



Some new core exercises to work on for the next few weeks, these will be hard to start off with but you should start to get the hang of them quite quickly, make sure you are still playing around on the fit balls and working on your balance! If your swim squad hasn't already we should be stepping up the distance in the pool by now. You should be aiming for around 3km in each of your sessions in the pool. Bit of an easier week with your running to help you through the other changes in the week.

	Board	Swim	Run	Other	Notes
Monday		Swim 2.5-3km	20min		20min as 4 x (4min @70, 1 min @80+). Think of this run as a 20 min steady jog with 4 hard 1minute efforts in it. Try to stay consistent in your 70% and recover without slowing down to much
Tuesday				Home Core 5	New core exercises. Challenge yourself to do them as well as you can. Goal is to be able to complete an alphabet without stopping by our next session at Anglesea
Wednesday		Swim 2.5-3km	20min		20mins @70 Tempo run. Focus on consistent pace for the whole 20mins. Not too hard
Thursday				Home Core 6	Continuous core again for this month let me know if it is becoming too easy and I will show you how to make it harder!
Friday		Swim 2.5-3km		Stretching 30min	Remember you can stretch any night/day as well as Friday. If you would like some help with what stretches to do make sure you send me an email!
Saturday					Rest
Sunday	1 hour of ins and outs.				Make sure you are coming all the way back in and catching as many waves as you can, don't sit out the back for too long. Make sure you are practicing what we went through last weekend