

# Workouts for everyone - at home, at work, at play

## SWIM

- 200 warm up
- 200 pull with buoy think about rotation of the hips
- 4 x 50 touch or Pipe drill (do not start your pull until the other hand is there to touch) F
- 4 x 50 swim with a 15 second rest in between F
- 3 x 100 swim stay long in the water 30 second rest in between F
- swim easy 100 for cool down F

F = Fins optional

1100 workout

## SWIM

- 300 warm up
- 250 pull with buoy relax and glide through the water
- 4 x 25 swim F
- 2 x 100 swim with 15 sec rest in between F
- 1 x 50 pull with buoy make sure there is no kicking
- 1 x 100 swim F
- 1 x 50 pull
- 1 x 100 swim F
- 4 x 25 kick with board 15 second rest in between F
- 4 x 50 swim 20 second rest in between F
- 1 x 50 cool down easy and light

F = Fins optional

1450 workout

## RUN or WALK

- 15 minute easy jog warm up
- 5 minute regular pace
- 1 minute walk or jog
- 30 minute race pace or faster than jog pace

- 1 minute walk or jog pace
- 15 minute regular or race pace
- 5 minute cool down

## **SWIM**

- 300 swim warmup  
(no rest during swim)
- 1 x 100 Pull with buoy
- 4 x 50 swim 15 between F
- 1 x 200 swim F
- 4 x 50 swim 15 second rest between
- 2 x 100 swim 5 second rest between F
- 100 swim warm down  
(swim slowly and relax during cool down)

Use this workout to continue improving your endurance

F = Fins optional

1300 workout

## **WALKING**

- 1 hour walking separated into 4 segments
- 15 minutes- 5 minute warm up 5 minute power walk 5 minute cool down
- This workout is designed to be repeated 4 times in one day
- You may do 15 minutes in the morning
- Then 30 minutes at lunch
- After dinner start your last 15 minute
- Great way to power through an hour of focused walking in one day

## **SWIM**

- 350 warm up swim working out the kinks
- 1 x 300 Pull with the buoy
- 6 x 25 one arm stroke 3 times switch to other arm 10 second rest in between F
- 4 x 100 swim good tempo and rhythm 30 second rest between F
- 1 x 200 Pull with buoy glide be long in the water
- 4 x 200 swim with 45 second rest in between F

- 1 x 100 Pull with buoy
- 1 x 100 touch or pipe drill F
- 1 x 200 swim F
- 1 x 100 cool down

F = Fins Optional

2700 workout

## **SWIM**

- 200 swim warm up
- 200 Pull with buoy ( Keep it high and tight)
- 200 Touch or Pipe hand off drill F
- 6 x 25 kick with kick board 15 second rest between F
- 5 x 100 swim 30 second rest between F
- 1 x 200 swim good form and relaxed F
- 1 x 100 cool down easy

F= Fins optional

1550 workout

## **Track workout**

- 15 minute warm up jog
- 4 x 400 running and time yourself 50 % effort
- 100 walk jog between
- 3 x 800 running and keeping time 65 % effort
- 200 walk jog between
- 2 x 1 mile timed 75 % effort
- 12 minute jog cool down

***Just start by adding a set time every day you will have a focused type of movement.***

## **SWIM**

- 300 warm up
- 300 pull
- 5 x 100 with 30sec rest F
- 3 x 200 with 2min rest F
- 4 x 25 kick with 30 rest F
- 300 pull buoy
- 3 x 100 45 sec rest between F
- 50 cool down

F= Fins optional

2450 workout

## **Walking the Fire Escape**

- 5 Minutes walking up the stairs of a fire escape
- Walk down the escape to the lowest point
- 8 Minutes walking up the fire escape
- Walk down the escape to the lowest point
- 10 Minutes walking up the stairs of the fire escape

\*Always make sure you have clearance from the building that you have access to do this. I find Hotels and condos never to have a problem but always seek an official ok from the front desk or lobby attendant.

## **Cycling**

- 15 Minute easy riding for a warm up
- Start with some easy pick ups or intervals 1 minute pushing to 60 % of your effort
- 2 minute rest (easy riding or spinning)
- 1 minute on 60 %
- 2 minute rest
- 1 minute on 60 %
- 2 minute rest
- Ride at 50 % effort for 15 minutes
- 90 seconds at 70 %

- 2 minute rest
- 90 second at 70 %
- 2 minute rest
- 90 second at 70 %
- 2 minute rest
- 15 minute ride easy at 60 % effort
- 5 minute cool down

**NOTE:** Hills or flat road, Heart rate training or RPM there are many highly focused ways to train these cycling workouts are a general plan for better fitness.

### **Walking**

- Start with a comfortable 8 minutes walking and feeling relaxed
- Next 8 minutes walk at a brisk pace able to hold conversation
- Next 2 minutes relaxed and easy
- Next 8 minutes a brisk or fast pace
- Next 2 minutes relaxed and easy
- Next is a 4 minute fast pace and focused speed walk
- Cool down 6 minutes

TOTAL 40 minutes

### **Run training**

- 15 minute walk or jog
- 30 minute race pace for you
- 10 minute cool down
- 8 minute walk

### **Riding your bike**

- Always ride with a helmet.
- Starting to ride again can be a fun start for motivating you.
- Take a water bottle always ( even short rides )
- See how you feel after 30 minutes
- If that feels like a good start do it 3days on 1 day off 3 days on 1 day off
- Continue for three weeks and watch the body begin to feel more trim and strong.