

Workouts					
Week	1 CORE	2 CARDIO	3 CORE	4 CARDIO	Reps
1	Sets 1 & 2	6:00mins stroke alternating 1:00 effort/1:00 easy CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set	Sets 1 & 2	5:00 mins as 0:30secs alternating sides single-arm stroke CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set	3-9 reps
2	Sets 1 & 2	6:00 as 0:30 alternating sides single-arm stroke 0:30 as half stroke/full stroke CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set	Sets 1 & 2	5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set 6:00 as 0:30 alternating sides single-arm stroke as half stroke/full stroke CORE set	6-12 reps
3	Set 1 & 2. Include resistance band – go to max reps on Set 1 Tricep Extension.	6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set	Set 1 & 2. Include resistance band – go to max reps on Set 1 Tricep Extension.	5:00 as 0:30 alternating sides single-arm stroke CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set	9-15 reps
4	Sets 2 & 3	6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set 6:00 stroke as 1:00 effort/1:00 easy	Sets 2 & 3	5:00 as 0:30 alternating sides single-arm stroke CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 as 0:30 alternating sides single-arm stroke	3-9 reps
5	Sets 2 & 3	6:00 as 0:30 alternating sides single-arm stroke as half stroke/full stroke CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set 6:00 as 0:30 alternating sides single-arm stroke as half stroke/full stroke	Sets 2 & 3	5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set 6:00 as 0:30 alternating sides single-arm stroke as half stroke/full stroke CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy	6-12 reps
6	Sets 2 & 3. Include resistance band on bench – go to max on Set 3 Pulley Plank.	6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set 6:00 stroke as 1:00 effort/1:00 easy	Sets 2 & 3. Include resistance band on bench – go to max on Set 3 Pulley Plank.	5:00 as 0:30 alternating sides single-arm stroke CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 as 0:30 alternating sides single-arm stroke	9-15 reps
7	Sets 1, 2 & 3	CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set 6:00 stroke as 1:00 effort/1:00 easy	Sets 1, 2 & 3	CORE set 5:00 as 0:30 alternating sides single-arm stroke CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 as 0:30 alternating sides single-arm stroke	3-9 reps
8	Sets 1, 2 & 3	CORE set 6:00 as 0:30 alternating sides single-arm stroke as half stroke/full stroke CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set 6:00 as 0:30 alternating sides single-arm stroke as half stroke/full stroke	Sets 1, 2 & 3	CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set 6:00 as 0:30 alternating sides single-arm stroke as half stroke/full stroke CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy	6-12 reps
9	Sets 1, 2 & 3 and perform 3:00 of stroke on pulleys, at intensity, between sets.	CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set 6:00 stroke as 1:00 effort/1:00 easy	Sets 1, 2 & 3. Include resistance band and perform 3:00 of stroke on pulleys, at intensity, between sets.	CORE set 5:00 as 0:30 alternating sides single-arm stroke CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 as 0:30 alternating sides single-arm stroke	9-15 reps
10	Perform sets 1, 2 & 3 using the resistance band. Do each exercise to the highest number of reps perviously achieved.	CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set 6:00 stroke as 1:00 effort/1:00 easy into 5:00 as 0:30 alternating sides single-arm stroke	Perform sets 1, 2 & 3 using the resistance band. Do each exercise to the highest number of reps perviously achieved.	CORE set 6:00 stroke as 1:00 effort/1:00 easy CORE set 5:00 stroke with resistance band as 0:20 fly/0:10 easy CORE set 6:00 stroke as 1:00 effort/1:00 easy into 6:00 as 0:30 alternating sides single-arm stroke as half stroke/full stroke	



