

Wyoming Swimming - Incoming.- Summer '08

Warm-up:
Jog 3 min.
Stretch
Shoudler pre-hab 2x15ea

Wednesday

<i>Exercises</i>	PI- Wk1 May 14	PI-Wk 2 May 21	PI-Wk 2 May 28	PI-Wk 4 June 4	PII-Wk 5 June 11	PII-Wk 6 JUNE 18	PII-Wk 7 JUNE 25	PII-Wk 8 JULY 2
Pull-ups (Overhand) (use assisted machine if needed)	As Many As Possible	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP
	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP
				AMAP	AMAP	AMAP	AMAP	AMAP
	Record reps	Record reps	Record reps	Record reps	Record reps	Record reps	Record reps	Record reps
Bar Back Squats (Deep = Hips drop to knee height)	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)	3 (ligh-Speed)
	10	8	8	6	5	4	4	3
	10	6	8	5	5	4	4	3
					5	4	4	3
Bar Shoulder Press (standing, in front of head)	10	8	8	8	5 (ligh-speed)	5 (ligh-speed)	5 (ligh-speed)	4 (ligh-speed)
	8	8	6	8	5	5	5	4
	6	8	5	8	5	5	5	4
					5	5	5	4
Leg Curls	12	10	8	8	5ea	5ea	5ea	4ea
	12	10	8	8	5	5	5	4
	12	10	8	8	5	5	5	4
					Light-Alternating legs			
Bicep Curls (Bar or Db)	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