

## SWIM BANDS LADDER // 60 MINUTES

WORKOUT SETS	57.00	
<u>WARM UP</u>	<u>EFFORT</u>	<u>Time (Min)</u>
Easy Warm Up Jog // stairs // running in place	Z1 - Z2	5
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS	per side	5
<u>MAIN SET</u>	<u>Time (Min)</u>	
<b>Swim Pull with band or chords // 3 sets x 5 per side (5 right and 5 left = 1 set)</b>		3
Rest		1
<a href="#"><u>Upright Row with bands or kettle bell // 3 sets x 15 reps per set</u></a>		5
Rest		1
<b>Swim Pull with band or chords // 3 sets x 10 per side</b>		3
Rest		1
<a href="#"><u>Medicine ball toss/press or press with bands // 3 sets x 15 reps per set</u></a>		3
Rest		1
<b>Swim Pull with band or chords // 3 sets x 20 per side</b>		3
Rest		1
<a href="#"><u>Bent over rows with weights, kettle bell or bands // 3 sets x 15 reps per set</u></a>		5
Rest		1
<b>Swim Pull with band or chords // 3 sets x 10 per side</b>		3
Rest		1
<a href="#"><u>Reverse fly with bands, weights // 3 sets x 15 reps per set</u></a>		5
Rest		1
<b>Swim Pull with band or chords // 3 sets x 5 per side</b>		3
Rest		1
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<u>COOL DOWN</u>	<u>EFFORT</u>	<u>Time (Min)</u>
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	Each Side	5

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