

Wyoming Swimming - Incoming - Summer '08

Name:

Monday

Warm-up:
Jog 3 min.
Stretch
Shoulder Pre-hab 2x15ea

<i>Exercises</i>	PI- Wk1 May 12	PI-Wk 2 May 19	PI-Wk 2 May 26	PI-Wk 4 June 2	PII-Wk 5 June 9	PII-Wk 6 JUNE 16	PII-Wk 7 JUNE 23	PII-Wk 8 JUNE 30
Bar Bench Press	8 warm up	8 warm up	8 warm up	8 warm up	8 warm up	8 warm up	8 warm up	8 warm up
	10	10	8	8	5 (ligh-speed)	4 (ligh-Speed)	4 (ligh-Speed)	4 (ligh-Speed)
	10	8	8	6	5	4	4	4
	10	6	8	5	5	4	4	4
					5	4	4	4
Dumbbell (Db) 1 Arm Row	8ea	8ea	8ea	8ea	6ea	6ea	5ea	5ea
	8	8	8	6	6	6	5	5
	8	8	8	5	6	6	5	5
							5	5
					Stay heavy	Stay Heavy	Stay Heavy	Stay Heavy
Forward Lunges (Db or Bar)	8ea	8ea	6ea	5ea	4ea	4ea	3ea	3ea
	8	8	6	5	4	4	3	3
			6	5	4	4	3	3
							3	3
					(light)	(light)	(light)	(light)
Leg Extension	10	8	8	6	5ea	5ea	5ea	5ea
	8	8	6	6	5	5	5	5
	6	8	5	6	5	5	5	5
					Light-Alternating legs			
Triceps (lying extension/pressdowns)	8	8	10	10	12	10	8	8
	8	8	10	10	12	10	8	8
	8	8	10	10	12	10	8	8
REST INTERVAL								
	:60	:60	:60	1:15	1:15	1:15	1:15	1:15

CORE TRAINING: Pick 1 from each list