## **Swimming (Sprint) UW Warrior High Performance** Monday, April 30, 2018 **Movement Prep Daily Assessment** Week 2 All fours belly breathing 1 x 10 Week 1 Week 3 Week 4 3 x 5 breaths/each leg Seated 90/90 Quadruped adductor mobilizations 1 x 60s Quadruped piriformis mobilizations 1 x 60s Side lying external rotations 2 x 6/side 135 scap wall slide with arm lift 1 x 15 Yoga push-up 1 x10 Deadbugs 2 x 5/side Braod Jump 3 x 3 Explosive Chin Ups $3 \times 3$ Monday, May 07, 2018 Monday, May 14, 2018 Monday, May 21, 2018 Sets Sets Exercise Reps Rest Load Rest Α1 Back Squat to Pins (31X1 tempo) 30s 30s 5 4 30s 30s A2 KB BU March 10/side 4 10/side 3 12/side 3 90s 90s 5 12/side 90s 90s B1 Banded Broad Jump 3 5 30s 5 30s 4 5 30s 30s В2 AMRAP TRX Push-up 3 10 90s 10 90s 4 12 90s 4 90s Landmine RDL (3211 tempo) 3 6/side 30s 3 6/side 30s 3 6/side 30s 3 6/side 30s C2 Military Press 3 10 60s 3 12 60s 3 15 60s 3 12 60s D1 Lateral Lunge with Cable Press 3 5/side 60s 3 5/side 60s 3 5/side 60s 3 5/side 60s D2 Standing Cable Axe Chop (Semi Squat) 3 8/side 60s 3 8/side 120s 3 10/side 120s 10/side 120s Fuesday, May 22, 2018 ay 01, 2018 uesday uesday, May 15, 2018 Sets Sets Load Sec Exercise Reps Rest Reps Rest Load Negaitve Pull-Up (1261) 60 3 2x3 60 60 4 2x3 60 4 1/2 Kneeling Landmine Press 3 8/side 120 3 10/side 3 10/side 3 12/side SA Lat. Pull Down R2 3 8/side 60 3 10/side 60 3 10/side 60 3 12/side 60 AMRAP TRX Row Drop Set with Chains AMRAP AMRAP 60 3 AMRAP 3 60 3 60 3 60 C2 Cable Tricep Press Down 3 10 60 3 12 60 3 12 60 3 15 60 Suitcase Carry/ BU KB Carry 3 30 y 60 3 30 v 60 3 45 v 60 3 45 v 60 D2 Cable External Rotations 8/side 60 3 8/side 60 10/side 60 3 10/side 60 Wednesday, May 02, 2018 Wednesday, May 09, 2018 Wednesday, May 16, 2018 Wednesday, May 23, 2018 Sets Reps Exerc Reps Rest Load Rest Recovery/Pool Only nursday, May 03, 2018 hursday, May 10, 2018 Thursday, May 17, 2018 Thursday, May 24, 2018 Sets Sets Reps Rest Reps Rest Sec Exercise RDL/Trap Bar Deadlift A2 Banded Seated Squat Jump 3 6/side 60 4 6/side 60 4 8/side 60 4 8/side 60 Hip Thrusts (X231 tempo) 10 3 10 4 12 3 10 В2 Seated Band Pull Apart 3 15 15 15 3 15 Step Up (DF bottom ankle) C2 Farmer Hold with March 3 ALAP 3 ALAP 3 ALAP 3 ALAP Aerobic Power Intervals 5 3 3 2 3 2 3 2 Maintain HR of 160-165 bpm 5 04, 2018 riday, May riday, May 11, 2018 Friday, May 18, 2018 Friday, May 25, 2018 Exercise Sets Rest Load Sets Sec Reps Reps Rest Heavy Pull Up Isometric @ 120 degree 90s Α1 alan 90s alan 90s 4 alap 90s alan V Sit Hold A2 45s 90s 4 45s 90s 4 45s 90s 45s 90s DB Inc. Bench Press В1 3 10 30s 3 10 30s 3 10 30s 3 10 30s B2 1/2 Kneeling Fat Grip Cable Row 3 8 90s 3 8 90s 3 8 90s 3 8 90s Chain Push Up Drop Set max 60s max 60s max 60s max 60s СЗ Standing Band Pull Downs 20 60s 20 120s 20 120s 20 120s Saturday May 05, 2018 turday, May 12, 2018 Saturday, May 19, 2018 Saturday, May 26, 2018 Saturdav. Exercise Sets Sets Sec Reps Rest Load Reps Rest