow
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	4	6-12	65%-85%	

Time: 1hr 15 min	1 B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	6-12 Ea	65%-85%	1:30
	3	Plank	3	2:00		1:00
	4	Bicycle Crunch	4	30	4 count	1:00
	5	5-10-5 Drill	3	3	Fast	1:30
	6	Leg Curl	3	6-12	65%-85%	1:30
	7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	Inverted Row	4	6-12	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	6-12 ea	65%-85%	1:30
	6	Weighted Pull Ups	3	6-12	65%-85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	2	200m	Easy	1:00
Total Distance: 1550m	Drill Sets	Open Turns with Fins Practice	1	10 min	Technique	3:00
Time: 35 min						
	Main Set	Side Stroke w/ Fins	7	50m	1:15	0:10
		Side Kicking w/ Fins	1	400m	6:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		-				_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1hr 50min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squats	4	6-12	65%-85%	
	2B	Lunges (Unweighted)	4	6 ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	15	65%-85%	1:00
	5	Lateral Lunge	3	10 ea side	65%-85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1250m		Kick w/ Board	1	200m	Easy	1:00
Time: 25 min						
	Main Set	Side Kicking w/ Fins	1	650m	:45 per 50m	NA
		_				
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Con	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/:30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Long Slow Distance	1	35-45min	8:30/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top)	4	30 sec		
Time: 1hr 15 min	1 B	Pull Ups	4	6-10	Controlled	1:30
	2	Bench Pres	4	6-12	65%-85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	65-85%	1:30
	6	SA DB OH Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Res
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:0
Total Distance: 1550m	Main Set	Rotational Drill	4	25m	Easy	0:3
Time: 45 min		Freestyle	6	50m	1:15	0:1
		Flutter Kick w/ Kickboard	6	50m	1:40	0:1
	<u>-</u>	Freestyle	4	75m	2:00	0:4
		Sidestroke	2	75m	2:00	0:4
	Cool Down					
		Choice of Stroke	1	100m	Easy	N.
Water Con						
	1	Underwaters	5	25m	2:15	
- . 00 .			2	20m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	2011	2:30	
Time: 20 min	3	Fin Treading	4	20111	1:00 on/ :30 off	
Run				Distance/ Time		Re
	3	Fin Treading	4		1:00 on/ :30 off	
Run	3	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run	3	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	N
Run Time: 40 min	3 Order 1	Fin Treading Exercise/ Drill Steady State Run	4	Distance/ Time 30-40 min	1:00 on/ :30 off Pace Conversation	N
Run Time: 40 min	Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	Sets 1 Sets	Distance/ Time 30-40 min Reps	Pace Conversation Intensity	N Re
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift	4	Distance/ Time 30-40 min Reps 6-12	Pace Conversation Intensity 65%-85%	Ro 1:
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A 1B	Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps	Sets 1 Sets 4 4	Distance/ Time 30-40 min Reps 6-12 5	Pace Conversation Intensity 65%-85% Fast/ Explosive	1: 1:
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A 1B 2	Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL	Sets 1 Sets 4 4 4	Distance/ Time 30-40 min Reps 6-12 5 6-12 Ea	Pace Conversation Intensity 65%-85% Fast/ Explosive	1: 1:
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A 1B 2 3	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank	Sets 1 Sets 4 4 4 3	Distance/ Time 30-40 min Reps 6-12 5 6-12 Ea 2:00	Pace Conversation Intensity 65%-85% Fast/ Explosive 65%-85%	1:3 1:3 1:0
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A 1B 2 3 4	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank Bicycle Crunch	Sets 1 Sets 4 4 4 4 4 4	Distance / Time 30-40 min Reps 6-12 5 6-12 Ea 2:00 30	Pace Conversation Intensity 65%-85% Fast/ Explosive 65%-85% 4 count	Re N. 1:6 1:6 1:6 1:6 1:6 1:6

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1200 Meter Repeats	4	1200m	4:45	2:20
		Rest 4:00 between after 4 sets				4:00
	3	1 200 Meter Repeats	2	1200m	4:45	2:20
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	Inverted Row	4	6-12	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	6-12 ea	65%-85%	1:30
	6	Weighted Pull Ups	3	6-12	65%-85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	2	200m	Easy	1:00
Total Distance: 1450m	Drill Sets	Open Turns with Fins Practice	1	10 min	Technique	3:00
Time: 35 min						
	Main Set	Side Stroke w/ Fins	7	50m	1:15	0:10

		Side Kicking w/ Fins	1	400m	6:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Nater Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Nater Confidence	Order	Exercise/ Drill Underwaters	Sets 5	Distance 25m	Interval 2:15	1
Nater Confidence	Order 1 2		Sets 5			1

Day 4	Total Time: 1 hr 55 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	30-40 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squats	4	6-12	65%-85%	
	2B	Lunges (Unweighted)	4	6 ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	15	65%-85%	1:00
	5	Lateral Lunge	3	10 ea side	65%-85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 55 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1250m		Kick w/ Board	1	200m	Easy	1:00
Time: 25 min						
	Main Set	Side Kicking w/ Fins	1	650m	:45 per 50m	NA
	Cool Down	1				
		Choice of Stroke	1	100m	Easy	NA
Water Con						
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance Run	1	40-50 min	8:30/mi	NA
					·	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top)	4	30 sec		
Time: 1hr 15 min	1 B	Pull Ups	4	6-10	Controlled	1:30
	2	Bench Pres	4	6-12	65%-85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	65-85%	1:30
	6	SA DB OH Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

1	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	R
	Total Distance: 1100m	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:
		Drill Sets	Rotational Drill	2	25m	Easy	0:
	Time: 35 min		Position 11 Drill	2	25m	Easy	0
		Main Set				-	
		-	Freestyle	8	50m	1:00	0
			Breast Stroke	6	50m	1:10	0
		Cool Down					
			Freestyle	1	100m	Easy	1
	Water Con						
		1	Underwaters	5	25m	2:15	
	Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
		3	Fin Treading	4		1:00 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
			-	-	-	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	6-12 Ea	65%-85%	1:30
	3	Plank	3	2:00		1:00
	4	Bicycle Crunch	4	30	4 count	1:00
	5	5-10-5 Drill	3	3	Fast	1:30
	6	Leg Curl	3	6-12	65%-85%	1:30
	7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	400m Repeats	4	400m	1:30	:45
Rest 3:00 between 400s	2	800m Repeats	3	800m	3:00	1:30
and 800s	3	400m Repeats	2	400m	1:30	:45
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	6-12	65%-85%	
Time: 1hr 15 min	1 B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	Inverted Row	4	6-12	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	6-12 ea	65%-85%	1:30
	6	Weighted Pull Ups	3	6-12	65%-85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1600m	Drill Sets	Finger Tip Drag	5	50m	Technique	1:30
Time: 40 min						
	Main Set					
		Freestyle	2	300m	1:00/50m	1:30
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squats	4	6-12	65%-85%	
	2B	Lunges (Unweighted)	4	6 ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	15	65%-85%	1:00
	5	Lateral Lunge	3	10 ea side	65%-85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 950m	Main Set	Freestyle	1	500m	Race Pace	
Time: 20 min						

	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Ruck wit 55lbs	1	2 mi	15 min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Sirengin & Conditioning	1A	Pull Up Hold (at top)	4	30 sec	intensity	Resi
Time: 1hr 15 min	1B				6 . " .	1:30
Time: Thr 15 min		Pull Ups	4	6-10	Controlled	
.	2	Bench Pres	4	6-12	65%-85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
L	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	65-85%	1:30
	6	SA DB OH Press	3	3-8 ea	65%-85%	1:30

Day 1	Total Time: 2hr 30 mi	n				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	450m	Easy	2:00
Total Distance: 1500m	Main Set	Freestyle	5	50m	1:10	0:13
Time: 35 min		Sidestroke	5	50m	1:10	0:1:
		Freestyle Down Sidestroke Back	1	450m	1:10 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Time: 20 min	_	mask a diorker keedver /				
Time: 20 min	3	Fin Treading	4		1:00 on/ :30 off	
Run				Distance/ Time	1:00 on/ :30 off	Re
	3	Fin Treading	4	Distance/ Time	, , , , , , , , , , , , , , , , , , ,	
Run	3	Fin Treading Exercise/ Drill	4		Pace	
Run	3	Fin Treading Exercise/ Drill	4		Pace	N
Run Time: 35 min	3 Order 1	Fin Treading Exercise/ Drill Steady State Run	Sets	25-35 min	Pace Conversation	N
Run Time: 35 min	Order 1 Order	Fin Treading Exercise / Drill Steady State Run Exercise	Sets 1 Sets	25-35 min	Pace Conversation Intensity	Re
Run Time: 35 min Strength & Conditioning	Order 1 Order 1 A	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift	4	25-35 min Reps 6-12	Pace Conversation Intensity 65%-85%	Re:
Run Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps	4	25-35 min Reps 6-12 5	Pace Conversation Intensity 65%-85% Fast/ Explosive	1:3
Run Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B 2	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL	4	25-35 min Reps 6-12 5 6-12 Ea	Pace Conversation Intensity 65%-85% Fast/ Explosive	1:3 1:3 1:0
Run Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B 2 3	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank	4	25-35 min Reps 6-12 5 6-12 Ea 2:00	Pace Conversation Intensity 65%-85% Fast/ Explosive 65%-85%	1:3 1:3 1:0
Run Time: 35 min Strength & Conditioning	Order 1 Order 1A 1B 2 3 4	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank Bicycle Crunch	4	25-35 min Reps 6-12 5 6-12 Ea 2:00 30	Pace Conversation Intensity 65%-85% Fast/ Explosive 65%-85% 4 count	Res NA Res 1:3 1:0 1:0 1:3 1:3

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	800m repeats	6	800m	3:15	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	6-12	65%-85%	
Time: 1hr 15 min	1 B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	Inverted Row	4	6-12	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	6-12 ea	65%-85%	1:30
	6	Weighted Pull Ups	3	6-12	65%-85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	

		Side Kicking w/ Fins	1	200m	Easy	2:00
Total Distance: 1500m	Main Set	Side Kicking w/ Fins	1	550m	1:10 per 50m	3:00
Time: 35 min		Side Kicking w/ Fins	8	50m	0:50-1:00	0:10
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	

Day 4	Total Time: 1hr 50 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1 B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squats	4	6-12	65%-85%	
	2B	Lunges (Unweighted)	4	6 ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	15	65%-85%	1:00
	5	Lateral Lunge	3	10 ea side	65%-85%	1:30
	6	Sit Ups	3	50		1:00

	Total Time: 2hr 30 m	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: m		Breaststroke Kick w/ Board	1	1 <i>5</i> 0m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breastroke Back	1	200m	1:15 per 50m	NA
		Freestyle	6	50m	1:10	0:15
		Breastroke	5	50m	1:10	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill				
		exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (60 sec Burst every 4 min)	Sets 1	Distance/ Time 20-30 min	Pace Varied	Rest NA
Time: 30 min	1A	,		,		
	1 A Order	,		,		
		Fartlek (60 sec Burst every 4 min)	1	20-30 min	Varied	NA
Time: 30 min Strength & Conditioning Time: 1hr 15 min	Order	Fartlek (60 sec Burst every 4 min) Exercise	1 Sets	20-30 min	Varied	NA
Strength & Conditioning	Order 1 A	Fartlek (60 sec Burst every 4 min) Exercise Pull Up Hold (at top)	Sets	20-30 min Reps 30 sec	Varied Intensity	NA Rest
Strength & Conditioning	Order 1A 1B	Fartlek (60 sec Burst every 4 min) Exercise Pull Up Hold (at top) Pull Ups	Sets 4 4	20-30 min Reps 30 sec 6-10	Varied Intensity Controlled	Rest
Strength & Conditioning	Order 1 A 1 B 2	Fartlek (60 sec Burst every 4 min) Exercise Pull Up Hold (at top) Pull Ups Bench Pres	Sets 4 4 4	20-30 min Reps 30 sec 6-10 6-12	Varied Intensity Controlled	NA Rest 1:30 2:00
Strength & Conditioning	Order 1 A 1 B 2 3	Fartlek (60 sec Burst every 4 min) Exercise Pull Up Hold (at top) Pull Ups Bench Pres SA Farmers Carry (Heavy)	Sets 4 4 4 3	20-30 min Reps 30 sec 6-10 6-12 20 Yards (ea)	Varied Intensity Controlled	1:30 2:00 1:00
Strength & Conditioning	Order 1A 1B 2 3	Fartlek (60 sec Burst every 4 min) Exercise Pull Up Hold (at top) Pull Ups Bench Pres SA Farmers Carry (Heavy) V-ups	Sets 4 4 4 3 3 3	20-30 min Reps 30 sec 6-10 6-12 20 Yards (ea)	Intensity Controlled 65%-85%	Rest 1:30 2:00 1:00 1:00

Week 6	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
		Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Total Distance: 1600m	Drill Sets					
	Time: 35 min		Rotational Drill	4	25m	Easy	0:30
		Main Set					
		-	Freestyle	11	50m	1:00	0:10
			Finning (Side Kicking)	11	50m	1:00	0:10
		Cool Down					
	· ·		Freestyle	1	100m	Easy	NA
	Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
		1	Underwaters	5	25m	2:15	

Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	
Time: 30 min	1	Steady State Run	1	30-40 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	
	1A	Trap Bar Deadlift	1	6-12	65%-85%	
Time: 1hr 15 min	1 B	Squat Jumps	1	5	Fast/ Explosive	
	2	SL RDL	1	6-12 Ea	65%-85%	
	3	Plank	1	2:00		
	4	Bicycle Crunch	1	30	4 count	
	5	5-10-5 Drill	1	3	Fast	
	6	Leg Curl	1	6-12	65%-85%	
	7	Deep Squat Hold	1	1 min		

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
#REF!	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	
Time: 30 min						
	Main Set		-	=	-	
	<u>-</u>	Freestyle	1	400m	1:00 per 50m	
		Side Kicking w/ Fins	1	400m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 35 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 1575m	Drill Sets	Freestyle (Breathe every 5th stroke)	7	50m	Easy	0:10
Time: 45 min		Freestyle (Breathe every 7th stroke)	7	25m	Easy	0:10
	Main Set					
		Freestyle	1	600m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min		,	Jeis	40-50 min		NA NA
Time: 50 min	1A	Long Slow Distance	-	40-50 min	8:30/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top)	1	30 sec		
Time: 1hr 15 min	1B	Pull Ups	1	6-10	Controlled	1:30

^	D D	,	(10	4.50/ 0.50/	0.00
2	Bench Pres	I	6-12	65%-85%	2:00
3	SA Farmers Carry (Heavy)	1	20 Yards (ea)		1:00
4	V-ups	1	10		1:00
5	Renegade Row	1	3-8 ea	65-85%	1:30
6	SA DB OH Press	1	3-8 ea	65%-85%	1:30
7	Push Up Hold (Low position)	1	1 min		1:00

SENIOR YEAR, FALL, WEEKS 7-12

Week 7	W	le	e	k	7
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Day 1	Total Time: 2hr 30 mi					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
						Remainde
Total Distance: 2600m	Main Set	Freestyle w/ Fins	4	100m	2:05	of Intervo
Time: 1 hr 25 min		Rotational Drill down, freestyle back	4	50m	Technique	0:30
	_	Position 11 Drill down, freestyle back	4	50m	Technique	0:30
		Freestyle w/ Fins	3	450m	5:40	Remainde of Interve
	Cool Down		=	-		
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min						
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Time: 20 min	3	Mask & Snorkel Recovery Fin Treading	4	20m	2:30 1:00 on/ :30 off	
	=			20m Distance/ Time		Rest
Run	3	Fin Treading	4		1:00 on/ :30 off	Rest NA
Run	3	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 45 min	3	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 45 min	3 Order 1	Fin Treading Exercise/ Drill Steady State Run	Sets	Distance/ Time 35-45 min	1:00 on/ :30 off Pace Conversation	NA
Run Time: 45 min Strength & Conditioning	Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	Sets 1 Sets	Distance/ Time 35-45 min	Pace Conversation Intensity	NA
Run Time: 45 min Strength & Conditioning	Order 1 Order 1A	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift		Distance/ Time 35-45 min Reps 3-5	Pace Conversation Intensity >85%	NA Rest
Run Time: 45 min Strength & Conditioning	3 Order 1 Order 1A 1B	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps	4	Distance/ Time 35-45 min Reps 3-5 5	Pace Conversation Intensity >85% Fast/ Explosive	Rest
Run Time: 45 min Strength & Conditioning	Order 1 Order 1A 1B 2	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL	4	Distance/ Time 35-45 min Reps 3-5 5 3-5 ea	Pace Conversation Intensity >85% Fast/ Explosive	Rest 1:30 1:30
Run Time: 45 min Strength & Conditioning	Order 1 Order 1A 1B 2 3	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank	Sets 1 Sets 4 4 3	Distance/ Time 35-45 min Reps 3-5 5 3-5 ea 2:00	Pace Conversation Intensity >85% Fast/ Explosive >85%	Rest 1:30 1:30 1:00
Run Time: 45 min Strength & Conditioning Time: 1hr 15 min	Order 1 Order 1A 1B 2 3 4	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank Bicycle Crunch	4	Distance/ Time 35-45 min Reps 3-5 5 3-5 ea 2:00 30	Pace Conversation Intensity >85% Fast/ Explosive >85% 4 count	1:30 1:30 1:00

Day 2	Total Time: 1hr 35 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Hill Sprints	6	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	3-5	>85%	
Time: 1hr 15 min	1 B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	BB Bent Over Row	4	3-5	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	3-5 ea	>85%	1:30
	6	Weighted Pull Ups	3	3-5	>85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2300m	Finning Work	Side Kicking w/ Fins	4	1 <i>5</i> 0m	2:00	0:30
Time: 55 min		Side Stroke/ Combat Recovery	4	125m	2:00	0:30
	Main Set					
		Breastroke	2	1 <i>75</i> m	2:30	1:00
		Freestyle	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
			-		-	_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1hr 55 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	35-45 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squat	4	3-5	>85%	
	2B	Lunge Hold	4	30 Sec ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	10	>85%	1:00
	5	Lateral Lunge	3	3-5 ea	>85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
		Choice of Stroke (at least 3				
	Warm-up	different)	1	350m	Easy	2:00
Total Distance: 1700m	Main Set	Freestyle	4	125m	1:00	0:30
Time: 40 min		Freestyle w/ fins	5	150m	1:30	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	Order	Exercise/ Drill Long Slow Distance	Sets 1	Distance/ Time 45-50 min	Ραce 8:30/mi	Rest NA
Run Time: 50 min		,				
		,				
Time: 50 min	1A	Long Slow Distance	1	45-50 min	8:30/mi	NA
Time: 50 min Strength & Conditioning	1A Order	Long Slow Distance Exercise	1 Sets	45-50 min	8:30/mi	NA
Time: 50 min Strength & Conditioning	1A Order 1A	Exercise Pull Up Hold (at top) Weighted	1 Sets 4	45-50 min Reps 30 sec	8:30/mi Intensity	NA Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B	Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups	Sets 4 4	45-50 min Reps 30 sec 3-5	8:30/mi Intensity Controlled	Rest
Time: 50 min Strength & Conditioning	1A Order 1A 1B 2	Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press	Sets 4 4 4	45-50 min Reps 30 sec 3-5 3-5	8:30/mi Intensity Controlled	NA Rest 1:30 2:00
Time: 50 min Strength & Conditioning	0rder 1A 1B 2 3	Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press SA Farmers Carry (Heavy)	Sets 4 4 4 3	Reps 30 sec 3-5 3-5 20 Yards (ea)	8:30/mi Intensity Controlled	1:30 2:00 1:00
Time: 50 min	1A Order 1A 1B 2 3 4	Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press SA Farmers Carry (Heavy) V-ups	Sets 4 4 4 3 3	45-50 min Reps 30 sec 3-5 3-5 20 Yards (ea)	8:30/mi Intensity Controlled >85%	NA Rest 1:30 2:00 1:00 1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	1:00
		Finning (Side Kicking)	1	300m	Easy	1:00
Total Distance: 1700m	Main Set	Freestyle w/ fins and snorkel	5	150m	1:40	0:10
Time: 30 min		Side Kicking w/fins	4	50m	0:55	0:10
	Cool Down		=	-	-	
		Freestyle	1	150m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Water Communice	1	Underwaters	5	25m	2:15	
				_		
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2.30	
Time: 20 min	3	Mask & Snorkel Recovery Fin Treading	2	20m	2:30 1:00 on/ :30 off	
Time: 20 min		Fin Treading		20m Distance/ Time		Rest
	3	,	4		1:00 on/ :30 off	Rest NA
Run	3 Order	Fin Treading Exercise/ Drill	4 Sets	Distance/ Time	1:00 on/ :30 off	
Run	3 Order	Fin Treading Exercise/ Drill	4 Sets	Distance/ Time	1:00 on/ :30 off	
Run Time: 30 min	3 Order 1	Fin Treading Exercise/ Drill Steady State Run	Sets	Distance/ Time 20-30 min	1:00 on/ :30 off Pace Conversation	NA
Run Time: 30 min	Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	Sets 1	Distance/ Time 20-30 min Reps	Pace Conversation Intensity	NA
Run Time: 30 min Strength & Conditioning	Order 1 Order 1 A	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift	4	Distance/ Time 20-30 min Reps 3-5	Pace Conversation Intensity >85%	NA Rest
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps	Sets 1 Sets 4 4	Distance/ Time 20-30 min Reps 3-5 5	Pace Conversation Intensity >85% Fast/ Explosive	NA Rest
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL	Sets 1 Sets 4 4 4	Distance/ Time 20-30 min Reps 3-5 5 3-5 ea	Pace Conversation Intensity >85% Fast/ Explosive	1:30 1:30
Run Time: 30 min Strength & Conditioning	Order 1 Order 1A 1B 2 3	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank	Sets 1 Sets 4 4 3	Distance/ Time 20-30 min Reps 3-5 5 3-5 ea 2:00	Pace Conversation Intensity >85% Fast/ Explosive >85%	1:30 1:30 1:00
Run Time: 30 min Strength & Conditioning	3 Order 1 Order 1A 1B 2 3 4	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank Bicycle Crunch	Sets 1 Sets 4 4 4 4 4 4	Distance/ Time 20-30 min Reps 3-5 5 3-5 ea 2:00 30	Pace Conversation Intensity >85% Fast/ Explosive >85% 4 count	Rest 1:30 1:30 1:00 1:00

Day 2	Total Time: 1hr 45 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	800m repeats	4	800m	2:50	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	3-5	>85%	
Time: 1hr 15 min	1 B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	BB Bent Over Row	4	3-5	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	3-5 ea	>85%	1:30
	6	Weighted Pull Ups	3	3-5	>85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
		Kick with Kick Board	1	200m	Easy	2:00
Total Distance: 2050m	Main Set	Freestyle Breath every 5th Stroke	2	300m	4:00	1:30
Time: 50 min		25m Down - Freestyle Back				
	-	Side Kicking w/ Fins	4	100m	2:00	0:30
		Combat Recovery w/ Fins	4	100m	2:00	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		-				_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15]
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30]
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
			<u>-</u>			
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1 B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squat	4	3-5	>85%	
	2B	Lunge Hold	4	30 Sec ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	10	>85%	1:00
	5	Lateral Lunge	3	3-5 ea	>85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	2:00
Total Distance: m	Main Set	Breastroke Kick w/ kick board	4	50m		0:30
Time: 40 min		Flutter Kick w/ kick board	4	50m	Fast	0:30
		Breastroke	1	400m	5:30	2:00
		Freestyle	1	900m	7:30	NA
	Cool Down		-	-	-	
		Choice of Stroke	1	100m	Easy	NA
Water Con						
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
		•	-			
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1A	Ruck with 55lbs	1	3 mi	15min/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top) Weighted	4	30 sec		

Time: 1hr 15 min	1B	Weighted Pull Ups	4	3-5	Controlled	1:30
	2	Bench Press	4	3-5	>85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	>85%	1:30
	6	SA DB OH Press	3	3-8 ea	>85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 2450m	Main Set	Flutter Kick w/ Kickboard	4	75m	1:45	0:30
Time: 45 min		Freestyle	5	100m	1:50	0:10
		Side Kicking w/ Fins	6	125m	1:50	0:10
		Combat Recovery Stroke w/ fins	5	100m	2:00	0:10
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
				0.0	0.00	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Time: 20 min	3	Mask & Snorkel Recovery Fin Treading	4	20m	1:00 on/ :30 off	
	3	Fin Treading	4		1:00 on/ :30 off	
Run		Fin Treading Exercise/ Drill		Distance/ Time	1:00 on/ :30 off	Rest
Run	3	Fin Treading	4		1:00 on/ :30 off	Rest NA
Run Time: 40 min	3 Order 1	Fin Treading Exercise/ Drill Steady State Run	Sets	Distance/ Time 30-40 min	1:00 on/ :30 off Pace Conversation	NA
Run Time: 40 min	Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	Sets 1 Sets	Distance/ Time 30-40 min	Pace Conversation Intensity	
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift	4	Distance/ Time 30-40 min Reps 3-5	Pace Conversation Intensity >85%	NA Rest
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A 1B	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps	4	Distance/ Time 30-40 min Reps 3-5 5	Pace Conversation Intensity >85% Fast/ Explosive	Rest
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A 1B 2	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL	4	Distance/ Time 30-40 min Reps 3-5 5 3-5 ea	Pace Conversation Intensity >85%	Rest 1:30 1:30
Run	Order 1 Order 1A 1B 2 3	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank	Sets 1 Sets 4 4 3	Distance/ Time 30-40 min Reps 3-5 5 3-5 ea 2:00	Pace Conversation Intensity >85% Fast/ Explosive >85%	Rest 1:30 1:30 1:00
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A 1B 2	Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank Bicycle Crunch	Sets 1 Sets 4 4 4 4 4 4 4	Distance/ Time 30-40 min Reps 3-5 5 3-5 ea	Pace Conversation Intensity >85% Fast/ Explosive	1:30 1:30 1:00
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A 1B 2 3	Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank Bicycle Crunch 5-10-5 Drill	Sets 1 Sets 4 4 4 3 4 3 4 3	Distance/ Time 30-40 min Reps 3-5 5 3-5 ea 2:00 30 3	Pace Conversation Intensity >85% Fast/ Explosive >85%	1:30 1:30 1:00 1:00
Run Time: 40 min Strength & Conditioning	Order 1 Order 1A 1B 2 3 4	Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank Bicycle Crunch	Sets 1 Sets 4 4 4 4 4 4 4	Distance/ Time 30-40 min Reps 3-5 5 3-5 ea 2:00 30	Pace Conversation Intensity >85% Fast/ Explosive >85% 4 count	1:30 1:30 1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	600m	6	600m	2:05	1:15
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	3-5	>85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	BB Bent Over Row	4	3-5	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	3-5 ea	>85%	1:30
	6	Weighted Pull Ups	3	3-5	>85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	30m	Easy	
		Side Kicking w/ Fins	1	1 <i>5</i> 0m	Easy	2:00
Total Distance: 3030m	Drill Set	Side Kicking w/ Fins	4	1 <i>5</i> 0m	2:50	0:25
Time: 2 hr		Flutter kick w/ board (no fins)	4	150m	4:00	remainder of pace time
	Main Set	Side Stroke w/ Fins	10	75m	1:30	remainder of pace time
		Freestyle w/ Fins	8	100m	2:00	remainder of pace time
	Cool Down					
·		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	1
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1 hr 55 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	30-40 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1 B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squat	4	3-5	>85%	
	2B	Lunge Hold	4	30 Sec ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	10	>85%	1:00
	5	Lateral Lunge	3	3-5 ea	>85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 mi	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1900m						
Time: 40 min	Main Set	Freestyle w/ fins	1	1500m	30:00:00	NA
	Cool Down	_				
	Cool Down	Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	3 Order	,	4 Sets	Distance/ Time	1:00 on/ :30 off	Rest
Run Time: 30 min		Treading Water Exercise/ Drill Fartlek (30 sec Burst every 3 min)	•	Distance/ Time	,	Rest NA
	Order	Exercise/ Drill	•		Pace	
	Order	Exercise/ Drill	•		Pace	
Time: 30 min	Order 1A	Exercise/ Drill Fartlek (30 sec Burst every 3 min)	Sets 1	20-30 min	Pace Varied	NA
Time: 30 min	Order 1 A Order	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise	Sets 1	20-30 min	Pace Varied	NA
Time: 30 min Strength & Conditioning	Order 1 A Order 1 A	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (at top) Weighted	Sets 1	20-30 min Reps 30 sec	Pace Varied Intensity	NA Rest
Time: 30 min Strength & Conditioning	Order 1 A Order 1 A 1 B	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups	Sets 1	20-30 min Reps 30 sec 3-5	Pace Varied Intensity Controlled	Rest
Time: 30 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press	Sets 1	20-30 min Reps 30 sec 3-5 3-5	Pace Varied Intensity Controlled	Rest 1:30 2:00
Time: 30 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press SA Farmers Carry (Heavy)	Sets 1	20-30 min Reps 30 sec 3-5 3-5 20 Yards (ea)	Pace Varied Intensity Controlled	Rest 1:30 2:00 1:00
Time: 30 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3 4	Exercise/ Drill Fartlek (30 sec Burst every 3 min) Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press SA Farmers Carry (Heavy) V-ups	Sets 1 Sets 4 4 3 3 3	20-30 min Reps 30 sec 3-5 3-5 20 Yards (ea)	Pace Varied Intensity Controlled >85%	Rest 1:30 2:00 1:00 1:00

Day 1	Total Time: 2hr 30 mir					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	350m	Easy	2:00
Total Distance: 2350m	Drill Sets	Rotational Drill	2	50m	Easy	0:30
Time: 45 min		Position 11 Drill	2	50m	Easy	0:30
	Main Set					
		Freestyle	7	100m	1:30	0:15
		Side Kicking w/ Fins	1	1000m	20:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
					-	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1 B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	3-5 ea	>85%	1:30

3	Plank	3	2:00		1:00
4	Bicycle Crunch	4	30	4 count	1:00
5	5-10-5 Drill	3	3	Fast	1:30
6	Leg Curl	3	3-5	>85%	1:30
7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	800m repeats	6	800m	3:00	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	3-5	>85%	
Time: 1hr 15 min	1 B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	BB Bent Over Row	4	3-5	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	3-5 ea	>85%	1:30
	6	Weighted Pull Ups	3	3-5	>85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 2000m	Main Set	Combat Recovery Stroke 25m/ Side Kicking	1	650m	10:00	3:00
Time: 40 min		back w/ fins				
		Freestyle	1	700m	10:00	3:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
						-
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1hr 55 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	35-45 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1 B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squat	4	3-5	>85%	
	2B	Lunge Hold	4	30 Sec ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	10	>85%	1:00
	5	Lateral Lunge	3	3-5 ea	>85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 1450m	Main Set	Freestyle	1	1000m	Race Pace	
Time: 30 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 55 min	1A	Long Slow Distance	1	45-55 min	8:30/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top) Weighted	4	30 sec		
Time: 1hr 15 min	1 B	Weighted Pull Ups	4	3-5	Controlled	1:30
	2	Bench Press	4	3-5	>85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	>85%	1:30
	6	SA DB OH Press	3	3-8 ea	>85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Day 1	Total Time: 2hr 50 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1900m	Main Set	Freestyle	7	50m	:45	0:30
Time: 35 min		Sidestroke	7	50m	1:00	0:20
		Side kicking w/ fins	2	400m	5:00	2:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Water Community	1	Underwaters	5	25m	2:15	
			2	20m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery			2:30	
Time: 20 min	3	Fin Treading	4	20111	1:00 on/ :30 off	
	3	Fin Treading	4		1:00 on/ :30 off	Rest
Run		Fin Treading Exercise/ Drill		Distance/ Time	1:00 on/ :30 off	Rest
	3 Order	Fin Treading	4		1:00 on/ :30 off	Rest NA
Run	3 Order	Fin Treading Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 50 min	3 Order 1	Fin Treading Exercise/ Drill Steady State Run	4	Distance/ Time 40-50 min	1:00 on/ :30 off Pace Conversation	NA
Run Time: 50 min	Order 1 Order	Fin Treading Exercise/ Drill Steady State Run Exercise	4	Distance/ Time 40-50 min	Pace Conversation Intensity	NA
Run Time: 50 min Strength & Conditioning	Order 1 Order 1A	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift	4	Distance/ Time 40-50 min Reps 3-5	Pace Conversation Intensity >85%	NA Rest
Run Time: 50 min Strength & Conditioning	Order 1 Order 1A 1B	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps	Sets 1 Sets 4 4	Distance/ Time 40-50 min Reps 3-5 5	Pace Conversation Intensity >85% Fast/ Explosive	Rest
Run Time: 50 min Strength & Conditioning	Order 1 Order 1A 1B 2	Fin Treading Exercise/ Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL	Sets 1 Sets 4 4 4	Distance/ Time 40-50 min Reps 3-5 5 3-5 ea	Pace Conversation Intensity >85% Fast/ Explosive	NA Rest 1:30 1:30
Run Time: 50 min Strength & Conditioning	Order 1 Order 1A 1B 2 3	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank	Sets 1 Sets 4 4 3	Distance/ Time 40-50 min Reps 3-5 5 3-5 ea 2:00	Pace Conversation Intensity >85% Fast/ Explosive >85%	1:30 1:30 1:00
Run Time: 50 min Strength & Conditioning	3 Order 1 Order 1A 1B 2 3 4	Fin Treading Exercise / Drill Steady State Run Exercise Trap Bar Deadlift Squat Jumps SL RDL Plank Bicycle Crunch	Sets 1	Distance/ Time 40-50 min Reps 3-5 5 3-5 ea 2:00 30	Pace Conversation Intensity >85% Fast/ Explosive >85% 4 count	1:30 1:30 1:00 1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	400m Repeats	6	400m	1:30	:45
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	3-5	>85%	
Time: 1hr 15 min	1 B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	BB Bent Over Row	4	3-5	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	3-5 ea	>85%	1:30
	6	Weighted Pull Ups	3	3-5	>85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	
Total Distance: 1600m	Main Set	Side Kicking w/ Fins	1	500m	10:00	3:00
Time: 35 min		Freestyle w/ Fins	12	50m	:45	0:20
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 2hr 5 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	40-50 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1 B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squat	4	3-5	>85%	
	2B	Lunge Hold	4	30 Sec ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	10	>85%	1:00
	5	Lateral Lunge	3	3-5 ea	>85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 1650m	Drill Set	Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breastroke Back	1	350m	5:00	NA
		Freestyle	12	50m	0:50	0:15
	Cool Down					
		Choice of Stroke	1	250m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
			^	20	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Time: 25 min	3	Mask & Snorkel Recovery Treading Water	4		1:00 on/ :30 off	
	3	Treading Water	4		1:00 on/ :30 off	
Run	3 Order	Treading Water Exercise/ Drill		Distance/ Time	1:00 on/ :30 off	Rest
	3	Treading Water	4		1:00 on/ :30 off	Rest NA
Run	3 Order	Treading Water Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run	3 Order	Treading Water Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 60 min	Order	Treading Water Exercise/ Drill Long Slow Distance	Sets 1	Distance/ Time 50-60 min	1:00 on/ :30 off Pace 8:30/mi	NA
Run Time: 60 min	Order 1A Order	Treading Water Exercise/ Drill Long Slow Distance Exercise	Sets 1 Sets	Distance/ Time 50-60 min Reps	1:00 on/ :30 off Pace 8:30/mi	NA
Run Time: 60 min Strength & Conditioning	Order 1A Order 1A Order	Treading Water Exercise/ Drill Long Slow Distance Exercise Pull Up Hold (at top) Weighted	Sets 1 Sets 4	Distance/ Time 50-60 min Reps 30 sec	Pace 8:30/mi	NA Rest
Run Time: 60 min Strength & Conditioning	Order 1 A Order 1 A 1 B	Treading Water Exercise/ Drill Long Slow Distance Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups	Sets 1 Sets 4 4 4	Distance/ Time 50-60 min Reps 30 sec 3-5	Pace 8:30/mi Intensity Controlled	Rest
Run Time: 60 min Strength & Conditioning	3 Order 1A Order 1A 1B 2	Treading Water Exercise / Drill Long Slow Distance Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press	Sets 1 Sets 4 4 4	Distance/ Time 50-60 min Reps 30 sec 3-5 3-5	Pace 8:30/mi Intensity Controlled	NA Rest 1:30 2:00
Run Time: 60 min Strength & Conditioning	3 Order 1A Order 1A 1B 2 3	Exercise / Drill Long Slow Distance Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press SA Farmers Carry (Heavy)	Sets 1 Sets 4 4 3	Distance/ Time 50-60 min Reps 30 sec 3-5 3-5 20 Yards (ea)	Pace 8:30/mi Intensity Controlled	1:30 2:00 1:00
Run Time: 60 min Strength & Conditioning	3 Order 1A Order 1A 1B 2 3 4	Exercise / Drill Long Slow Distance Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press SA Farmers Carry (Heavy) V-ups	Sets 1 Sets 4 4 4 3 3 3	Distance/ Time 50-60 min	1:00 on/ :30 off Pace 8:30/mi Intensity Controlled >85%	Rest 1:30 2:00 1:00 1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1900m	Drill Sets					
Time: 35 min		Rotational Drill	4	25m	Easy	0:30
	Main Set					
		Freestyle	1	400m	5:00	2:30
		Side Kicking w/ fins	1	400m	5:00	2:30
		Side Kicking w/ fins	12	50m	0:45	0:15
	Cool Down					
	5	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest

	1A	Trap Bar Deadlift	1	3-5	>85%	
Time: 1hr 15 min	1 B	Squat Jumps	1	5	Fast/ Explosive	1:30
	2	SL RDL	1	3-5 ea	>85%	1:30
	3	Plank	1	2:00		1:00
	4	Bicycle Crunch	1	30	4 count	1:00
	5	5-10-5 Drill	1	3	Fast	1:30
	6	Leg Curl	1	3-5	>85%	1:30
	7	Deep Squat Hold	1	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 1950m	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	
Time: 30 min						
	Main Set					
		Freestyle w/ snorkel	1	600m	10:00	
		Side Kicking w/ Fins	1	700m	10:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
W . C		I / D. III		B: .		1
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	
	Warm-up	Choice of Stroke	1	500m	Easy	
Total Distance: 1100m	Main Set					
Time: 45 min		Side Kicking w/ fins	1	500m	Race Pace	
	Cool Down					
		Choice of Stroke	1	100m	Easy	
		-				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
		•	7		1:00 dily :50 dil	
DI		•		I D' / T'	•	
Ruck Time: 60 min	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	
Ruck Time: 60 min		•		Distance/ Time 4 mi	•	
	Order	Exercise/ Drill			Pace	
Time: 60 min	Order 1A	Exercise/ Drill Ruck	Sets 1	4 mi	Pace 15min/ mi	
Time: 60 min	Order 1 A Order	Exercise / Drill Ruck Exercise	Sets 1	4 mi	Pace 15min/ mi	
Time: 60 min Strength & Conditioning	Order 1A Order 1A	Exercise / Drill Ruck Exercise Pull Up Hold (at top) Weighted	Sets 1	4 mi Reps 30 sec	Pace 15min/ mi Intensity	
Time: 60 min Strength & Conditioning	Order 1A Order 1A 1B	Exercise / Drill Ruck Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups	Sets 1	4 mi Reps 30 sec 3-5	Pace 15min/ mi Intensity Controlled	
Time: 60 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2	Exercise / Drill Ruck Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press	Sets 1	4 mi Reps 30 sec 3-5 3-5	Pace 15min/ mi Intensity Controlled	
Time: 60 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3	Exercise / Drill Ruck Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press SA Farmers Carry (Heavy)	Sets 1	4 mi Reps 30 sec 3-5 3-5 20 Yards (ea)	Pace 15min/ mi Intensity Controlled	
Time: 60 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 3 4	Exercise/ Drill Ruck Exercise Pull Up Hold (at top) Weighted Weighted Pull Ups Bench Press SA Farmers Carry (Heavy) V-ups	Sets 1	4 mi Reps 30 sec 3-5 3-5 20 Yards (ea)	Pace 15min/mi Intensity Controlled >85%	

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

SENIOR YEAR, SPRING, WEEKS 1-6

Day 1	Total Time: 2hr 30 m	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
						Remainder
Total Distance: 2300m	Main Set	Freestyle	2	300m	5:45	of Interval
						Remainder
Time: 55 min		Breastroke	6	50m	1:30	of Interval
						Remainder
		Side Kicking w/ fins	4	250m	5:45	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
	- 		•		•	
2		In . (5.0)		-		
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1 B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00
	3	Farmers Carry (Heavy)	4	100 Yards		1:00
American Company of the Company of t						

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2300m	Main Set	Freestyle	7	50m	1:30	Remainder of Interval
Total Distance: 2300iii	Mulli Sei	Treestyle	,	Join	1:50	Remainder
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	of Interval
				_		Remainder
		Freestyle	7	50m	1:15	of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		,				Remainder
		Freestyle	7	50m	1:00	of Interval
						Remainder
		Side Kicking w/ fins	6	50m	1:00	of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1 B	Alternating Lunges	4	20		1:30
	2A	Dips	4	12		
	2B	TRX Row	4	12		
 -	2C	Flutter Kicks	4	40	4 count	2:00

	3	Bar Hang	3	1:00		1:30
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Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 mir	1				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
						Remainder
Total Distance: 1500m	Main Set	Freestyle	7	50m	1:30	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	7	100m	2:30	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30
	3	Treading Water	4		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1 B	Staggered Stand Deadlift	4	10		1:30
	2A	Hindu Pushup	4	10		
	2B	Neutral Grip Pull Up	4	10		
	2C	GHD Extension Hold	4	10		1:30
	3	Plate Pinch Carry	4	40 Yards		1:00

Day 1	Total Time: 2hr 30 min		_			
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
						Remainder
Total Distance: 2400m	Main Set	Side Kicking w/ fins	7	1 <i>5</i> 0m	3:15	of Interval
Time: 55 min		Freestyle w/ fins	6	75m	Fast	:30
	_					Remainder
	_	Alternating laps-Freestyle/ Sidekicking	9	50m	1:15	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
					·	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1 B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00
	3	Farmers Carry (Heavy)	4	100 Yards		1:00
		1, 11	_			

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Hill Sprints	6	200m	Sprint	Walk Down

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
						Remainder
Total Distance: 1900m	Main Set	Freestyle	2	150m	2:40	of Interval
						Remainder
Time: 45 min	2 times Through Main S	Set Side Kicking w/ fins	5	100m	2:00	of Interval
	2:00 rest between					Remainder
	exercises	Side Kicking w/ fins	9	50m	1:00	of Interval
	5	Freestyle	1	200m	Easy	
	Cool Down	For a stude	,	100	F	NA
	Cool Down	Freestyle		100m	Easy	INA
	Cool Down	rreestyle		100m	Edsy	INA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	INA INA
Water Confidence		,	Sets 5			NA .
Water Confidence Time: 20 min		Exercise/ Drill		Distance	Interval	INA
	Order 1	Exercise/ Drill Underwaters		Distance 25m	Interval 2:15	INA
	Order 1 2	Exercise/ Drill Underwaters Buddy Breathing	5	Distance 25m Moderate	2:15 1:30	INA
	Order 1 2	Exercise/ Drill Underwaters Buddy Breathing	5	Distance 25m Moderate	2:15 1:30	Rest
Time: 20 min	Order 1 2 3	Exercise/ Drill Underwaters Buddy Breathing 10-ups	5 1 1	Distance 25m Moderate ~17m	Interval 2:15 1:30 1:30	
Time: 20 min	Order 1 2 3 Order	Exercise/ Drill Underwaters Buddy Breathing 10-ups Exercise	5 1 1 Sets	Distance 25m Moderate ~17m Reps	Interval 2:15 1:30 1:30 Intensity	
Time: 20 min Strength & Conditioning	Order 1 2 3 Order 1A	Exercise/ Drill Underwaters Buddy Breathing 10-ups Exercise SL Box Jump	5 1 1 Sets	Distance 25m Moderate ~17m Reps 5 Ea	Interval 2:15 1:30 1:30 Intensity	Rest
Time: 20 min Strength & Conditioning	Order 1 2 3 Order 1A 1B	Exercise/ Drill Underwaters Buddy Breathing 10-ups Exercise SL Box Jump Alternating Lunges	5 1 1 Sets 4	Distance 25m Moderate ~17m Reps 5 Ea 20	Interval 2:15 1:30 1:30 Intensity	Rest
Time: 20 min Strength & Conditioning	Order 1 2 3 Order 1A 1B 2A	Exercise/ Drill Underwaters Buddy Breathing 10-ups Exercise SL Box Jump Alternating Lunges Dips	5 1 1 Sets 4 4	Distance 25m Moderate ~17m Reps 5 Ea 20 12	Interval 2:15 1:30 1:30 Intensity	Rest

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	

Day 5	Total Time: 2hr 30 m	nin				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 1950m	Main Set	Freestyle	1	500m	10:30	
Time: 35 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down		-	-	_	
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	^	Mask & Snorkel Recovery	2	20m	2:30	
Time: 25 min	2	Mask & Shorker Recovery				
Time: 25 min	3	Treading Water	4	20	1:00 on/ :30 off	
Time: 25 min				Distance/ Time		Rest
	3	Treading Water	4		1:00 on/ :30 off	Rest NA
Run	3 Order	Treading Water Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run	3 Order	Treading Water Exercise/ Drill	4	Distance/ Time	1:00 on/ :30 off	
Run Time: 45 min	3 Order 1A	Treading Water Exercise/ Drill Long Slow Distance	5ets	Distance/ Time 35-45 min	Pace Conversation	NA
Run Time: 45 min	Order 1A Order	Treading Water Exercise/ Drill Long Slow Distance Exercise	Sets 1 Sets	Distance/ Time 35-45 min Reps	Pace Conversation	NA
Run Time: 45 min Strength & Conditioning	Order 1A Order 1A	Treading Water Exercise / Drill Long Slow Distance Exercise Broad Jump	Sets 1 Sets 4	Distance/ Time 35-45 min Reps 3	Pace Conversation	NA Rest
Run Time: 45 min Strength & Conditioning	Order 1 A Order 1 A 1 B	Treading Water Exercise/ Drill Long Slow Distance Exercise Broad Jump Staggered Stand Deadlift	Sets 1 Sets 4 4 4	Distance/ Time 35-45 min Reps 3	Pace Conversation	NA Rest
Run Time: 45 min Strength & Conditioning	Order 1 A Order 1 A 1 B 2 A	Treading Water Exercise/ Drill Long Slow Distance Exercise Broad Jump Staggered Stand Deadlift Hindu Pushup	Sets 1 Sets 4 4 4	Distance/ Time 35-45 min Reps 3 10 10	Pace Conversation	NA Rest

	_	-				
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: m	Main Set	Freestyle	1	900m	13:00	3:00
						Remainder
Time: 55 min		Freestyle	16	50m	1:00	of Interval
	_	Side Kicking w/ fins	1	500m	10:00	

	Cool Down					
		Freestyle	1	100m	Easy	١
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
В .	0 1			T = 1 / = 1	_	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	R
Time: 40 min	Order 1	Steady State Run	Sets 1	30-40 min	Pace Conversation	
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	١
	Order		Sets 1 Sets			١
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	١
Time: 40 min	l Order	Steady State Run Exercise	1 Sets	30-40 min	Conversation Intensity	R
Time: 40 min Strength & Conditioning	1 Order 1 A	Steady State Run Exercise Depth Jump	1 Sets 4	30-40 min Reps 5	Conversation Intensity	R
Time: 40 min Strength & Conditioning	1 Order 1A 1B	Steady State Run Exercise Depth Jump Walking Lunges	1 Sets 4 4	30-40 min Reps 5 10 ea	Conversation Intensity 18-21 inches	R
Time: 40 min Strength & Conditioning	1 Order 1A 1B 2A	Exercise Depth Jump Walking Lunges Push Ups	Sets 4 4 4	30-40 min Reps 5 10 ea 40	Conversation Intensity 18-21 inches	1: 2:

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	400m Repeats	4	400m	1:25	:40
Rest 4:00 after 400s	2	800m Repeats	4	800m	3:00	1:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Re
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 2025m	Main Set	Freestyle	2	225m	3:30	Rema of Int
Total Distance. 2023iii	Mulli Sei	Treestyle		223111	3.30	Rema
Time: 45 min		Breastroke	2	1 <i>5</i> 0m	2:30	of Inte
						Rema
		Side Kicking w/ fins	3	150m	3:30	of Inte
		Flutterkick Kickboard (no fins)	10	25m	Fast	:2
		Breastroke Kick Kickboard	5	25m		:2
	0 15	_			_	
	Cool Down	Freestyle		100m	Easy	N.
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	1
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Re
<u> </u>	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1 B	Alternating Lunges	4	20		1:3
	2A	Dips	4	12		
	2B	TRX Row	4	12		
	2C	Flutter Kicks	4	40	4 count	2:0
	3	Bar Hang	3	1:00		1:3

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Total Time: 2hr 30 min					
Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Warm-up	Choice of Stroke	1	250m	Easy	2:00
Main Set	Freestyle	1	325m	5:00	2:00
	Side Kicking w/ fins	1	1000m	20:00	
Cool Down					
	Choice of Stroke	1	100m	Easy	NA
		-	•		=
	Order Warm-up Main Set Cool Down	Order Exercise/ Drill Warm-up Choice of Stroke Main Set Freestyle Side Kicking w/ fins	Order Exercise/ Drill Sets Warm-up Choice of Stroke 1 Main Set Freestyle 1 Side Kicking w/ fins 1 Cool Down 1	Order Exercise/ Drill Sets Distance Warm-up Choice of Stroke 1 250m Main Set Freestyle 1 325m Side Kicking w/ fins 1 1000m	Order Exercise/ Drill Sets Distance Pace Warm-up Choice of Stroke 1 250m Easy Main Set Freestyle 1 325m 5:00 Side Kicking w/ fins 1 1000m 20:00

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
		-		-	-	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	40-50min	8:30/mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1 B	Staggered Stand Deadlift	4	10		1:30
	2A	Hindu Pushup	4	10		
	2B	Neutral Grip Pull Up	4	10		
	2C	GHD Extension Hold	4	10		1:30
	3	Plate Pinch Carry	4	40 Yards		1:00

Day 1	Total Time: 2hr 30 mi	in				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	•				,	Remainder
Total Distance: 2300m	Main Set	Freestyle	5	1 <i>5</i> 0m	3:30	of Interval
Time: 55 min		SideStroke	1	200m	4:30	
	<u> </u>	Side Kicking w/ fins	6	1.50m	3:30	Remainder of Interval
	Cool Down	order ricking w/ mis	Ü	130111	0.00	
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	1
						_
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
		-	-	-		
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1 B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00
	3	Farmers Carry (Heavy)	4	100 Yards		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	800m Repeats	6	800m	3:00	1:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
						Remainder
Total Distance: 2850m	Main Set	Freestyle	7	50m	1:30	of Interval
						Remainder
Time: 55 min		Freestyle Breathe every 5th Stroke	8	50m	1:30	of Interval
						Remainder
		Side Kicking w/ fins	6	1 <i>5</i> 0m	3:20	of Interval
						Remainder
		Side Kicking w/ fins- 3 breaths per 25m	5	50m	1:15	of Interval
						Remainder
		Side Kicking w/ fins	1	500m	10:00	of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
			-			
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1 B	Alternating Lunges	4	20		1:30
	2A	Dips	4	12		
	2B	TRX Row	4	12		
	2C	Flutter Kicks	4	40	4 count	2:00
	3	Bar Hang	3	1:00		1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 n	····				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1400m	Main Set					
Time: 35 min		Side Kicking w/ fins	1	1000m	Race	
	Cool Down		-			
		Choice of Stroke	1	100m	Easy	NA
		-				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Ruck	3 Order	Treading Water Exercise/ Drill	4 Sets	Distance/ Time	1:00 on/ :30 off	Res
	•	•		Distance/ Time	,	
Ruck Time: 30 min	Order	Exercise/ Drill			Pace	Res NA
Time: 30 min	Order	Exercise/ Drill			Pace	NA
Time: 30 min	Order 1 A	Exercise/ Drill Ruck with 55 lbs	Sets 1	2	Pace 15min/ mi	NA
Time: 30 min Strength & Conditioning	Order 1 A Order	Exercise / Drill Ruck with 55 lbs Exercise	Sets 1	2 Reps	Pace 15min/ mi	
Time: 30 min Strength & Conditioning	Order 1 A Order 1 A	Exercise/ Drill Ruck with 55 lbs Exercise Broad Jump	Sets 1	2 Reps 3	Pace 15min/ mi	NA Res
Time: 30 min Strength & Conditioning	Order 1 A Order 1 A 1 B	Exercise/ Drill Ruck with 55 lbs Exercise Broad Jump Staggered Stand Deadlift	Sets 1	2 Reps 3 10	Pace 15min/ mi	NA Res
	Order 1 A Order 1 A 1 B 2 A	Exercise/ Drill Ruck with 55 lbs Exercise Broad Jump Staggered Stand Deadlift Hindu Pushup	Sets 1	2 Reps 3 10 10	Pace 15min/ mi	Res

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
						Remainder
Total Distance: 2150m	Main Set	Freestyle w/ Fins and Snorkel	7	1 <i>5</i> 0m	1:45	of Interval
						Remainder
Time: 55 min		Side Kicking w/ fins	6	25m	:30	of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
						•
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1 B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00

	_	_				
Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	400m Repeats	4	400m	1:20	:40

3 Farmers Carry (Heavy) 4 100 Yards 1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
						Remainder
Total Distance: 1900m	Main Set	Freestyle	7	50m	1:30	of Interval
						Remainder
Time: 45 min		Breaststroke	2	100m	3:15	of Interval
						Remainder
		Freestyle	5	50m	1:25	of Interval
					0.15	Remainder
		Breaststroke	2	100m	3:15	of Interval Remainder
		Francis de	7	50m	1:15	of Interval
		Freestyle	/	SUM	1:15	Remainder
		Breaststroke	4	25m	1:10	of Interval
		breasistroke	4	23111	1:10	Of filler var
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
						•
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Alternating Lunges	4	20		1:30
	2A	Dips	4	12		
	2B	TRX Row	4	12		
	2C	Flutter Kicks	4	40	4 count	2:00
	3	Bar Hang	3	1:00		1:30

Day 4	Total Time: 35 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	

Day 5	Total Time: 2hr 30 mi	n				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 2200m	Main Set	Side Kicking w/ fins	12	1 <i>5</i> 0m	2:30	Remainder of Interval
Time: 45 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/:30 off	
	-	•			•	•
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	Staggered Stand Deadlift	4	10		1:30

2A	Hindu Pushup	4	10	
2B	Neutral Grip Pull Up	4	10	
2C	GHD Extension Hold	4	10	1:30
3	Plate Pinch Carry	4	40 Yards	1.00

		_				
Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: m	Main Set	Freestyle	1	600m	10:00	3:00
Time: 55 min		Side Kicking w/ fins	1	700m	10:00	
	Cool Down		-			
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1 B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00
	3	Farmers Carry (Heavy)	4	100 Yards		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 3350m	Main Set	Freestyle	2	250m	4:00	Remainder of Interva
Total Distance. 0000m	main oci	Treestyle	_	200111	4.00	Remainde
Time: 1 hr 30 min		Freestyle	5	1 <i>5</i> 0m	2:45	of Interva
						Remainder
		Freestyle	4	50m	1:20	of Interva
						Remainder
		Side Kicking w/ fins	2	250m	4:00	of Interva Remainder
		Side Kicking w/ fins	5	1 <i>5</i> 0m	2:45	of Interva
		Side Ricking W/ Tiris	3	130111	2:43	Remainder
		Side Kicking w/ fins	4	50m	1:20	of Interva
		3 7				
	Cool Down	Freestyle	1	100m	Easy	NA
				_	-	_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1 B	Alternating Lunges	4	20		1:30
	2A	Dips	4	12		
	2B	TRX Row	4	12		
	2C	Flutter Kicks	4	40	4 count	2:00
	3	Bar Hang	3	1:00		1:30

Day 4	Total Time: 35 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	500m	Easy	2:00
Total Distance: 1450m	Main Set	Freestyle	12	50m	1:20	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down					
İ		Choice of Stroke	1	100m	Easy	NA
						-
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
						-
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	40-50 min	8:30/mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1 B	Staggered Stand Deadlift	4	10		1:30
	2A	Hindu Pushup	4	10		
	2B	Neutral Grip Pull Up	4	10		
	2C	GHD Extension Hold	4	10		1:30

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

SENIOR YEAR, SPRING, WEEKS 7-12

Day 1	Total Time: 2hr 30 m					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	2:00
						Remainder
Total Distance: 2950	Main Set	Freestyle	4	250m	5:45	of Interval
						Remainder
Time: 55 min		Breastroke	4	50m	1:30	of Interval
						Remainder
		Side Kicking w/ fins	5	250m	5:45	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
						1
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
		•				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1 B	Reverse Lunge	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Hanging Leg Raises	4	30		2:00
	3	Farmers Carry (Heavy)	4	3 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Hill Sprints	8	200m	Sprint	Walk Down

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1800m	Main Set	Freestyle	5	50m	1:30	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	of Interval
		<u>_</u> .	_			Remainder
		Freestyle	5	50m	1:15	of Interval
		C. I. 16 1 / 6	_	50	1.15	Remainder
		Side Kicking w/ fins	5	50m	1:15	of Interval
		5	_	50	1.00	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder
		Side Kicking w/ fins	5	50m	1:00	of Interval
		Side Kicking W/ Tims	5	30111	1:00	Of line var
	Cool Down	Freestyle	1	100m	Easy	NA
						=
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	-
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	4
	3	10-ups	1	~17m	1:30	
						·
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1 B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2B	DB SA Row	4	12 ea		
	2C	Plank	4	1:00	4 count	2:00

3	KB Front Rack Carry	3	1:30	1:30

Day 4	Total Time: 45 min						
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest	
	1	Steady State Run	1	35-45 min	Conversation		

Warm-up	Day 5	Total Time: 2hr 30 m	in				
Total Distance: 1300m	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1300m		Warm-up	Choice of Stroke	1	200m	Easy	2:00
Side Kicking w/ fins Side Kicking w/ fins							Remainder
Side Kicking w/ fins 6 100m 2:30 of Interval	Total Distance: 1300m	Main Set	Freestyle	6	50m	1:30	of Interval
Cool Down Choice of Stroke 1 100m Easy NA							Remainder
Choice of Stroke	Time: 35 min		Side Kicking w/ fins	6	100m	2:30	of Interval
Water Confidence Order Exercise/ Drill Sets Distance Interval 1 Underwaters 5 25m 2:15 Time: 25 min 2 Mask & Snorkel Recovery 2 20m 2:30 3 Treading Water 4 1:00 on/ :30 off Run Order Exercise/ Drill Sets Distance/ Time Pace Rest Time: 55 min 1A Long Slow Distance 1 45-55 min 8:30/ mi NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1A Broad Jump 4 3 Intensity Rest 1me: 1hr 15 min 1B BB RDL 4 10-12 1:30 2A DB OH Press 4 10 10 2B Chin Ups 4 8-10 1:30		Cool Down					
1			Choice of Stroke	1	100m	Easy	NA
1							_
Time: 25 min 2 Mask & Snorkel Recovery 2 20m 2:30	Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Run		1	Underwaters	5	25m	2:15	
Run Order Exercise/ Drill Sets Distance/ Time Pace Rest Time: 55 min 1A Long Slow Distance 1 45-55 min 8:30/ mi NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1A Broad Jump 4 3 1 Time: 1hr 15 min 1B BB RDL 4 10-12 1:30 2A DB OH Press 4 10 10 1 2B Chin Ups 4 8-10 1:30 2C Banded Pallof Press 4 8-10 1:30	Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Time: 55 min 1A Long Slow Distance 1 45-55 min 8:30/ mi NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1A Broad Jump 4 3 3 4 10-12 1:30 2A DB OH Press 4 10 10 4 10 4 10 4 8-10 1:30		3	Treading Water	4		1:00 on/ :30 off	
Time: 55 min 1A Long Slow Distance 1 45-55 min 8:30/ mi NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1A Broad Jump 4 3 3 4 10-12 1:30 2A DB OH Press 4 10 10 4 10 4 10 4 8-10 1:30							
Time: 55 min 1A Long Slow Distance 1 45-55 min 8:30/ mi NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1A Broad Jump 4 3 3 4 10-12 1:30 2A DB OH Press 4 10 10 4 10 4 10 4 8-10 1:30							
Strength & Conditioning	Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
1A Broad Jump 4 3 Time: 1hr 15 min 1B BB RDL 4 10-12 1:30 2A DB OH Press 4 10 2B Chin Ups 4 8-10 2C Banded Pallof Press 4 8-10 1:30	Time: 55 min	1A	Long Slow Distance	1	45-55 min	8:30/ mi	NA
1A Broad Jump 4 3 Time: 1hr 15 min 1B BB RDL 4 10-12 1:30 2A DB OH Press 4 10 2B Chin Ups 4 8-10 2C Banded Pallof Press 4 8-10 1:30							
1A Broad Jump 4 3 Time: 1hr 15 min 1B BB RDL 4 10-12 1:30 2A DB OH Press 4 10 2B Chin Ups 4 8-10 2C Banded Pallof Press 4 8-10 1:30	Strength & Conditioning	Order	Fyercise	Sets	Rens	Intensity	Rest
Time: 1hr 15 min 1B BB RDL 4 10-12 1:30 2A DB OH Press 4 10 2B Chin Ups 4 8-10 2C Banded Pallof Press 4 8-10 1:30	onengin a continuing					iniciany	1(03)
2A DB OH Press 4 10 2B Chin Ups 4 8-10 2C Banded Pallof Press 4 8-10 1:30	Time: 1hr 15 min				,		1:30
2B Chin Ups 4 8-10 2C Banded Pallof Press 4 8-10 1:30							
2C Banded Pallof Press 4 8-10 1:30							
							1:30

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 2700m	Main Set	Freestyle	2	250m	5:45	of Interval
						Remainder
Time: 55 min		Breastroke	6	50m	1:30	of Interval
						Remainder
	1	Side Kicking w/ fins	5	250m	5:45	of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
						i
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
		,				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1 B	Reverse Lunge	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Hanging Leg Raises	4	30		2:00
	3	Farmers Carry (Heavy)	4	3 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	1600m Repeats	3	1600m	6:30	3:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
						Remainder
Total Distance: 1800m	Main Set	Freestyle	5	50m	1:30	of Interval
						Remainder
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	of Interval
						Remainder
		Freestyle	5	50m	1:15	of Interval
						Remainder
		Side Kicking w/ fins	5	50m	1:15	of Interval
			_			Remainder
		Freestyle	5	50m	1:00	of Interval
		6.1.16.1. / 6	_	50	1.00	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:00	of interval
	Cool Down	r	1	100m	-	NIA
	Cool Down	Freestyle	1	TOOM	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	1
water Confidence	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
Time. 20 film	3	10-ups	1	~17m	1:30	
	J	1 0-0μ3	'	17111	1.50	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
· ·	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1 B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2B	DB SA Row	4	12 ea		1
	2C	Plank	4	1:00	4 count	2:00
	3	KB Front Rack Carry	3	1:30		1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
						Remainder
Total Distance: 2400m	Main Set	Freestyle	7	50m	1:30	of Interval
						Remainder
Time: 55 min		Side Kicking w/ fins	7	100m	2:30	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/:30 off	
	-	-	<u> </u>	-		
D						
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	Order 1 A	Exercise/ Drill Ruck with 55lbs	Sets 1	Distance/ Time	Pace 15 min/ mi	Rest NA
			Sets 1			
			Sets 1			
Time: 45 min			Sets 1 Sets			
Time: 45 min	1A	Ruck with 55lbs	1	3 mi	15 min/ mi	NA
Time: 45 min Strength & Conditioning	1A Order	Ruck with 55lbs Exercise	1 Sets	3 mi	15 min/ mi	NA
Time: 45 min Strength & Conditioning	1A Order 1A	Ruck with 55lbs Exercise Broad Jump	1	3 mi	15 min/ mi	NA Rest
Time: 45 min Strength & Conditioning	1A Order 1A 1B	Ruck with 55lbs Exercise Broad Jump BB RDL	Sets 4 4	3 mi Reps 3 10-12	15 min/ mi	NA Rest
Time: 45 min Strength & Conditioning Time: 1hr 15 min	1A Order 1A 1B 2A	Ruck with 55lbs Exercise Broad Jump BB RDL DB OH Press	Sets 4 4 4	3 mi Reps 3 10-12 10	15 min/ mi	NA Rest
Time: 45 min Strength & Conditioning	1A Order 1A 1B 2A 2B	Ruck with 55lbs Exercise Broad Jump BB RDL DB OH Press Chin Ups	Sets 4 4 4 4	3 mi Reps 3 10-12 10 8-10	15 min/ mi	Rest

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	
	Warm-up	Choice of Stroke	1	350m	Easy	
						Rer
Total Distance: 1750m	Main Set	Freestyle	3	200m	4:00	of
						Rer
Time: 55 min	2 Rounds	Flutter Kick w/ board and fins	10	50m	1:30	of
						Rer
		Freestyle	2	100m	3:00	of
	Cool Down					
		Freestyle	1	100m	Easy	
		-				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	
		,				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	
	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1 B	Reverse Lunge	4	10 ea		
	2A	Push Ups	4	40	>85%	
	ZA					
	2B	Pull Ups	4	10-15		
		Pull Ups Hanging Leg Raises	4	10-15 30		

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	800m Repeats	4	800m	2:45	2:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
						Remainder
Total Distance: 3200m	Main Set	Freestyle	6	50m	1:20	of Interval
						Remainder
Time: 1hr 35 min		Freestyle	4	200m	3:20	of Interval
		511 1611 / 6		7.5	1 40	Remainder of Interval
		Side Kicking w/ fins	4	75m	1:40	
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		• ,			3:45	1:00
		Side Kicking w/ fins	4	200m		1:00
		Side Kicking w/ fins	l l	300m	Race Pace	
	Cool Down	Freestyle	1	100m	Easy	NA
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1 B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2В	DB SA Row	4	12 ea		
	2C	Plank	4	1:00	4 count	2:00
	3	KB Front Rack Carry	3	1:30		1:30

Day 4	Total Time: 40 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	30-40 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1750m	Main Set	Freestyle	11	50m	0:50	0:15
						Remainder
Time: 55 min		Side Kicking w/ fins	4	75m	1:30	of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/:30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1 B	BB RDL	4	10-12		1:30
	2A	DB OH Press	4	10		
	2B	Chin Ups	4	8-10		
	2C	Banded Pallof Press	4	8-10		1:30

Day 1	Total Time: 2hr 30 mi					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
						Remainder
Total Distance: 1750m	Main Set	Freestyle	4	50m	1:20	of Interval
Time: 55 min		Side Kicking w/ fins	4	250m	5:00	
		Freestyle	1	250m	5:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
	-		-	_		
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1 B	Reverse Lunge	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Hanging Leg Raises	4	30		2:00
	3	Farmers Carry (Heavy)	4	3 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 21 min	1	3 Mile time Trial	1	3 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
						Remainder
Total Distance: 2050m	Main Set	Freestyle	4	50m	1:30	of Interval

	7					Remainder
Time: 55 min		Breaststroke	4	100m	3:15	of Interval
						Remainder
		Freestyle	5	50m	1:25	of Interval
						Remainder
		Breaststroke	3	100m	3:15	of Interval
						Remainder
		Freestyle	6	50m	1:15	of Interval
						Remainder
		Breaststroke	6	25m	1:10	of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
						_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30]
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1 B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
			4	12 ea		
	2B	DB SA Row	4	12 ea		
	2B 2C	DB SA Row Plank	4	1:00	4 count	2:00

Day 4	Total Time: 45 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	35-45 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 2600m	Main Set	Side Kicking w/ fins or Combat Side Stroke	9	250m	5:00	Remainder of Interval
Time: 1hr 20 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		-				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
			_			
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 55 min	1A	Long Slow Distance	1	45-55 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1 B	BB RDL	4	10-12		1:30
	2A	DB OH Press	4	10		
	2B	Chin Ups	4	8-10		
	2C	Banded Pallof Press	4	8-10		1:30
	3	Trap Bar Carry	4	30 Yards		1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 1750m	Main Set	Freestyle	1	700m	10:00	3:00
Time: 55 min		Side Kicking w/ fins or Combat Side Stroke	1	600m	10:00	
	•					
	Cool Down	-				
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	

Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	R
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	1
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	F
onongm a conamoning	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1 B	Reverse Lunge	4	10 ea		1
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Hanging Leg Raises	4	30		2
	3	Farmers Carry (Heavy)	4	3 min		1

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	400m Repeats	4	400m	1:30	:45

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
						Remainde
Total Distance: 3050m	Main Set	Freestyle	12	100m	2:20	of Intervo
						Remainde
Time: 1hr 30 min		Side Kicking w/ fins	14	100m	2:20	of Intervo
-						
	Cool Down	Freestyle	1	100m	Easy	NA
						-
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~1 <i>7</i> m	1:30	
						•
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1 B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2B	DB SA Row	4	12 ea		
	2C	Plank	4	1:00	4 count	2:00
	3	KB Front Rack Carry	3	1:30		1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
						Remainder
Total Distance: 1300m	Main Set	Freestyle	12	50m	1:20	of Interval
						Remainder
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	of Interval
	Cool Down					
•		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
1						
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 60 min	1A	Long Slow Distance	1	50-60 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	BB RDL	4	10-12		1:30
	2A	DB OH Press	4	10		
	2B	Chin Ups	4	8-10		
	2C	Banded Pallof Press	4	8-10		1:30
	3	Trap Bar Carry	4	30 Yards		1:00

Name			_				
Varn-up	Day 1	Total Time: 2hr 30 min					
Total Distance: 2450m	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2450m		Warm-up	Choice of Stroke	1	350m	Easy	2:00
Breastroke							Remainder
Breastroke	Total Distance: 2450m	Main Set	Freestyle	2	250m	5:45	of Interval
Side Kicking w/ fins 4 250m 5:45 of Interval							
Side Kicking w/ fins	Time: 55 min		Breastroke	10	50m	1:30	of Interval
Cool Down Freestyle 1 100m Easy NA		_					
Freestyle			Side Kicking w/ fins	4	250m	5:45	of Interval
Name		Cool Down					
1			Freestyle	1	100m	Easy	NA
1				-			
Time: 20 min 2 Mask & Snorkel Recovery 2 20m 2:30	Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
3 Fin Treading 4 1:00 on/:30 off		1	Underwaters	5	25m	2:15	
Run Order Exercise/ Drill Sets Distance/ Time Pace Rest Time: 30 min 1 Steady State Run 1 20-30 min Conversation NA Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 A Box Jump 4 5 18-21 inches Time: 1hr 15 min 1B Reverse Lunge 4 10 ea 1:30 2A Push Ups 4 40 >85% 2B Pull Ups 4 10-15 2C Hanging Leg Raises 4 30 2:00	Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 A Box Jump 4 5 18-21 inches Time: 1hr 15 min 1 B Reverse Lunge 4 10 ea 1:30 2A Push Ups 4 40 >85% 2B Pull Ups 4 10-15 2C Hanging Leg Raises 4 30 2:00		3	Fin Treading	4		1:00 on/ :30 off	
Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 A Box Jump 4 5 18-21 inches Time: 1hr 15 min 1 B Reverse Lunge 4 10 ea 1:30 2A Push Ups 4 40 >85% 2B Pull Ups 4 10-15 2C Hanging Leg Raises 4 30 2:00							
Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 A Box Jump 4 5 18-21 inches Time: 1hr 15 min 1 B Reverse Lunge 4 10 ea 1:30 2A Push Ups 4 40 >85% 2B Pull Ups 4 10-15 2C Hanging Leg Raises 4 30 2:00							
Strength & Conditioning Order Exercise Sets Reps Intensity Rest 1 A Box Jump 4 5 18-21 inches Time: 1hr 15 min 1 B Reverse Lunge 4 10 ea 1:30 2A Push Ups 4 40 >85% 2B Pull Ups 4 10-15 2C Hanging Leg Raises 4 30 2:00	Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
1A Box Jump 4 5 18-21 inches Time: 1hr 15 min 1B Reverse Lunge 4 10 ea 1:30 2A Push Ups 4 40 >85% 2B Pull Ups 4 10-15 2C Hanging Leg Raises 4 30 2:00	Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
1A Box Jump 4 5 18-21 inches Time: 1hr 15 min 1B Reverse Lunge 4 10 ea 1:30 2A Push Ups 4 40 >85% 2B Pull Ups 4 10-15 2C Hanging Leg Raises 4 30 2:00							
Time: 1hr 15 min 1B Reverse Lunge 4 10 ea 1:30 2A Push Ups 4 40 >85% 2B Pull Ups 4 10-15 2C Hanging Leg Raises 4 30 2:00	Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
2A Push Ups 4 40 >85% 2B Pull Ups 4 10-15 2C Hanging Leg Raises 4 30 2:00		1A	Box Jump	4	5	18-21 inches	
2B Pull Ups 4 10-15 2C Hanging Leg Raises 4 30 2:00	Time: 1hr 15 min	1B	Reverse Lunge	4	10 ea		1:30
2C Hanging Leg Raises 4 30 2:00		2A	Push Ups	4	40	>85%	
		2B	Pull Ups	4	10-15		
3 Farmers Carry (Heavy) 4 3 min 1:00		2C	Hanging Leg Raises	4	30		2:00
		3	Farmers Carry (Heavy)	4	3 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
						Remainde
Total Distance: 2400m	Main Set	Freestyle	6	50m	1:30	of Intervo
						Remainde
Time: 55 min		Side Kicking w/ fins	7	50m	1:30	of Intervo
						Remainde
		Freestyle	6	50m	1:15	of Intervo
						Remaind
		Side Kicking w/ fins	7	50m	1:15	of Intervo
			,			Remainde
		Freestyle	6	50m	1:00	of Intervo
		C: 1 K: 1: / C:	_	50	1.00	Remainde of Interve
		Side Kicking w/ fins	7	50m	1:00	of intervo
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
	3	TU-ups	-	~1/m	1:30	

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1 B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2B	DB SA Row	4	12 ea		
	2C	Plank	4	1:00	4 count	2:00
	3	KB Front Rack Carry	3	1:30		1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	E / D. / II	C.1.	D'	Pace	D
SWIM		Exercise/ Drill Choice of Stroke	Sets	Distance		Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
						Remainder
Total Distance: 1650m	Main Set	Freestyle	4	50m	1:30	of Interval
						Remainder
Time: 40 min		Side Kicking w/ fins	10	100m	2:30	of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		-				_
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/:30 off	
	-					
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	Ruck with 55 lbs	1	4 mi	15min/ mi	NA
					·	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1 B	BB RDL	4	10-12		1:30
	2A	DB OH Press	4	10		
	2B	Chin Ups	4	8-10		
	2C	Banded Pallof Press	4	8-10		1:30
	3	Trap Bar Carry	4	30 Yards		1:00
	3	Trup but Curry	4	30 10108		1:00

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

3-WEEK MAINTENANCE PERIOD TO ALLOW FOR DE-LOAD/REST OVER WINTER/SUMMER/HOLIDAY BREAKS

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Day 1	Total Time: 20 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Steady State Run	1	20 min	Conversation	NA

Day 2	Total Time: 45 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	4	6	65%-85%	
Time: 45 min	1 B	Toe Touch (Stretch)	4	3		0:45-1:00
	2A	Push Press	4	6-12 ea	65%-85%	
	2B	PVC Pass Through	4	5		0:45-1:00
	3	Bird Dog	3	30 sec ea		0:45-1:00
	4	Sliding Leg Curl	3			0:45-1:00
	5	Feet Elevated Pushup	3	15-20		0:45-1:00

Day 4	Total Time: 45 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Hang Power Clean	4	5	65%-85%	
Time: 45 min	1 B	World's Greates Stretch	4	3 ea		0:45-1:00
	2A	Gblet Squat	4	10	65%-85%	
	2B	Figure 4 Stretch	4	3 ea		0:45-1:00
	3	Bicycles (4 Count)	3	25		0:45-1:00
	4	Chin-up	3	10		0:45-1:00
	5	Curtsy KB Lunge	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 1hr					
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	1	20m		
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Re
Time: 40 min	1A	LSD	1	40min	8:30/mi	N.

Day 1	Total Time: 20 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Steady State Run	1	20 min	Conversation	NA

Day 2	Total Time: 45 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Incline DB Bench	4	6-12	65%-85%	
Time: 45 min	1 B	Chest Stretch	4	3		0:45-1:00
	2A	Trap Bar Deadlift	4	6-12 ea	65%-85%	
	2B	Cross Leg Toe Touch	4	3 ea		0:45-1:00
	3	Hollow Hold	3	30 sec		0:45-1:00
	4	SA OH DB Pres	3	6-12 ea	65%-85%	0:45-1:00
	5	KB Swings	3	15	65%-85%	0:45-1:00

Day 4	Total Time: 45 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Front Squats	4	5	65%-85%	
Time: 45 min	1 B	Standing Quad Stretch	4	3 ea		0:45-1:00
	2A	Sumo Deadlift High Pull	4	10	65%-85%	
	2B	Kneeling Reach Through	4	3 ea		0:45-1:00
	3	Band Chop	3	5 ea		0:45-1:00
	4	SA Suitcase Squat	3	10 ea	65%-85%	0:45-1:00
	5	TRX T-Pull	3	6-12		0:45-1:00

Day 5	Total Time: 1hr				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
Water Communities		Underwaters	3	25m	2:30
Time: 20 min	2	Mask & Snorkel Recovery	1	20m	
	3	Treading Water	2		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace
Time: 40 min	1A	LSD	1	40min	8:30/mi
Day 1	Total Time: 20 min				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace
Time: 20 min	1	Steady State Run	1	20 min	Conversation
Day 2	Total Time: 45 min				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity
	1A	BB Bench Press	4	6-12	65%-85%
Time: 45 min	1 B	Chest Stretch	4	3 ea	
	2A	KB Swing	4	15	65%-85%
	2B	Lying Hamstring Stretch	4	3 ea	
	4	Pallof Press	3	10 ea	
	4	SA OH Press	3	10	65%-85%
	5	Sliding Leg Curl	3	6-12	65%-85%
Day 4	Total Time: 45 min				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity
	1A	Bent Over Row	4	6-12	65%-85%
Time: 45 min	1 B	Seated T-Spine Rotation	4	3 ea	
	2A	Lateral DB Lunge	4	6-12 ea	65%-85%
	2B	Figure 4 Stretch	4	3 ea	
	4	Perpendicular MB Throw	3	5 ea	
	4	Lat Pull Down	3	10	65%-85%
	5	DB Lunge	3	10 ea	65%-85%
Day 5	Total Time: 1hr				
, -	10.0. 1				
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	3	25m	2:30
Time: 2 min	2	Mask & Snorkel Recovery	1	20m	
-	3	Treading Water	2		1:00 on/:30 of

Distance/ Time
40min

Pace 8:30/mi

Rest NA

Exercise/ Drill

Order 1 A

Run Time: 40 min