

2009 Pool Workout (Aerobic)

Workout Program

Recovery

1. Warm Up
2. 2-minute easy kicking
3. 2-3 x (4 x 20 sec., A skip)
4. 8 x (10 seconds, A run)
5. Warm Down

10 seconds rest

10 seconds rest

1. Warm Up
2. 2-3 lengths of pool using different strokes
3. Ankle and foot drills
4. 10 (45 seconds A runs)
5. 8 (45 seconds B march)
6. Warm Down

15 seconds rest

15 seconds rest

15 seconds rest

1. Warm Up
2. 4 x 30 sec. A run
3. 4 x 15 sec. A run [R] leg only, quick lift rhythm
4. 4 x 15 sec. A run [L] leg only, quick lift rhythm
5. 4 x 15 sec. B [R] leg only, quick lift rhythm
6. 4 x 15 sec. B [L] leg only, quick lift rhythm
7. 4 x 30 sec. A run
8. Warm Down

15 seconds rest

15 seconds rest

15 seconds rest

15 seconds rest

15 seconds rest

15 seconds rest