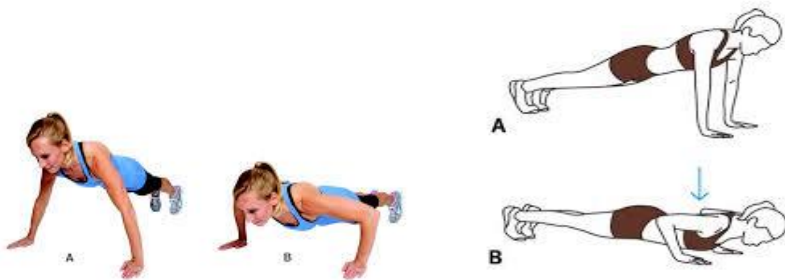




I would like to introduce a structured and integrated swim/dry land plan at the beginning of the new season cycle 1 September 2017 to be performed **3 times a week at home** – Pete 17.8.17

3 X 20 MINS NON-CONSECUTIVE WORKOUTS FOR BREASTSTROKE AND BACKSTROKE

1. ARMS/CHEST /8 MINS



Wide grip press-ups

PRIMARY: TRICEPS BRAC/PEC MAJOR

SEC: ANTERIOR DELT

4 SETS OF 25 PRESSUPS ALT ODDS SETS WIDE GRIP/ EVEN SETS CLOSE GRIP 30 SEC RI

Close grip press up

PRIMARY : PEC MAJ/TRI BRAC

SEC: PEC MINOR/ANT DELTOID

2. ABS /3 MINS



HOLLOW HOLD FLUTTER KICKS

PRIMARY: RECTUS ABS/RECTUSFEMORIS

SEC: EX OBLIQUE/INT OBLIQUE/TRANS ABS

2 SETS OF 60, EACH LEG KICK COUNTS AS 1 /30 SEC RI BETWEEN SETS

3.LEGS/ 5 MINS



BK Step ups with small weights

PRIMARY: REC FEMORIS/VASTUS MED GLUTES
 SEC: BICEP FEM/EX-INT OBLIQUE/ADDUCT
 2 SETS OF 20 -30 SEC RI

BRST -STANDING HIPADDUCTION

PRIMARY: ADUCTOR MAG/LONG/BREV
 SEC: TRANS ABS/EX-INT OBLIQUE
 2 SETS 20 ODD SET LEFT LEG/EVEN RIGHT

4. SHOULDERS/BACK 1 MIN



CHIN UPS WITH OVERHAND

PRIMARY: LATISSIMUS DORSI
 SEC: LOWER TRAPS/RHOMBOID MAJ-MIN /BICEPS BRACHIALIS
 1 SET OF 4

5. GENERAL - WHOLE BODY / 3 MINS



BURPEES

PRIMARY: REC FEM/PEC MAJ/TRICEP/GLUTES/VASTUS LAT/INTER/MED

SEC: BICEPS/ANTERIOR DELTOID/ERECTOR SPINE

3 SETS OF 45 SEC 15 SEC RI

TOTAL 20 MINS PEFORM MON/THURS /SAT