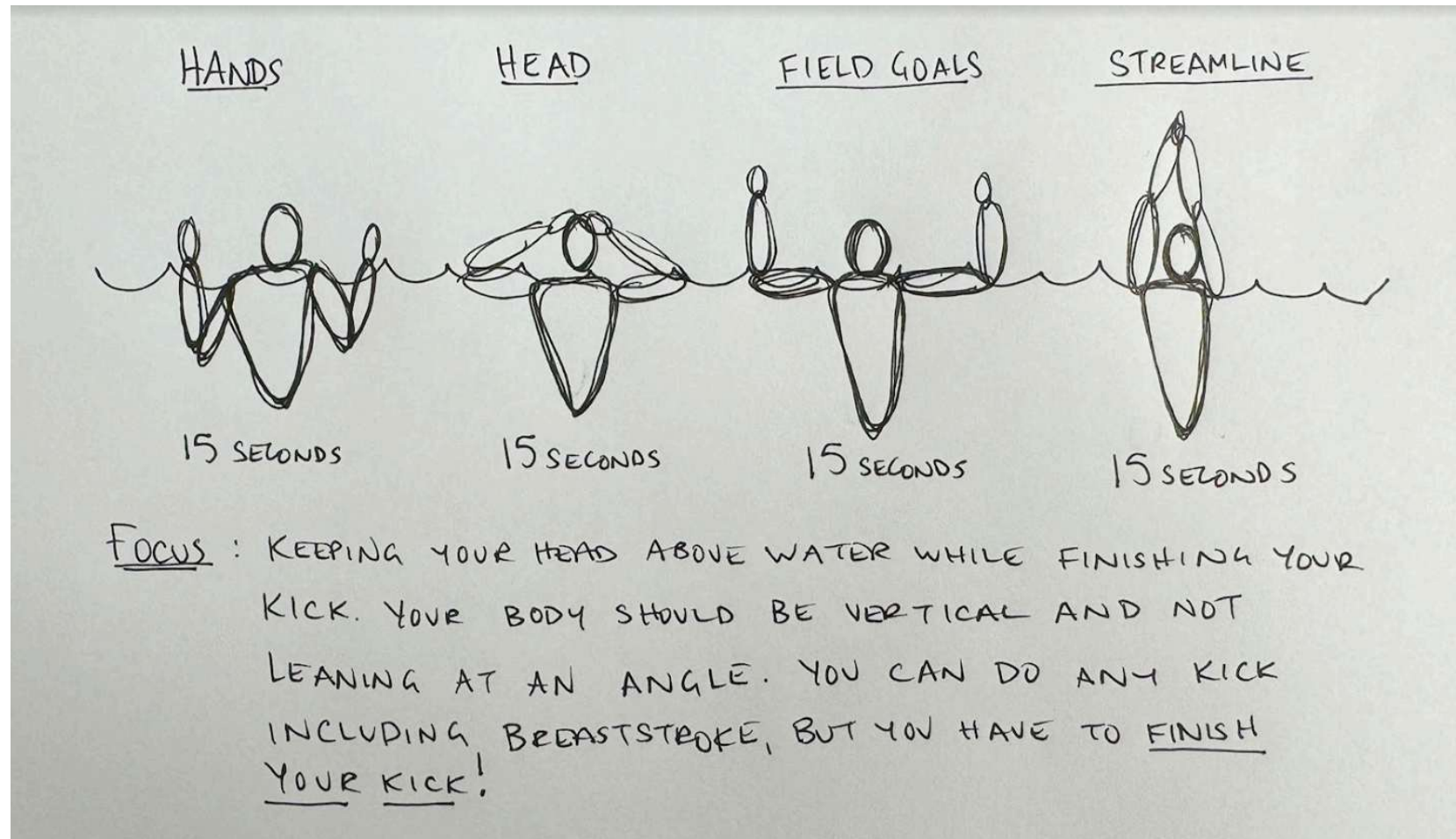




HOTEL POOL

Vertical Kicking - 30 Minutes



Repeat 20 times: 1:00 Vertical Kicking + :30 seconds rest

5-minute break, get water, and stretch out your arms and your legs.

BREAK TRAINING

Here are a few ideas to keep in shape while you are on vacation away from the competition pool.

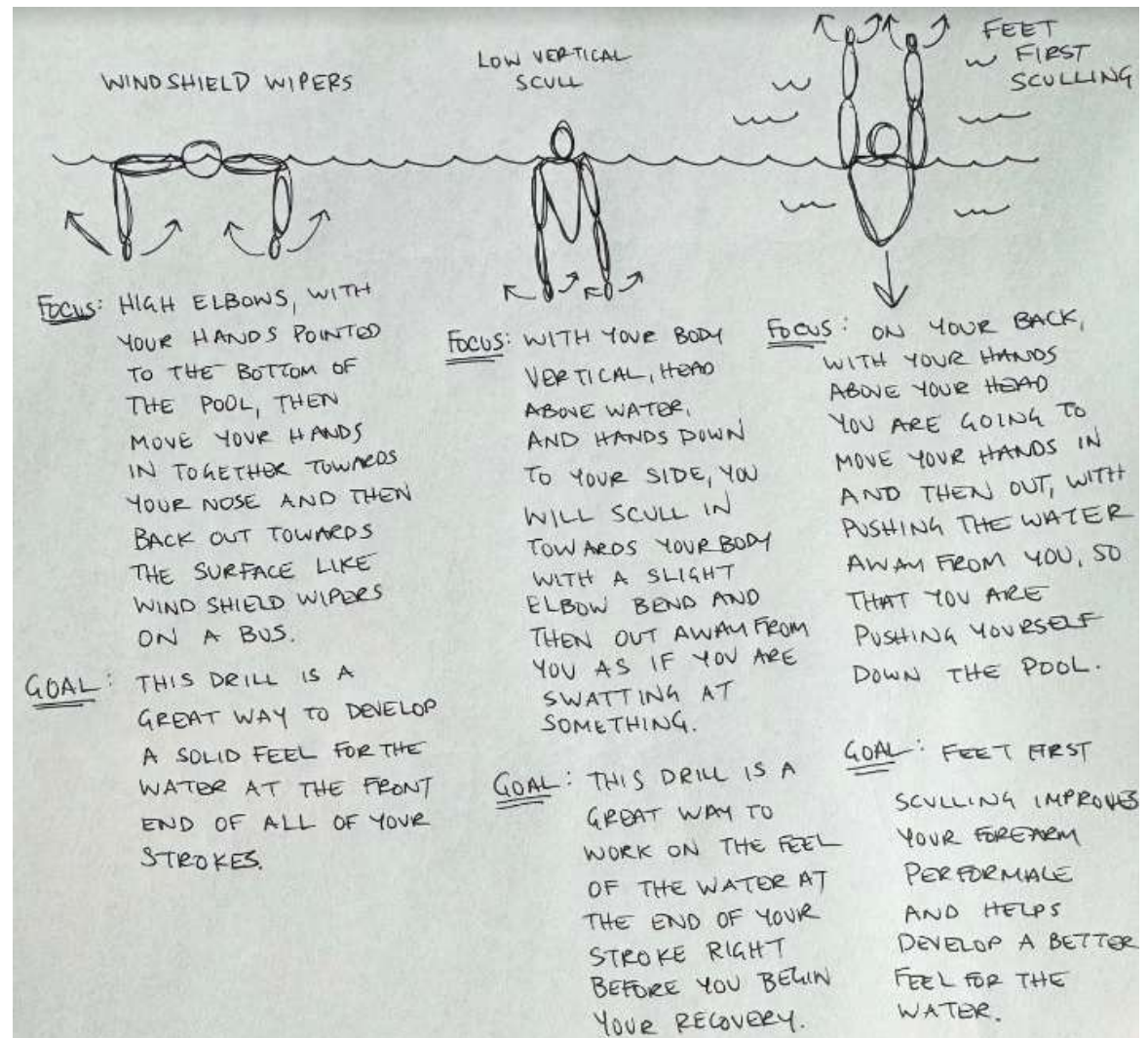


Sculling - 20 Minutes

8 Tips for Effective Sculling

1. To scull effectively, remember these keys points for success.
2. Do not pull
3. Focus on your hands and forearms
4. Do not allow your legs to take over the sculling drills. Support your legs with a buoy or do small kicks. Do not try to propel yourself through the water with your legs when sculling.
5. Make sure your body is exactly as it would be in the pool. An effective sculling drill requires the same body position as competition does.
6. You can perform some sculling techniques on your back or with your face in the water. If you train with your face in the water, use a snorkel so you don't interrupt the flow.
7. If you do not use a snorkel, breathe just as you would in a competition: quickly and effectively.
8. Do not squeeze the hands together; separate them slightly to maximize the total surface area.
9. Focus on form and the feel of the water; don't try to go faster. Speed is not your concern in these drills, but these drills may improve your speed.

YES...It lists 9, and the title of the article is 8 Tips for Effective Sculling 😊



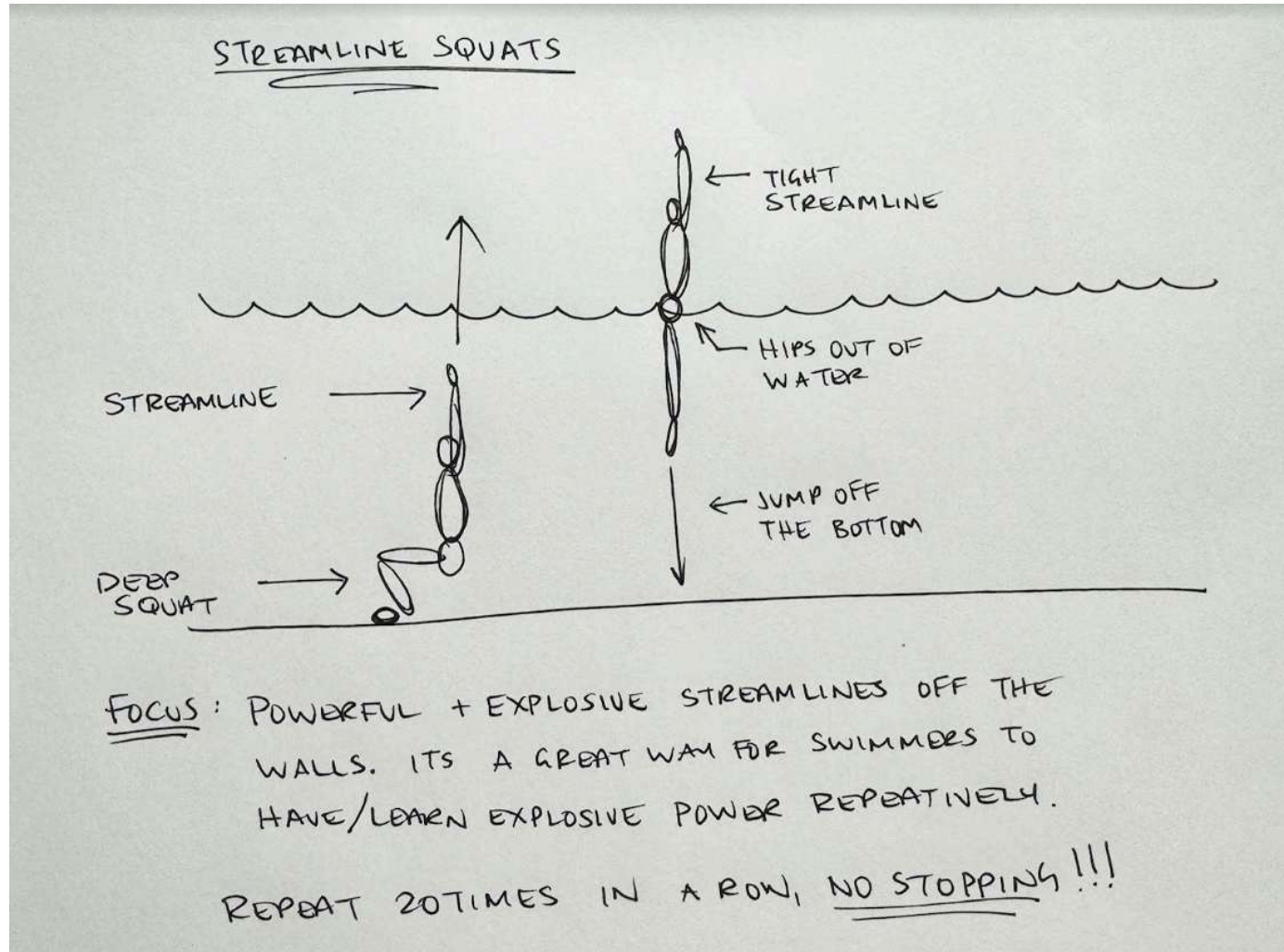
Repeat 10 times: 1:30 Sculling + :30 seconds rest

BREAK TRAINING

Here are a few ideas to keep in shape while you are on vacation away from the competition pool.



Streamline Squats - 5 Minutes



Repeat 20 times, once you come down from the first streamline squat jump you go straight into the next.

This is definitely a swimmer favorite!!!

BREAK TRAINING

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DRYLAND

Warm Up:

1:00 Minute Jog + :30 Second Walk - Repeat for 12 minutes

For my runners, go on a 2-mile run focused on your technique. Put a good set of headphones on and enjoy!

For all of my swimmers who are not running fans, I encourage you to jog a mile nonstop. The goal is to just go and not fast, but just don't stop. This will help build up your endurance, get your heart rate up, and keep your lungs working!!!

After your run, stretch your legs out for about 6 minutes: 30 seconds for each quad, 30 seconds for each calf, and 30 seconds for each hamstring, repeated twice.

Total Body: 40 Minutes

Repeat 5 Times:

1 Minute plank (alternate lifting up one leg and one arm off the mat for those more advanced.)

1 Minute of push-ups

1 Minute of Supermans, 3-second pause at the top, 1-second pause at the bottom

Flip onto back

1 Minute Bridge

1 Minute Hip Lifts (just a bridge but tapping your hips to the ground and going back into a bridge)

1 Minute Bicycles (abs)

2 Minute Break, stretch, and water

Don't be afraid to mix in your favorite planks and ab exercises.



BREAK TRAINING

Here are a few ideas to keep in shape while you are on vacation away from the competition pool.