

## **WATER WORKOUTS**

- Day 1**            **10 minute swim warmup**  
**Leg swings, paw downs on side of pool**  
**Arm exercises in water (like we do at camp) with resistance**  
**50 minute running action back and forth in deep end, imitating run, nonstop.**  
**4 x 15 seconds fast**  
**4 breathers**  
**5 min. swim cooldown**
- Day 2**            **10 minute swim warmup**  
**Leg swings, paw downs**  
**Arm exercises in water**  
**4 x 2:30 sec. (800 pace) 90 sec. recovery**  
**4 x 1:45 sec. (a bit faster pace) 75 sec. recovery**  
**6 x 60 sec. 45 sec. recovery**  
**6 x 30 sec. 30 sec. recovery**  
**6 x 15 sec. (fullout) 15 sec. recovery**  
**4 breathers**  
**10 min. swim cooldown**
- Day 3**            **10 minute warm up swim**  
**Leg swings and paw downs**  
**Arm exercises**  
**40 minutes of 3's and 1's. (run 3 minutes, up tempo 1 minute) in pool**  
**Cross Country Ski 2 minutes**  
**4 breathers**  
**10 Minute Cooldown swim**

**REPEAT DAYS 1-3, then have a day of rest. So, workout 6 days, rest one.**

**DO 8 sets every day!!!! (or equivalent thereof)**