

Anglesea Dolphins Week 15, 13<sup>th</sup> July – 19<sup>th</sup> August



Mona Fartlek session on Monday is a hard run but a run that lots of good athletes do so it's a good one to push yourself in and see how far you can get. You should be able to go longer in your alphabet this week without touching the ground. Let me know if its too easy for you already! Sundays session involves some body surfing so that we can work on our skills getting in and out of the water with our board but also just our wading and dolphining. Hopefully no brain freezes!

	Board	Swim	Run	Other	Notes
<b>Monday</b>		Swim 2.5-3km	20min		Mona Fartlek session - 1 effort hard, 1 effort easy. 4 x 90 sec 8 x 60 sec 8 x 30 sec 8 x 15 sec
<b>Tuesday</b>				Home Core 5	You should know what you are in for this time through the session so make sure you push yourself to do your best at each exercise
<b>Wednesday</b>		Swim 2.5-3km	20min		20mins @70 Tempo run. Focus on consistent pace for the whole 20mins. Not too hard
<b>Thursday</b>				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!
<b>Friday</b>		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!
<b>Saturday</b>					Rest
<b>Sunday</b>	1 hour of Board, run, wade.				Board is just to out the back, turn around and catch a wave in. When you get to the beach, run up drop your board and wade back out to dolphining depth. Turn around, body surf a wave in and grab your board and repeat.