

STRENGTH SWIM FOCUS : 30 MIN

WORKOUT SETS

<u>WARM UP</u>	<u>REPS</u>	<u>EFFORT</u>
Easy Warm Up Jog	1	Z1 - Z2
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS	1	per side

<u>MOVEMENTS</u>	<u>REPS</u>
Set 1 // each movement below done 25 times for time, but under control	25
Set 2 // each movement below done 15 times for time, but under control	15
Set 3 // each movement below done 10 times for time, but under control	10
Set 4 // each movement below done 5 times for time, but under control	5

[Medicine Ball Squat Thrust - click for example](#)

Standing with feet separated to shoulder width w/knees slightly bent hold medicine ball is held at shoulder height, elbows pointed forward. Squat, then drive out of the squat completely extending the arms overhead while releasing the ball into the air. The three previous steps are one continuous motion. Allow the ball to fall to the ground.

[Walking Lunge with Medicine Ball Rotation - click for example](#)

Standing with feet together at shoulder width apart, the medicine ball held away from the body with straight arms. As you lunge lower hips down until your trailing thigh is parallel to the floor. As you are stepping forward, rotate your trunk to the same side as your forward leg Continue lunging across the floor until you have completed the set. Don't let your front knee move farther forward than your front foot.

[Push-ups](#)

Lying on your stomach, palms just wider than shoulders. Flex your toes so that your hands and soles of your feet share the weight of your body. Pushing with your arms raise your trunk and legs off the floor. Keep your back straight and do not let your stomach sag.

[Cable One Arm Kneeling Row - click for example](#)

Kneel with just one knee on the ground with the other foot out in front of the body. Grip the cable allowing the arm to be stretched completely. Keep the arm close to the body, pull the cable towards you keeping the elbow tight to the body until the elbow reaches the torso. Ensure that your body remains in position. Don't twist the body. Return to starting position and repeat.

[Dumbell Reverse Fly - click for example](#)

Lie on an incline bench with face into the bench or bend over at the waist leaning your head on the back of a chair. Grip the dumbbells allowing the arms to hang freely. Keep the arms close to the body. Raise the dumbbells sideways and up so they are with the shoulders. Slowly let the dumbbell drop away from you, back to the starting position. Don't use the legs to assist in the exercise.

[Medicine Ball Russian Twists - click for example](#)

Sitting in a crunch position, hold a Medicine ball or Sandbell in both hands, with arms completely extended forward at shoulder height. Rotate/twist the trunk side to side keeping the arms straight and the ball at chest height. Do not allow the hips to rotate. Continue with this pattern until you have completed the set.

[Chopping Wood - click for example](#)

Standing straight up, with feet apart just past shoulder width hold a cable in both hands, one hand over top the other. The hand on bottoms is the hand closest to the apparatus. Rotate sideways while squatting down at the same time. This movement is done while keeping the arms straight (think of them as an extension of your torso) pulling on the cable down at an angle across the body ending to knee height. Reverse the motion, in a slow controlled manner to the starting position. This exercise should be done in a continuous motion. Repeat until you have completed a set, switch legs and repeat.

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<u>COOL DOWN</u>	<u>REPS</u>	<u>EFFORT</u>
Easy Cool Down Jog	1	Z1 - Z2
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	1	Each Side

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