

Wk 1 (10/4)		Swim	Bike	Run	Weights	Core
Mon	#1					
Tues			x in morning at home (45 min)	run at lunch (30 min)	Legs in evening	Row Machine (30 min)
Wed	#2				Back at work	X
Thur			x in morning at home (1 hour)		Arms at work	
Fri	#3			run at lunch (30 min)		X
Sat	2K Straight		x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun			x in morning at Y (30 min)	run in morning (1 hr)	Chest in morning	X

Wk 2 (10/11)		Swim	Bike	Run	Weights	Core
Mon	#4					
Tues			x in morning at home (45 min)	run at lunch (30 min)	Legs in evening	Row Machine (30 min)
Wed	#5				Back at work	X
Thur			x in morning at home (1 hour)		Arms at work	
Fri	#6			run at lunch (30 min)		X
Sat	2K Straight		x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun			x in morning at Y (30 min)	run in morning (1 hr)	Chest in morning	X

Wk 3 (10/18)		Swim	Bike	Run	Weights	Core
Mon	#1					
Tues			x in morning at home (45 min)	run at lunch (30 min)	Legs in evening	Row Machine (30 min)
Wed	#2				Back at work	X
Thur			x in morning at home (1 hour)		Arms at work	
Fri	#3			run at lunch (30 min)		X
Sat	2K Straight		x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun			x in morning at Y (30 min)	run in morning (1 hr)	Chest in morning	X

Wk 4 (10/25)					
	Swim	Bike	Run	Weights	Core
Mon	#1				
Tues		x in morning at home (45 min)	run at lunch (30 min)	Legs in evening	Row Machine (30 min)
Wed	#2			Back at work	X
Thur		x in morning at home (1 hour)		Arms at work	
Fri	#3		run at lunch (30 min)		X
Sat	2K Straight	x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun		x in morning at Y (30 min)	run in morning (1:15)	Chest in morning	X

Wk 5 (11/1)					
	Swim	Bike	Run	Weights	Core
Mon	#1				
Tues		x in morning at home (45 min)	run at lunch (40 min)	Legs in evening	Row Machine (30 min)
Wed	#2			Back at work	X
Thur		x in morning at home (1 hour)		Arms at work	
Fri	#3		run at lunch (40 min)		X
Sat	2K Straight	x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun		x in morning at Y (30 min)	run in morning (1:15)	Chest in morning	X

Wk 6 (11/8)					
	Swim	Bike	Run	Weights	Core
Mon	#1				
Tues		x in morning at home (45 min)	run at lunch (40 min)	Legs in evening	Row Machine (30 min)
Wed	#2			Back at work	X
Thur		x in morning at home (1 hour)		Arms at work	
Fri	#3		run at lunch (40 min)		X
Sat	2K Straight	x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun		x in morning at Y (30 min)	run in morning (1:15)	Chest in morning	X

## Swim Sessions:

- *During all swims place heavy emphasis on bilateral breathing, body roll, and exhaling properly.*
- *Off-season goal is to perfect the swim stroke. Speed and endurance focus will come at the beginning of the New Year.*

1	2	3
300 WU 3 x 50 One Arm w/ Fins 3 x 50 Shark Fin w/ Fins 3 x 50 Paddles w/ Pull Buoy 10 x 100 @ 20 sec. recovery Repeat Drills 200 CD	300 WU 3 x 50 Finger Tip 3 x 50 Quick Catch 3 x 50 Paddles & Pull Buoy 5 x 200 @ 30 sec. recovery Repeat Drills 200 CD	300 WU 3 x 50 Ten Kicks / 3 Strokes 3 x 50 Fist 3 x 50 Paddles w/ Pull Buoy 2 x 500 @ 45 sec. recovery Repeat Drills 200 CD

## Weight Training:

- *Work legs twice per week, since the off-season goal is to improve leg strength; especially the hamstrings.*
- *Goal of Back and Arm workouts are to help strengthen muscle groups used during swimming; especially during the “pull” phase.*

### **Leg Workout**

Leg Press – 5 x 5  
Good Mornings – 3 x 10  
Squats – 5 x 5  
Side Lunges – 3 x 20 (alternating legs; 10 per leg)  
Isolated Leg Curls – 3 x 10  
Leg Extensions 3 x 10

### **Back Workout**

Pull-Ups – 3 x 8  
Close Grip Pull-Down – 3 x 10  
Incline Bench Pull – 3 x 10  
Gorilla Crunch – 3 x 6  
Straight Arm Pull-Down – 3 x 8  
Shoulder Shrugs – 3 x 15  
Single Leg Calf Lifts – 3 x 15

### **Arm Workout**

Dips – 3 x 10  
Skull Crusher – 3 x 10  
Isolated Triceps Extension – 3 x 8  
Straight Bar Curl – 3 x 8  
Preacher Curl – 3 x 8  
Alternating Hammer Curls – 3 x 10  
Drag Curl – 3 x 8

### **Chest Workout**

Bench Press – 5 x 5  
Bench Fly – 5 x 5  
Rear Delt Row – 5 x 5  
Lat Raise – 3 x 8  
Front Raise – 3 x 8