

## SWIM DRY LAND + CORE // 50 MINUTES

WORKOUT SETS	56.00	
<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>	
Swim Pull with band or chords // 1 sets x 30 per side (30 right and 30 left = 1 set)		3
Rest		1
<a href="#"><u>Flutter Kicks // 6 sets of 30 seconds per set</u></a>		3
Rest		1
Swim Pull with band or chords // 1 sets x 25 per side (25 right and 25 left = 1 set)		3
Rest		1
<a href="#"><u>Reverse fly with bands, weights // 3 sets x 15 reps per set</u></a>		3
Rest		1
Swim Pull with band or chords // 1 sets x 20 per side (20 right and 20 left = 1 set)		3
Rest		1
<a href="#"><u>Push Ups // 3 sets of 15</u></a>		5
Rest		1
Swim Pull with band or chords // 1 sets x 15 per side (15 right and 15 left = 1 set)		3
Rest		1
<a href="#"><u>Cross Planks // 6 sets of 30 seconds per set</u></a>		3
Rest		1
Swim Pull with band or chords // 1 sets x 10 per side (10 right and 10 left = 1 set)		3
Rest		1
<a href="#"><u>Supermans // 6 sets of 30 seconds per set</u></a>		3
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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

[Visit www.SetThePaceTriathlon.com](http://www.SetThePaceTriathlon.com) for more triathlon goodness!