



Blessed Sacrament School

# Swim Team – Preseason Workouts

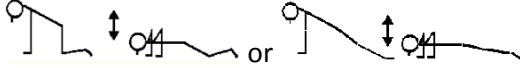
## October 2017

| SUNDAY | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY |
|--------|--|--|--|--|--|----------|
| 1      | 2<br>Workout A x10<br>10 min run                   | 3<br>Workout B x10<br>10 min run                   | 4<br>Workout C x10<br>10 min run                   | 5<br>Workout A x10<br>10 min run                   | 6<br>Workout B x10<br>10 min run                   | 7        |
| 8      | 9<br>Workout C x10<br>10 min run                   | 10<br>Workout A x15<br>10 min run                  | 11<br>Workout B x15<br>10 min run                  | 12<br>Workout C x15<br>10 min run                  | 13<br>Workout A x15<br>10 min run                  | 14       |
| 15     | 16<br>Workout B x15<br>10 min run                  | 17<br>Workout C x15<br>10 min run                  | 18<br>Workout A x10<br>Workout B x10<br>10 min run | 19<br>Workout B x10<br>Workout C x10<br>10 min run | 20<br>Workout C x10<br>Workout A x10<br>10 min run | 21       |
| 22     | 23<br>Workout A x10<br>Workout B x10<br>10 min run | 24<br>Workout B x10<br>Workout C x10<br>10 min run | 25<br>Workout C x10<br>Workout A x10<br>10 min run | 26<br>Workout A x15<br>Workout B x15<br>15 min run | 27<br>Workout B x15<br>Workout C x15<br>15 min run | 28       |
| 29     | 30<br>Workout C x15<br>Workout A x15<br>15 min run | 31<br>Workout A x15<br>Workout B x15<br>15 min run | 1 Nov<br>Practice Time and<br>Location TBD         |  |  |          |

## Swim Pre-Season Workouts

### Workout A:

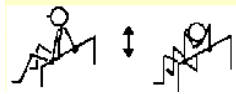
1. Push-ups (you can modify to knees or straight legs)



2. Squats – both legs (hold for 15 seconds)

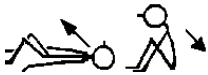


3. Bench dips

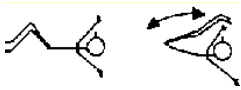


### Workout B:

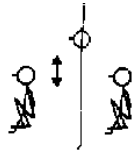
1. Sit-ups (arms should be at side – never behind the neck)



2. Knees to chest (while lying on the ground)

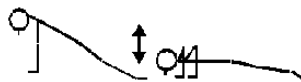


3. Jump Squats (full extension with arms stretched high and back down to a crouching position)

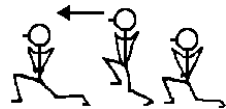


### Workout C:

1. Planks (legs together and on forearms, hold up for 15 seconds and down for 5)



2. Alternate leg lunges (forward leg should be 90 degrees and back leg knee almost to ground)



3. Bench dips

