



CENTER HS SWIM TEAM

Week 3

Monday, November 20th, 2023 (Independent-At Home)

THANKSGIVING BREAK

DRYLAND WORKOUT #1

5-10 min Dynamic Stretch Routine

Independent	Day of Week (MON)	Date (11/20)
Training Mode	Activity & Interval	Special Notes
Dynamic Stretching	(1) Squats @ 0:30	As you extend upwards make sure to come to a streamline & stand on toes
Dynamic Stretching	(2) Left Leg Swings @ 0:30	Swing forward & back as far as range of motion allows
Dynamic Stretching	(3) Right Leg Swings @ 0:30	Swing forward & back as far as range of motion allows
Dynamic Stretching	(4) Small Arm Circles @ 0:30	Alternate Forward & Backward
Dynamic Stretching	(5) Large Arm Circles @ 0:30	Alternate Forward & Backward
Dynamic Stretching	(6) Left Leg Sweeps @ 0:30	Swing side to side as far as range of motion allows
Dynamic Stretching	(7) Right Leg Sweeps @ 0:30	Swing side to side as far as range of motion allows
Dynamic Stretching	(8) Trunk Rotations @ 0:30	Clockwise
Dynamic Stretching	(9) Crossbody Arm Swings @ 0:30	Alternate High & Low Arms - as far as range of motion allows
Dynamic Stretching	(10) High Knee Kicks @ 0:30	Alternate Legs
Dynamic Stretching	(11) Trunk Rotations @ 0:30	Counterclockwise
Dynamic Stretching	(12) Gate Opener @ 0:30	Alternate Legs - Knee to chest and rotate out as you return to foot to the ground
Activation	Jumping Jacks @ 2:00	0:30 On / 0:30 Off
BOXING WORKOUT		
Dryland	https://www.youtube.com/watch?v	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do



CENTER HS SWIM TEAM

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	CARD WORKOUT	
Dryland	Hearts - Burpee	Use a Deck of Cards
Dryland	Diamonds - Russian Twist	Use a Deck of Cards
Dryland	Spades - Crunches	Use a Deck of Cards
Dryland	Clubs - Leg Lifts	Use a Deck of Cards
	7 MINUTE BURN	
Dryland	https://www.youtube.com/watch?v=bDjeRqgQu2A	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do
	YELLOWJACKET CHALLENGE	
Dryland	Wall Sit @ 2:00	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do

If Available	Cardio Machine @ 20:00	Exercise Bike, Treadmill, Elliptical Machine, Rowing Machine



CENTER HS SWIM TEAM

Week 3

Tuesday, November 21st, 2023 (Independent-At Home)

THANKSGIVING BREAK

DRYLAND WORKOUT #2

5-10 min Dynamic Stretch Routine

Independent	Day of Week (TUE)	Date (11/21)
Training Mode	Activity & Interval	Special Notes
Dynamic Stretching	(1) Squats @ 0:30	As you extend upwards make sure to come to a streamline & stand on toes
Dynamic Stretching	(2) Left Leg Swings @ 0:30	Swing forward & back as far as range of motion allows
Dynamic Stretching	(3) Right Leg Swings @ 0:30	Swing forward & back as far as range of motion allows
Dynamic Stretching	(4) Small Arm Circles @ 0:30	Alternate Forward & Backward
Dynamic Stretching	(5) Large Arm Circles @ 0:30	Alternate Forward & Backward
Dynamic Stretching	(6) Left Leg Sweeps @ 0:30	Swing side to side as far as range of motion allows
Dynamic Stretching	(7) Right Leg Sweeps @ 0:30	Swing side to side as far as range of motion allows
Dynamic Stretching	(8) Trunk Rotations @ 0:30	Clockwise
Dynamic Stretching	(9) Crossbody Arm Swings @ 0:30	Alternate High & Low Arms - as far as range of motion allows
Dynamic Stretching	(10) High Knee Kicks @ 0:30	Alternate Legs
Dynamic Stretching	(11) Trunk Rotations @ 0:30	Counterclockwise
Dynamic Stretching	(12) Gate Opener @ 0:30	Alternate Legs - Knee to chest and rotate out as you return to foot to the ground
Activation	Jumping Jacks @ 2:00	0:30 On / 0:30 Off
FREESTYLE DRYLAND		
Dryland	https://www.youtube.com/watch?v=	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do



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	CORE WORKOUT	
Dryland	Crunches @ 5:00	20 seconds on /20 seconds off
Dryland	Mountain Climbers @ 5:00	20 seconds on /20 seconds off
	HIIT WORKOUT	
Dryland	https://www.youtube.com/watch?v=-YpRYNREDV8	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do
	YELLOWJACKET CHALLENGE	
Dryland	Plank @ 2:00	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do

If Available	Cardio Machine @ 20:00	Exercise Bike, Treadmill, Elliptical Machine, Rowing Machine



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Week 3

Wednesday, November 22nd, 2023 (Independent-At Home)

THANKSGIVING BREAK

DRYLAND WORKOUT #3

5-10 min Dynamic Stretch Routine

Independent	Day of Week (WED)	Date (11/22)
Training Mode	Activity & Interval	Special Notes
Dynamic Stretching	(1) Squats @ 0:30	As you extend upwards make sure to come to a streamline & stand on toes
Dynamic Stretching	(2) Left Leg Swings @ 0:30	Swing forward & back as far as range of motion allows
Dynamic Stretching	(3) Right Leg Swings @ 0:30	Swing forward & back as far as range of motion allows
Dynamic Stretching	(4) Small Arm Circles @ 0:30	Alternate Forward & Backward
Dynamic Stretching	(5) Large Arm Circles @ 0:30	Alternate Forward & Backward
Dynamic Stretching	(6) Left Leg Sweeps @ 0:30	Swing side to side as far as range of motion allows
Dynamic Stretching	(7) Right Leg Sweeps @ 0:30	Swing side to side as far as range of motion allows
Dynamic Stretching	(8) Trunk Rotations @ 0:30	Clockwise
Dynamic Stretching	(9) Crossbody Arm Swings @ 0:30	Alternate High & Low Arms - as far as range of motion allows
Dynamic Stretching	(10) High Knee Kicks @ 0:30	Alternate Legs
Dynamic Stretching	(11) Trunk Rotations @ 0:30	Counterclockwise
Dynamic Stretching	(12) Gate Opener @ 0:30	Alternate Legs - Knee to chest and rotate out as you return to foot to the ground
Activation	Jumping Jacks @ 2:00	0:30 On / 0:30 Off
HIIT WORKOUT		
Dryland	https://www.youtube.com/watch?v=umO-Z5GsOWk	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do



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DRYLAND FOR SWIMMERS		
Dryland	https://www.youtube.com/watch?v=-81x3EOTFc30	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do
YELLOWJACKET CHALLENGE		
Dryland	Right Side Plank @ 1:00	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do

If Available	Cardio Machine @ 20:00	Exercise Bike, Treadmill, Elliptical Machine, Rowing Machine
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PLEASE NOTE:
TO TAKE OFF THANKSGIVING DAY
(ENJOY) 11/23/23



CENTER HS SWIM TEAM

Week 3

Friday, November 24th, 2023 (Independent-At Home)

THANKSGIVING BREAK

DRYLAND WORKOUT #4

5-10 min Dynamic Stretch Routine

Independent	Day of Week (FRI)	Date (11/24)
Training Mode	Activity & Interval	Special Notes
Dynamic Stretching	(1) Squats @ 0:30	As you extend upwards make sure to come to a streamline & stand on toes
Dynamic Stretching	(2) Left Leg Swings @ 0:30	Swing forward & back as far as range of motion allows
Dynamic Stretching	(3) Right Leg Swings @ 0:30	Swing forward & back as far as range of motion allows
Dynamic Stretching	(4) Small Arm Circles @ 0:30	Alternate Forward & Backward
Dynamic Stretching	(5) Large Arm Circles @ 0:30	Alternate Forward & Backward
Dynamic Stretching	(6) Left Leg Sweeps @ 0:30	Swing side to side as far as range of motion allows
Dynamic Stretching	(7) Right Leg Sweeps @ 0:30	Swing side to side as far as range of motion allows
Dynamic Stretching	(8) Trunk Rotations @ 0:30	Clockwise
Dynamic Stretching	(9) Crossbody Arm Swings @ 0:30	Alternate High & Low Arms - as far as range of motion allows
Dynamic Stretching	(10) High Knee Kicks @ 0:30	Alternate Legs
Dynamic Stretching	(11) Trunk Rotations @ 0:30	Counterclockwise
Dynamic Stretching	(12) Gate Opener @ 0:30	Alternate Legs - Knee to chest and rotate out as you return to foot to the ground
Activation	Jumping Jacks @ 2:00	0:30 On / 0:30 Off
UPPER BODY WORKOUT		
Dryland	https://www.youtube.com/watch?v=	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do



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	CARD WORKOUT	
Dryland	Hearts - Burpee	Use a Deck of Cards
Dryland	Diamonds - Russian Twist	Use a Deck of Cards
Dryland	Spades - Crunches	Use a Deck of Cards
Dryland	Clubs - Leg Lifts	Use a Deck of Cards
	HIIT WORKOUT	
Dryland	https://www.youtube.com/watch?v=edIK5SZYMZo	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do
	YELLOWJACKET CHALLENGE	
Dryland	Mountain Climbers @ 3:00	You must take ownership and leadership over your own fitness - you didn't ask for this but it is what you have to do

If Available	Cardio Machine @ 20:00	Exercise Bike, Treadmill, Elliptical Machine, Rowing Machine
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