

# The AQUATICS Series

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# THE AQUATIC TRAINING SERIES

## INTRODUCTION

The *Aquatic Training Series* provides you with a strength and conditioning program that can be used in water-based environments. Each training phase in this series is designed to enhance your muscular endurance, strength, and power while decreasing the stress and pressure placed upon the body. Each workout includes swim-specific conditioning that will enhance your performance in the water.

This series uses a progressive approach, meaning each phase builds on the work you completed in the previous phase and prepares you for the next.

### PHASE 1: BUILD YOUR BASE

This phase of training is focused on improving muscular endurance and swimming capacity. If you have never formally trained in water, you will quickly learn the challenges of this three-dimensional resistive environment. This phase will push you physically, setting a strong foundation to build muscular strength and power in the next phase.

### PHASE 2: GET STRONG

This phase of training is focused on strength and power development. Compared to phase 1, your workouts will have more sets with fewer repetitions. Performing each exercise at higher velocities will be the key to great results. Increase your speed of movement to increase the challenge but complete each repetition with proper technique to minimize the risk of injury.

### PHASE 3: PERFORM

This phase will combine the endurance, strength, and power you built from the previous phases. The objective is to increase your work capacity- that is your ability to produce, tolerate, and recover from the repetitive workload. Much like phase 2, speed of movement will be the key in this phase. Maintain quality technique to ensure minimal risk of injury and perform the exercises at a high intensity with minimal rest to get the results you desire.

## PREPARATION, PLYOMETRICS, AND STRENGTH OVERVIEW

The Pillar Prep, Movement Prep, Plyometrics, and Strength portions of your workouts focus on establishing a balance of mobility and stability, as well as developing the power and strength required for critical tasks. The phases progress with variety and complexity. Each phase will include up to 12 sessions and cycle through low, moderate, and high-intensity training days, which gives you the flexibility to adapt your training to fit your day-to-day readiness levels.

The movement selection integrates strength-focused exercises and explosive drills called plyometrics. The amount of speed used and the equipment selection will alter the stress placed on the body. These exercises are structured in circuits. You should perform each circuit by completing each exercise in succession with little to no rest between exercises or sets.



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### ENERGY SYSTEM DEVELOPMENT OVERVIEW

The conditioning workouts included in the Aquatic Training Series embodies swimming performance. Each workout consists of one or more training zones; each zone represents a level of effort (easy, medium, and hard). Training zones are the building blocks of these interval-based workouts. You will vary your effort within a single workout to improve various aspects of your swimming capacity.

How do you know you are exercising at the right effort? You can perform these interval workouts by measuring your effort using the rate of perceived exertion (RPE). As a simple and effective way to determine your training intensity, RPE uses a scale of 1-10 to rate your effort. A rating of 1 is equivalent to standing still, while a rating of 10 represents the most strenuous level of activity you can perform. Use these general guidelines to put forth the right effort for each interval.

RATE OF PERCEIVED EXERTION (RPE)			HEART RATES (HR)
	TARGET	DESCRIPTION	TARGET
<b>MAX</b>	<b>10/10</b>	Maximum effort. Give it all you got!	<b>100% MAX HR</b>
<b>HARD</b>	<b>9/10</b>	Extremely strenuous and difficult to maintain	<b>90% MAX HR</b>
<b>MODERATE</b>	<b>7/10</b>	Rapid breathing. Can't talk now!	<b>80% MAX HR</b>
<b>EASY</b>	<b>5/10</b>	Moving with a purpose, but able to talk comfortably	<b>50% MAX HR</b>



# THE AQUATIC TRAINING SERIES

## INTRODUCTION

### HOW TO SET UP YOUR SCHEDULE

- 1 Each phase in this series has 3 workouts (workout A & B) along with an additional active recovery workout.
- 2 Complete 3-4 training sessions per week.
- 3 Aim for no more than 2 consecutive training days each week. So, if you complete Workout A on Monday and Workout B on Tuesday, Wednesday should be a recovery day.
- 4 Add a recovery day to break up more than 2 consecutive training days and help facilitate the recovery process. Recovery days can include a combination of light activity, low-intensity swimming, and floating. Refer to the sections in your workouts labeled *Active Recovery*.

### SAMPLE 3-WEEK SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout A	Workout B	Active Recovery	Workout A	Workout B	Rest or light activity	Rest or light activity
Workout A	Rest or light activity	Workout B	Active Recovery	Workout A	Rest or light activity	Workout B
Workout A	Rest or light activity	Workout B	Workout A	Active Recovery	Rest or light activity	Workout B

### WORKOUT DURATION:

Each workout has three duration options. A small icon represents each duration, as shown below. Simply perform the movements with the corresponding icon that represents the workout time option that fits your schedule best. If the movements in these workouts are new to you, it may take you longer than the duration specified to complete your workouts. As you become familiar with the movements, you'll be able to complete them in the allotted time.

**S** Short = 30 minutes

**M** Medium = 45 minutes

**L** Long = 60 minutes

### HOW STAGES WORK:

Each phase in the Aquatic Training Series has 3 progressive stages. As you advance through the stages, you will notice that repetitions, time, or sets you perform may change. Advance to the next stage of training after every 4 workouts-this means after you have completed Workout A and Workout B twice (ABAB). Once you complete the final stage in the phase, progress to the next phase of training.

Before each workout evaluate your stress inventory score (SIQ). The purpose is to match the workout intensity to your daily readiness level. Simply use the aquatic programming strategy to adjust the programming variables.



# THE AQUATIC TRAINING SERIES

## INTRODUCTION

### STRESS INVENTORY QUESTIONNAIRE (SIQ)

1. ON A SCALE OF 1-3 (1=POOR, 2=FAIR, 3=GOOD), RATE EACH STRESS INVENTORY QUESTION
2. ADD UP THE SCORE AND PLACE IT IN THE "SCORE" COLUMN OVER/12
3. MATCH YOUR SCORE TO THE ASSOCIATED PROGRAMMING STRATEGY

**SCORING: 10-12=GOOD; 7-9=FAIR; 4-6=POOR**

**NOTE THE TOTAL SCORE AS WELL AS THE CATEGORY WITH THE LOWEST STRESS-RECOVERY SCORE**

STRESS-RECOVERY	SCORE	PROGRAMMING STRATEGY
SLEEP	1 2 3	<b>SCORE OF 4-6:</b> Train at an RPE of ~6, drop down 2 sets, increase rest by 45s (focus on breathing) <b>OPTION 2:</b> Select a Active Recovery session <b>SCORE OF 7-9:</b> Train at an RPE of ~7, drop down 1 set, increase rest by 30s (focus on breathing) <b>OPTION 2:</b> Select a Active Recovery session <b>SCORE OF 10-12:</b> Can train hard RPE of 9-10. No limits
PHYSICAL	1 2 3	
MOOD	1 2 3	
NUTRITION/HYDRATION	1 2 3	
<b>TOTAL SCORE</b>	<b>OUT OF 12</b>	

### TRAINING EQUIPMENT:

***The equipment used in this series includes:***

- Water shoes
- Kickboards
- Flotation belt
- Resistance bells
- Swim plates
- Swim paddles
- Kettlebells or dumbbells

***\*If you do not have any equipment available, you can still perform the exercises and the entire program. Speak with a Morale Welfare and Recreation (MWR) fitness professional for appropriate equipment substitutions.***

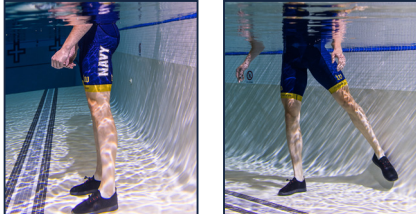


# THE AQUATIC TRAINING SERIES

## PHASE 1: BUILD YOUR BASE (A)

### PILLAR PREPARATION

<b>1</b>	<b>TRIPLE EXTENSION w/ EXTERNAL ROTATION</b>	(S M L)
STAGE		
<b>A</b>		
4x4s hold		
<b>B</b>		
5x5s hold		
<b>C</b>		
6x4s hold		

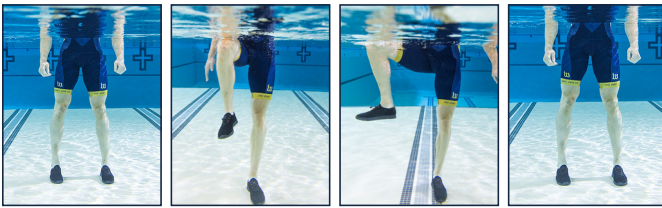


<b>2</b>	<b>UPPER BODY A: HIP HINGE</b>	(S M L)
STAGE		
<b>A</b>		
4x4s hold		
<b>B</b>		
5x5s hold		
<b>C</b>		
6x4s hold		

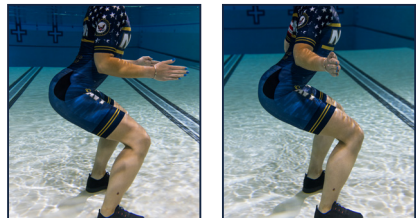


### MOVEMENT PREPARATION

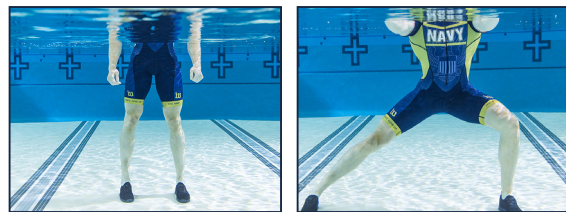
<b>1</b>	<b>HIP OPENER: STATIONARY</b>	(S M L)
STAGE		
<b>A</b>		
x20s		
<b>B</b>		
x30s		
<b>C</b>		
x40s		



<b>2</b>	<b>SHOULDER INTERNAL &amp; EXTERNAL ROTATION</b>	(S M L)
STAGE		
<b>A</b>		
x20s		
<b>B</b>		
x30s		
<b>C</b>		
x40s		



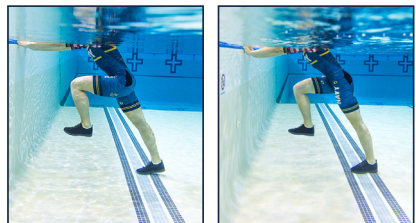
<b>3</b>	<b>LATERAL LUNGE</b>	(S M L)
STAGE		
<b>A</b>		
x6 each		
<b>B</b>		
x8 each		
<b>C</b>		
x10 each		



<b>4</b>	<b>KNEE HUG</b>	(S M L)
STAGE		
<b>A</b>		
x6 each		
<b>B</b>		
x6 each		
<b>C</b>		
x6 each		



<b>5</b>	<b>ACCELERATION WALL DRILL: SINGLE</b>	(M L)
STAGE		
<b>A</b>		
x6 each		
<b>B</b>		
x6 each		
<b>C</b>		
x6 each		



<b>6</b>	<b>2 INCH RUN: IN PLACE</b>	(L)
STAGE		
<b>A</b>		
2x6s		
<b>B</b>		
2x6s		
<b>C</b>		
2x6s		





# THE AQUATIC TRAINING SERIES

## PHASE 1: BUILD YOUR BASE (A)

### PILLAR PREPARATION

#### 1 TRIPLE EXTENSION w/ EXTERNAL ROTATION

- Position yourself 3-foot lengths away from the side of the pool
- Standing tall, lock one leg straight and extending the hip behind the body
- Rotate the toes out so the outside of the foot touches the side of pool
- Gently, press foot into the wall as you contract the glute, hold for suggested time
- Release the tension, returning to starting position and repeat

#### 2 UPPER BODY A: HIP HINGE

- Position yourself with your back to the side of pool about 1-2 feet away
- Hinge at waist, pushing hips back to wall and glide shoulder blades back and down as you move arms behind torso to form an A
- Gently press your hands into side of pool for the suggested duration
- Release the tension, returning to starting position

### MOVEMENT PREPARATION

#### 1 HIP OPENER: STATIONARY

- Standing tall, lift knee up to waist height toward your opposite shoulder
- Keeping the knee bent at 90 degrees and upper body stationary, open the hip by moving the knee to the outside of the shoulder so that the quad is perpendicular to body
- Reverse the movement back to starting position
- Continue for the prescribed duration and repeat on other leg

#### 2 SHOULDER INTERNAL & EXTERNAL ROTATION

- Stand tall with elbows bent at 90 degrees and pressed against your torso
- With palms facing each other, thumbs towards the sky rotate your forearm and hands away from the body, then return to starting position
- Continue to move as much water as possible for suggested duration

#### 3 LATERAL LUNGE

- Stand tall with feet hip width apart
- Step to one side and squat down keeping the other straight
- Keeping chest up and hands in-line with the shoulders, push through your hip to return to the starting position
- Complete all reps with one leg before repeating with opposite leg

#### 4 KNEE HUG

- Actively lift knee to chest, placing both hands on the knee
- Contracting the glute that is on the ground, gently pull the knee to chest with both hands
- Complete reps, repeat on opposite side

#### 5 ACCELERATION WALL DRILL: SINGLE

- Standing in good posture with torso leaning forward, place hands against the wall, elbows straight, and one leg in a triple flexed position
- Rapidly switch leg positions, pause & stabilize
- Keep trunk tall, rigid, and engaged
- Repeat for suggested duration

#### 6 2 INCH RUN: IN PLACE

- Start in athletic stance with knees bent, hips back, and arms bent
- Run in place, moving your feet two inches off the ground as quickly as possible
- Allow your arms to move slow and rhythmically
- Continue for prescribed time




# THE AQUATIC TRAINING SERIES

## PHASE 1: BUILD YOUR BASE (A)

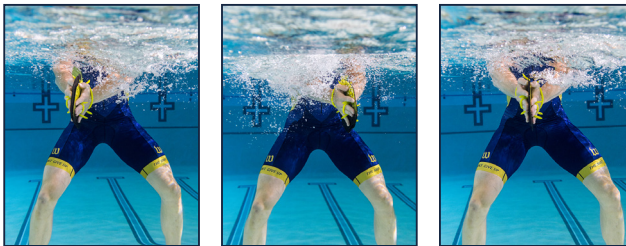
### POWER

### STRENGTH

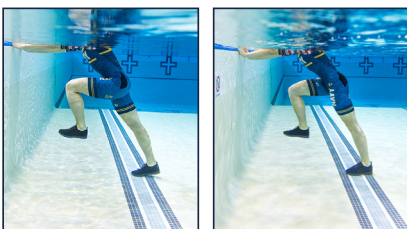
#### 1 NON-COUNTERMOVEMENT SQUAT JUMP TO STABILIZE (S M L)

STAGE	
<b>A</b>	
3x10	
<b>B</b>	
4x10	
<b>C</b>	
4x12	

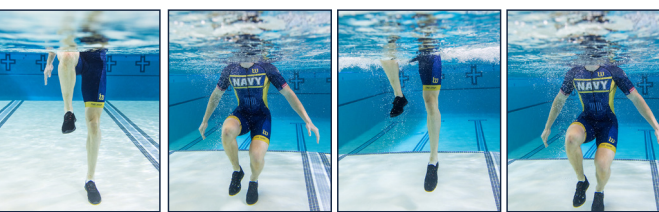
#### 1 TORSO MINI-ROTATION: SWIM PADDLES (S M L)

STAGE	
<b>A</b>	
3x30s	
<b>B</b>	
4x30s	
<b>C</b>	
4x45s	

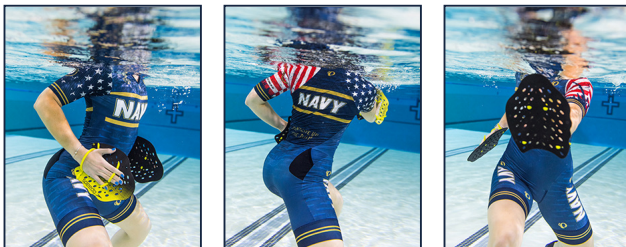
#### 2 WALL SPRINT: CONTINUOUS (M L)

STAGE	
<b>A</b>	
3x15	
<b>B</b>	
4x15	
<b>C</b>	
4x20	


#### 2 LINEAR HOP TO STABILIZE (S M L)

STAGE	
<b>A</b>	
3x30s	
<b>B</b>	
4x30s	
<b>C</b>	
4x45s	

#### 3 DYNAMIC PUSH-PULL: SWIM PADDLES (S M L)

STAGE	
<b>A</b>	
3x30s	
<b>B</b>	
4x30s	
<b>C</b>	
4x45s	

#### 4 LATERAL LUNGE: SWIM PADDLES (S M L)

STAGE	
<b>A</b>	
3x30s	
<b>B</b>	
4x30s	
<b>C</b>	
4x45s	



# THE AQUATIC TRAINING SERIES

## PHASE 1: BUILD YOUR BASE (A)

### POWER

#### 1 NON-COUNTERMOVEMENT SQUAT JUMP TO STABILIZE

- Stand with feet slightly wider than shoulder-width apart
- Sit down into a squat pause for 3 seconds and explode up out of the water as you reach for the sky
- Land softly in a squat position, hold 3 seconds and begin the next rep

#### 2 WALL SPRINT: CONTINUOUS

- Standing in good posture with torso leaning forward, place hands against the wall, elbows straight, and one leg towards the chest in a triple flexed position
- Rapidly switch leg positions, making a sprinting motion, keeping trunk tall, rigid, and engaged
- Repeat for suggested duration

### STRENGTH

#### 1 TORSO MINI-ROTATION: SWIM PADDLES

- Stand with feet slightly wider than shoulder-width apart, with both arms extended in front of you and palms together
- Move arms side to side away, trying to move as much water as possible
- Keeping shoulders squared, continue moving arms for suggested duration

#### 2 LINEAR HOP TO STABILIZE

- Stand on one leg with the opposite leg 2 inches off the ground
- Push hips back and down, generating force to hop out of water for height and distance
- On the same leg, land softly in a squat position hold, for 3 seconds and begin the next rep
- Switch legs and repeat to complete set

#### 3 DYNAMIC PUSH-PULL: SWIM PADDLES

- Stand with feet slightly wider than shoulder-width apart, with one arm extended straight out and the opposite hand held at the chest
- In one continuous motion, pull the extended arm toward your chest while pressing the opposite hand away from the chest, rotating torso and hips
- Repeat pattern for suggested duration

#### 4 LATERAL LUNGE: SWIM PADDLES

- Stand tall with feet together holding a weight with both hands at the chest
- Step to one side and squat down keeping the other straight
- Keeping chest up, press hands away from chest as you push through your hip to return to the starting position
- Complete all reps with one leg before repeating with opposite leg



# THE AQUATIC TRAINING SERIES

## PHASE 1: BUILD YOUR BASE (A): Energy System Development (ESD)

RATE OF PERCEIVED EXERTION (RPE)			HEART RATES (HR)
	TARGET	DESCRIPTION	TARGET
<b>MAX</b>	<b>10/10</b>	Maximum effort. Give it all you got!	<b>100% MAX HR</b>
<b>HARD</b>	<b>9/10</b>	Extremely strenuous and difficult to maintain	<b>90% MAX HR</b>
<b>MODERATE</b>	<b>7/10</b>	Rapid breathing. Can't talk now!	<b>80% MAX HR</b>
<b>EASY</b>	<b>5/10</b>	Moving with a purpose, but able to talk comfortably	<b>50% MAX HR</b>

MEDIUM INTENSITY DAY		
<p><b>1a.</b> Swim 100YD (RPE 7)  <b>1b.</b> Recovery Stroke 50YD (RPE 5)  <b>1c.</b> Swim 100YD (RPE 7)  <b>1d.</b> Recovery Stroke 50YD (RPE 5)</p>		
<b>WEEK 1: X4</b>	<b>WEEK 2: X5</b>	<b>WEEK 3: X6</b>

To complete one set/round continuously move through 1a-1d at the prescribed RPE with minimal to no rest. Once completed, rest for 2-3 minutes and repeat for the suggested sets/rounds for each week.

SUGGESTED SWIM STROKES	
<p><b>SWIM:</b></p> <ul style="list-style-type: none"> <li>• Front Crawl (Freestyle)</li> <li>• Breaststroke</li> <li>• Backstroke</li> </ul>	<p><b>RECOVERY STROKE:</b></p> <ul style="list-style-type: none"> <li>• Sidestroke</li> <li>• Modified Backstroke (Turtleback)</li> <li>• Elementary Backstroke</li> </ul>

*\*For more information on stroke technique, refer to swimming descriptions.*



# THE AQUATIC TRAINING SERIES

## PHASE 1: BUILD YOUR BASE (B)

### PILLAR PREPARATION

**1** **TRIPLE FLEXION w/ ADDUCTION** (S M L)

STAGE

**A**  
4x4s hold

**B**  
5x5s hold

**C**  
6x4s hold

**2** **UPPER BODY T's: SPLIT STANCE** (S M L)

STAGE

**A**  
4x4s hold

**B**  
5x5s hold

**C**  
6x4s hold

### MOVEMENT PREPARATION

**1** **HIP ABD / ADDUCTION: STRAIGHT LEG** (S M L)

STAGE

**A**  
x20s

**B**  
x30s

**C**  
x40s

**2** **SHOULDER FIGURE 8** (S M L)

STAGE

**A**  
x20s

**B**  
x30s

**C**  
x40s

**3** **FORWARD LUNGE w/ LATERAL FLEXION** (S M L)

STAGE

**A**  
x6 each

**B**  
x8 each

**C**  
x10 each

**4** **LEG CRADLE** (M L)

STAGE

**A**  
x6 each

**B**  
x6 each

**C**  
x6 each

**5** **PILLAR SKIP: LATERAL** (M L)

STAGE

**A**  
x6 each

**B**  
x6 each

**C**  
x6 each

**6** **2 INCH RUNS: IN & OUT** (L)

STAGE

**A**  
2x6s

**B**  
2x6s

**C**  
2x6s



# THE AQUATIC TRAINING SERIES

## PHASE 1: BUILD YOUR BASE (B)

### 1 TRIPLE FLEXION w/ ADDUCTION

- Standing tall, lift knee as high as possible toward your opposite shoulder, keep toes pulled up
- Place opposite hand on top-inside of knee
- Gently, press knee and hand into each other, holding for suggested time
- Release the tension, returning to starting position
- Complete all reps with one leg before repeating with opposite

### 2 UPPER BODY T's: SPLIT STANCE

- Stand tall in split stance with a flat back and chest up
- Keeping shoulders blades back and down, raise your arms to the sides to form a T
- Initiate movement with shoulder blades, keeping back of hands to the sky

### 1 HIP ABDUCTION / ADDUCTION: STRAIGHT LEG

- Stand tall, with hands on pool deck
- With the knee straight, swing leg out to side and back in front of the body
- Keep torso rigid with a straight leg
- Perform on each leg for suggested duration

### 2 SHOULDER FIGURE 8

- Stand with feet slightly wider than shoulder width, keep elbow and wrist straight, in front of you
- Leading with the palm forward, swing arm to draw a figure 8 on the bottom of the pool
- Keep trunk tall and rigid, avoid twisting or turning trunk
- Complete reps and immediately reverse directions, leading with the back of the hand
- Repeat with opposite arm

### 3 FORWARD LUNGE w/ LATERAL FLEXION

- Standing tall, take a step forward, bending both knees into a lunge position
- Contracting your glutes at the bottom of the lunge, extend one hand overhead, while reaching other hand towards the ground
- Keep tall, as you push through the ground to return to start position
- Alternate sides each rep

### 4 LEG CRADLE

- Standing tall, actively lift knee to chest, placing one hand on knee and the other on the ankle
- Contracting the glute on the standing leg, gently pull the knee to chest with both hands
- Complete reps, repeat on opposite side

### 5 PILLAR SKIP: LATERAL

- Stand tall with arms at your sides and elbows bent at 90 degrees
- Lift one knee up while your swing the opposite arm forward and the same side elbow back
- Skip to the side by driving foot down to the ground, creating double contact
- Continue laterally for the prescribed duration

### 6 2 INCH RUNS: IN & OUT

- Start in athletic stance with knees bent, hips back, and arms bent
- Run in place, moving your feet two inches off the ground as quickly as possible
- Allow your arms to move slow and rhythmically
- Continue for prescribed time



# THE AQUATIC TRAINING SERIES

## PHASE 1: BUILD YOUR BASE (B)

### POWER

### STRENGTH

**1** HIGH PULL JUMP: 2 ARM MASS (S M L)

STAGE	
<b>A</b>	3x10
<b>B</b>	4x10
<b>C</b>	4x12

**1** SINGLE LEG HIP FLEXION & EXTENSION (S M L)

STAGE	
<b>A</b>	3x30s
<b>B</b>	4x30s
<b>C</b>	4x45s

**2** NON-COUNTERMOVEMENT LATERAL BOUND: STABILIZE (M L)

STAGE	
<b>A</b>	3x6
<b>B</b>	4x6
<b>C</b>	4x8

**2** UPPER BODY FLYS: LOW SPLIT STANCE (S M L)

STAGE	
<b>A</b>	3x30s
<b>B</b>	4x30s
<b>C</b>	4x45s

**3** TREADING WATER: FLUTTER KICK, WALL ASSISTED (S M L)  
(Deep Water)

STAGE	
<b>A</b>	3x30s
<b>B</b>	4x30s
<b>C</b>	4x45s

**4** CURL TO EXTENSION: SPLIT STANCE SWIM PADDLES (S M L)

STAGE	
<b>A</b>	3x30s
<b>B</b>	4x30s
<b>C</b>	4x45s



# THE AQUATIC TRAINING SERIES

## PHASE 1: BUILD YOUR BASE (B)

### POWER

#### 1 HIGH PULL JUMP: 2 ARM MASS

- Stand holding a weight in each hand at thighs and hinge hips to lower the weight to knee height
- Explosively extend hips and rapidly shrug shoulders, pulling the weight straight up to chest level
- Allow the weight to return to starting position and complete the set on one side before repeating on other

#### 2 NON-COUNTERMOVEMENT LATERAL BOUND: STABILIZE

- Standing with hips and knees slightly bent, bound to one side by pushing through the hip, knee, and ankle
- Land on opposite leg and without pausing, bound in opposite direction
- Land softly, stabilizing for 3 seconds
- Complete the set on one side before repeating on other

### STRENGTH

#### 1 SINGLE LEG HIP FLEXION & EXTENSION

- Standing side-on to the wall, place inside hand on pool edge with elbow straight, maintaining good posture
- Keeping legs straight, slowly swing outside leg forward and backward for suggested duration
- Repeat on other leg

#### 2 UPPER BODY FLYS: LOW SPLIT STANCE

- Standing with feet slightly wider than shoulder width, grip the ground with feet
- With palms facing forward, reach arms behind body in max range of motion
- Bring the arms in front and across the chest and repeat for suggested duration
- Keep chest up and torso active, move as much water as you can

#### 3 TREADING WATER: FLUTTER KICK, WALL ASSISTED (Deep Water)

- Position yourself near the pool wall in deep water with one hand on deck
- Keeping a streamline position, point your toes to the ground as you alternate a scissor kick to keep chin out of water
- Repeat for the suggested duration

#### 4 CURL TO EXTENSION: SPLIT STANCE SWIM PADDLES

- Stand in a split stance position, with arms by at your side
- With palms facing forward, curl the hands to the shoulders
- Rapidly rotate palms to the ground as you extend arms back to starting position
- Repeat for suggested duration



# THE AQUATIC TRAINING SERIES

## PHASE 1: BUILD YOUR BASE (B): ESD

RATE OF PERCEIVED EXERTION (RPE)			HEART RATES (HR)
	TARGET	DESCRIPTION	TARGET
<b>MAX</b>	<b>10/10</b>	Maximum effort. Give it all you got!	<b>100% MAX HR</b>
<b>HARD</b>	<b>9/10</b>	Extremely strenuous and difficult to maintain	<b>90% MAX HR</b>
<b>MODERATE</b>	<b>7/10</b>	Rapid breathing. Can't talk now!	<b>80% MAX HR</b>
<b>EASY</b>	<b>5/10</b>	Moving with a purpose, but able to talk comfortably	<b>65% MAX HR</b>

HIGH INTENSITY DAY		
<p><b>Week 1:</b> 1 min to complete each 50YD/M, rest for the remainder</p> <p><b>Week 2:</b> 2 min to complete each 100YD/M, rest for the remainder</p> <p><b>Week 3:</b> 4 min to complete each 200YD/M, rest for the remainder</p>		
<b>WEEK 1: 4X2</b>	<b>WEEK 2: 4X2</b>	<b>WEEK 3: 4X2</b>

Start the kickboard swim at the beginning of each minute, as prescribed. As you progress from week to week the distance and times will lengthen. Once completing the prescribed distance, rest the remaining time allotted. Repeat 4 consecutive sets before complete rest (2-5 minutes). Repeat again to complete 2 total sets.

SUGGESTED SWIM STROKES
<ul style="list-style-type: none"> <li>• Kickboard Flutter Kick</li> <li>• Kickboard Backstroke</li> <li>• Kickboard Breaststroke</li> </ul>

*\*For more information on stroke technique, refer to swimming descriptions.*



# THE AQUATIC TRAINING SERIES

## PHASE 1: ACTIVE RECOVERY

### ACTIVATE

**1**

#### TRIPLE EXTENSION

STAGE

**A**

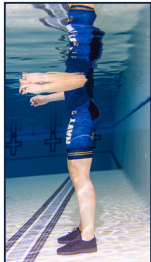
4x4s hold

**B**

5x5s hold

**C**

6x4s hold



**2**

#### UPPER BODY Y: HIP HINGE

STAGE

**A**

x6 ea

**B**

x8 ea

**C**

x10 ea



**3**

#### TORSO MINI-ROTATION: HANDS

STAGE

**A**

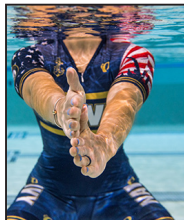
x10s

**B**

4x20s

**C**

4x30s



**4**

#### WALKING LUNGE w/ LATERAL FLEXION

STAGE

**A**

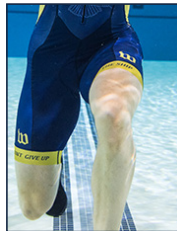
x6 ea

**B**

x8 ea

**C**

x10 ea



**5**

#### HIP OPENER SKIP

STAGE

**A**

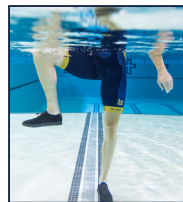
x6 ea

**B**

x8 ea

**C**

x10 ea



### RELOAD

**1**

#### SWIM: STROKE OF CHOICE

STAGE

**A**

x12:30

**B**

x12:30

**C**

x12:30



**2**

#### SUPINE CYCLING

STAGE

**A**

x3:00

**B**

x3:00

**C**

x3:00



**1**

#### RUN w/ JOG BELT

(Deep Water)

STAGE

**A**

x5:00

**B**

x5:00

**C**

x5:00



**2**

#### FLOATING HORIZONTAL:

w/ FLOATING DEVICE

STAGE

**A**

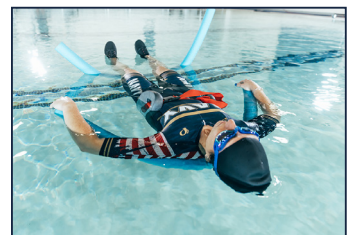
x5:00

**B**

x5:00

**C**

x5:00





# THE AQUATIC TRAINING SERIES

## PHASE 1: ACTIVE RECOVERY

### ACTIVATE

#### 1 TRIPLE EXTENSION

- Position yourself 3-foot lengths away from the side of the pool
- Standing tall, lock the knee straight, extend the hip and place the toes against the side of pool
- Gently, press toes into the wall as you contract the glute
- Release the tension, returning to starting position
- Complete all reps with one leg before repeating with opposite

#### 2 UPPER BODY Y: HIP HINGE

- Position yourself 1-2 feet away from side of pool
- Hinge at waist, and raise arms over your head to form a Y
- At full range of motion, pull shoulder blades back & down as you gently press your hands into pool deck
- Release the tension, returning to starting position

#### 3 TORSO MINI-ROTATION: HANDS

- Standing with feet slightly wider than shoulder width, grip the ground with feet
- Move torso, shoulders, and arms side to side trying to move as much water as possible
- Keep a strong pillar as you continue to alternate for suggested duration

#### 4 WALKING LUNGE w/ LATERAL FLEXION

- Standing tall, take a step forward, bending both knees into a lunge position
- Contracting your glutes at the bottom of the lunge, extend one hand overhead, while reaching other hand towards the ground
- Keep torso tall, as you push through the ground to step forward to repeat the movement

#### 5 HIP OPENER SKIP

- Stand tall with arms at your sides and elbows bent at 90 degrees
- Lift one knee up to the chest and to the outside of the body while you swing the opposite arm forward and the same side elbow back
- Skip backwards by driving foot down to the ground, creating double contact
- Continue for the prescribed duration

### RELOAD

#### 1 SWIM: STROKE OF CHOICE

- Swim continuously, using the swim stroke of your choice for the suggested duration

#### 2 SUPINE CYCLING

- Position yourself with your back to the wall with hands on pool deck in a seated position
- Pulling one knee to chest, slightly down, and extend back out keeping a slight bend in knee
- Alternating legs performing a cycling motion for suggested duration

#### 1 RUN w/ JOG BELT (Deep Water)

- Floating in deep water, start with arms bent at 90 degrees
- Using a running motion, swing arms front to back keeping elbows bent, while bringing the opposite knee to the chest
- Use the arms and hips to generate force, propelling you forward


#### 2 FLOATING HORIZONTAL: w/ FLOATING DEVICE

- Use 3 floating devices; one behind the neck, mid-back and hamstrings
- Breathing diaphragmatically, relax the body completely
- Continue the suggested breathing protocol for the prescribed duration






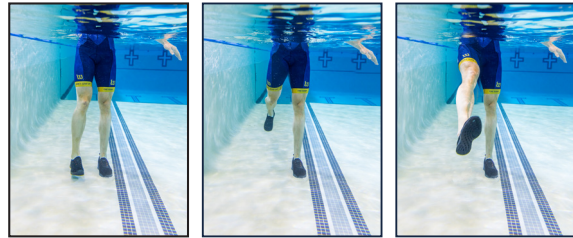
### PILLAR PREPARATION

<b>1</b>	<b>HIP EXTERNAL ROTATION: BENT LEG</b>	(S M L)
STAGE		
<b>A</b>		
4x4s hold		
<b>B</b>		
5x5s hold		
<b>C</b>		
6x4s hold		


  


<b>2</b>	<b>TRIPLE FLEXION w/ ADDUCTION</b>	(S M L)
STAGE		
<b>A</b>		
4x4s hold		
<b>B</b>		
5x5s hold		
<b>C</b>		
6x4s hold		

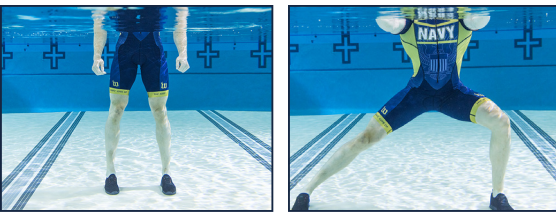
### MOVEMENT PREPARATION


<b>1</b>	<b>SINGLE LEG HIP FLEXION &amp; EXTENSION</b>	(S M L)
STAGE		
<b>A</b>		
x20s		
<b>B</b>		
x30s		
<b>C</b>		
x40s		

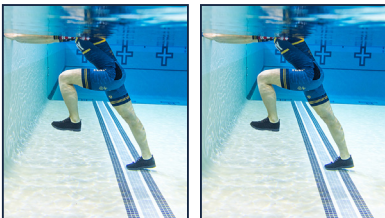
  

<b>2</b>	<b>TREADING WATER: SEATED ARMS ONLY</b>	(S M L)
STAGE		
<b>A</b>		
x20s		
<b>B</b>		
x30s		
<b>C</b>		
x40s		

<b>3</b>	<b>HEEL TO GLUTE w/ REACH</b>	(S M L)
STAGE		
<b>A</b>		
x6 each		
<b>B</b>		
x8 each		
<b>C</b>		
x10 each		

<b>4</b>	<b>LATERAL LUNGE</b>	(M L)
STAGE		
<b>A</b>		
x6 each		
<b>B</b>		
x6 each		
<b>C</b>		
x6 each		

<b>5</b>	<b>PILLAR SKIP: FORWARDS / BACKWARDS</b>	(M L)
STAGE		
<b>A</b>		
x6 each		
<b>B</b>		
x6 each		
<b>C</b>		
x6 each		

<b>6</b>	<b>ACCELERATION WALL DRILL: DOUBLES</b>	(L)
STAGE		
<b>A</b>		
2x6s		
<b>B</b>		
2x6s		
<b>C</b>		
2x6s		



# THE AQUATIC TRAINING SERIES

## PHASE 2: GET STRONG (A)



### PILLAR PREPARATION

#### 1 HIP EXTERNAL ROTATION: BENT LEG

- Position yourself with your side to the pool wall
- Standing tall, lift the outside knee to chest
- Keeping knee in line with the hip, rotate your lower leg and foot to the wall
- Gently, press the inside of foot into the wall as you contract the glute, hold for suggested time
- Release the tension, returning to starting position

#### 2 TRIPLE FLEXION w/ ADDUCTION

- Standing tall, lift knee as high as possible toward your opposite shoulder, keep toes pulled up
- Place opposite hand on top-inside of knee
- Gently, press knee and hand into each other, holding for suggested time
- Release the tension, returning to starting position
- Complete all reps with one leg before repeating with opposite

### MOVEMENT PREPARATION

#### 1 SINGLE LEG HIP FLEXION & EXTENSION

- Standing side-on to the wall, place inside hand on pool edge with elbow straight, maintaining good posture
- Keeping legs straight, slowly swing outside leg forward and backward for suggested duration
- Repeat on other leg

#### 2 TREADING WATER: SEATED ARMS ONLY

- Have a slight bend in arms, keeping wrist stiff, hands flat with palms facing down, waves arms in a sculling motion, making a figure 8
- Keep legs pinned together, directly underneath you, contracting glutes for the suggested duration

#### 3 HEEL TO GLUTE w/ REACH

- Stand tall, lift one foot up and hold it with the same side hand
- Bring your heel to your glute as you reach overhead with the opposite arm
- Lower your leg to starting position and repeat with opposite to complete 1 rep

#### 4 LATERAL LUNGE

- Standing tall with hands behind head
- Step to one side as you push your hips back and down into a squat position, while keeping the opposite leg straight
- Keeping chest up, push through your hip to return to starting position

#### 5 PILLAR SKIP: FORWARDS / BACKWARDS

- Stand tall with arms at your sides and elbows bent at 90 degrees
- Lift one knee up while you swing the opposite arm forward and the same side elbow back
- Skip forward by driving foot down to the ground, creating double contact for the prescribed duration
- Reverse movement to complete 1 set

#### 6 ACCELERATION WALL DRILL: DOUBLES

- Standing in good posture with torso leaning forward, place hands against the wall, elbows straight, and one leg in a triple flexed position
- Keeping trunk tall, rigid, and engaged, rapidly switch leg position twice before stabilizing for 3 seconds
- Repeat for suggested duration
- Repeat with the opposite leg

# THE AQUATIC TRAINING SERIES

## PHASE 2: GET STRONG (A)



### POWER

### STRENGTH

**1** SQUAT JUMP w/ MASS: CONTINUOUS (S M L)

STAGE	
<b>A</b>	
4x25s	
<b>B</b>	5x25s
<b>C</b>	6x20s

**1** HORIZONTAL PUSH-PULL: SPLIT STANCE 2 SWIM PLATE (S M L)

STAGE	
<b>A</b>	
4x30s	
<b>B</b>	5x25s
<b>C</b>	5x20s

**2** KICKBOARD SPRINT (S M L)

STAGE	
<b>A</b>	
4x25s	
<b>B</b>	5x25s
<b>C</b>	6x20s

**2** SPLIT SQUAT SCISSOR JUMP: CONTINUOUS SWIM PLATE (S M L)

STAGE	
<b>A</b>	
4x30s	
<b>B</b>	5x25s
<b>C</b>	5x20s

**3** MUSCLE UP: QUICK & STABILIZE (Deep Water) (S M L)

STAGE	
<b>A</b>	
4x30s	
<b>B</b>	5x25s
<b>C</b>	5x20s

**4** STABILITY CHOP-LIFT: SWIM PLATE (S M L)

STAGE	
<b>A</b>	
4x30s	
<b>B</b>	5x25s
<b>C</b>	5x20s



# THE AQUATIC TRAINING SERIES

## PHASE 2: GET STRONG (A)



### POWER

#### 1 SQUAT JUMP w/ MASS: CONTINUOUS

- Stand with feet slightly wider than shoulder-width, holding a weight with both hands, arms fully extended at center line
- Lower hips until fully submerged and immediately explode through the ground so both feet leave the surface
- Take a breath as the head and shoulders should leave the water
- Return to the same starting position at the bottom of pool and repeat for the suggested duration

*\*If you're feeling fatigued, gently set the weight on the pool floor or deck and rest*

#### 2 KICKBOARD SPRINT

- Lying face down, hold a kickboard above head with straight arms
- Keeping a streamline position, rapidly scissor kick the legs to propel you forward
- Keep trunk, rigid and engaged for the suggested duration

### STRENGTH

#### 1 HORIZONTAL PUSH-PULL: SPLIT STANCE 2 SWIM PLATE

- Stand with feet in a split stance position, and both hands in front of the shoulders
- In one continuous motion, press the hands away from the chest, and immediately pull the extended arms back towards your chest
- Keep torso stable and repeat for suggested duration

#### 2 SPLIT SQUAT SCISSOR JUMP: CONTINUOUS SWIM PLATE

- Stand in a split stance position holding a swim plate in each hand by the sides
- Lower hips and immediately explode through the ground so both feet leave the surface
- In air, drive the back leg forward to same side shoulder and immediately return to split stance position
- Land softly in the same starting position and immediately repeat the movement
- Repeat all reps on one leg then repeat with opposite leg

#### 3 MUSCLE UP: QUICK & STABILIZE (Deep Water)

- Position yourself with hands on pool deck and chin at water level
- Keeping hands on deck, extend arms out, bringing the head and body under water
- In one continuous motion, using arms only, pull the body towards the deck exploding out of water as you extend the arms to make yourself as tall as possible
- Once stable, lower yourself back into the water in a controlled fashion and repeat

#### 4 STABILITY CHOP-LIFT: SWIM PLATE

- Stand in split stance position with the back knee about 2 inches off ground with swim plates extended diagonally to sky
- Drive arms down quickly toward the opposite hip
- Immediately switch directions, returning to the start position
- Continue for the suggested duration before repeating on the opposite side



# THE AQUATIC TRAINING SERIES

## PHASE 2: GET STRONG (A): ESD



RATE OF PERCEIVED EXERTION (RPE)			HEART RATES (HR)
	TARGET	DESCRIPTION	TARGET
<b>MAX</b>	<b>10/10</b>	Maximum effort. Give it all you got!	<b>100% MAX HR</b>
<b>HARD</b>	<b>9/10</b>	Extremely strenuous and difficult to maintain	<b>90% MAX HR</b>
<b>MODERATE</b>	<b>7/10</b>	Rapid breathing. Can't talk now!	<b>80% MAX HR</b>
<b>EASY</b>	<b>5/10</b>	Moving with a purpose, but able to talk comfortably	<b>50% MAX HR</b>

MEDIUM INTENSITY DAY		
<p><b>1a. 250YD/M Kickboard Stroke (RPE 7)</b>  <b>1b. 250YD/M Resting Stroke (RPE 5)</b></p>		
<b>WEEK 1: X2</b>	<b>WEEK 2: X3</b>	<b>WEEK 3: X4</b>

To complete one set/round continuously move through 1a-1b at the prescribed RPE with minimal to no rest. Once completed, rest for 2-3 minutes and repeat for the suggested sets/rounds.

SUGGESTED SWIM STROKES	
<p><b>KICKBOARD STROKE</b></p> <ul style="list-style-type: none"> <li>• Kickboard Flutter Kick</li> <li>• Kickboard Backstroke</li> <li>• Kickboard Breaststroke</li> </ul>	<p><b>RECOVERY STROKE:</b></p> <ul style="list-style-type: none"> <li>• Sidestroke</li> <li>• Modified Backstroke (Turtleback)</li> <li>• Elementary Backstroke</li> </ul>

*\*For more information on stroke technique, refer to swimming descriptions.*



# THE AQUATIC TRAINING SERIES

## PHASE 2: GET STRONG (B)



### PILLAR PREPARATION

**1** **HANDS ELEVATED PLANK: WALKING** (S M L)

STAGE

**A**  
6x4s hold

**B**  
6x5s hold

**C**  
6x6s hold

**2** **TRIPLE EXTENSION** (S M L)

STAGE

**A**  
6x4s hold

**B**  
6x5s hold

**C**  
6x6s hold

**3** **WALL SIT / WALL SLIDE** (M L)

STAGE

**A**  
6x4s hold

**B**  
6x5s hold

**C**  
6x6s hold

### MOVEMENT PREPARATION

**1** **SHOULDER FIGURE 8** (S M L)

STAGE

**A**  
x20s

**B**  
x30s

**C**  
x40s

**2** **PRONE FLUTTER KICK: HANDS ON DECK** (S M L)

STAGE

**A**  
x20s

**B**  
x30s

**C**  
x40s

**3** **LEG CRADLE TO REVERSE LUNGE w/ ROTATION** (S M L)

STAGE

**A**  
x6 each

**B**  
x8 each

**C**  
x10 each

**4** **CARIOCA** (M L)

STAGE

**A**  
x6 each

**B**  
x6 each

**C**  
x6 each

**5** **ACCELERATION WALL DRILL: TRIPLE** (M L)

STAGE

**A**  
x6 each

**B**  
x6 each

**C**  
x6 each

**6** **BASE ROTATIONS** (L)

STAGE

**A**  
2x6s

**B**  
2x6s

**C**  
2x6s



# THE AQUATIC TRAINING SERIES

## PHASE 2: GET STRONG (B)



### PILLAR PREPARATION

**1 HANDS ELEVATED PLANK: WALKING**

- Assume leaning pillar position with hands on pool deck and feet shoulder width apart
- Keeping torso stable, walk feet backwards with small steps as arms extend overhead
- Hold for prescribed time at bottom of movement then walk your feet back up

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**2 TRIPLE EXTENSION**

- Position yourself 3-foot lengths away from the side of the pool
- Standing tall, lock the knee straight, extend the hip and place the toes against the side of pool
- Gently, press toes into the wall as you contract the glute
- Release the tension, returning to starting position
- Complete all reps with one leg before repeating with opposite

**3 WALL SIT / WALL SLIDE**

- Position yourself with your back to the side of pool about 1-2 feet away
- Push the hips back and down so that your back is against the wall
- Bring your elbows even with the shoulder blades as to forming an "L"
- Gently press your forearms into side of pool as you extend the arms reaching towards the sky
- Gently press the arms into the wall for the suggested duration
- Release the tension, returning to starting position

### MOVEMENT PREPARATION

**1 SHOULDER FIGURE 8**

- Stand with feet slightly wider than shoulder width, keep elbow and wrist straight, slightly in front of body
- Leading with the palm forward, swing arm to draw a figure 8 on the bottom of the pool
- Keep trunk tall and rigid, avoid twisting or turning trunk
- Complete reps and immediately reverse directions, leading with the back of the hand
- Repeat with opposite arm

**2 PRONE FLUTTER KICK: HANDS ON DECK**

- Position yourself near the pool wall with hands on deck
- Keeping a streamline position, point your toes to the ground as you alternate a scissor kick to keep the body from sinking
- Repeat for the suggested duration

**3 LEG CRADLE TO REVERSE LUNGE W/ ROTATION**

- Standing tall, actively lift knee to chest, placing one hand on knee and the other on the ankle
- Contracting the glute on the standing leg, gently pull the knee to chest with both hands
- Release leg and step back into lunge
- Place opposite arm outside of knee and reach other arm behind you
- Reverse the twist, stand up and repeat with opposite leg to complete 1 rep

**4 CARIOCA**

- Keeping trunk tall and engaged, with a slight bend in the knees, move one foot in front and across the other, then move other foot out to the side
- Next move the first foot behind and across the other, then move other foot out to the side
- Continue this pattern for full duration going in both directions

**5 ACCELERATION WALL DRILL: TRIPLE**

- Standing in good posture with torso leaning forward, place hands against the wall, elbows straight, and one leg in a triple flexed position
- Rapidly switch leg positions, three times before stabilizing
- Keep trunk tall, rigid, and engaged
- Repeat for suggested duration

**6 BASE ROTATIONS**

- Start in athletic stance with knees bent, hips back, and arms bent
- Jump 2 inches off the ground and rotate hips to one side as arms swing to opposite side
- Without pausing, jump in the opposite direction
- Land on the balls of your feet and repeat for the suggested time

# THE AQUATIC TRAINING SERIES

## PHASE 2: GET STRONG (B)



### POWER

**1** HANG POWER SNATCH: 1 ARM ALTERNATING, MASS (S M L)

STAGE

**A** 4x25s

**B** 5x25s

**C** 6x20s

**2** LATERAL BOUND: CONTINUOUS (L)

STAGE

**A** 4x25s

**B** 5x25s

**C** 6x20s

### STRENGTH

**1** SWING w/ MASS: 2KB (S M L)

STAGE

**A** 4x30s

**B** 5x25s

**C** 5x20s

**2** BENT OVER FLYS: SWIM PLATES (S M L)

STAGE

**A** 4x30s

**B** 5x25s

**C** 5x20s

**3** VERTICAL HOP w/ MASS (S M L)

STAGE

**A** 4x30s

**B** 5x25s

**C** 5x20s

**4** ROTATIONAL ROW-PRESS: 1 ARM SWIM PLATE (S M L)

STAGE

**A** 4x30s

**B** 5x25s

**C** 5x20s



# THE AQUATIC TRAINING SERIES

## PHASE 2: GET STRONG (B)



### POWER

#### 1 HANG POWER SNATCH: 1 ARM ALTERNATING, MASS

- Stand holding a resistance device in one hand at mid to low thigh
- In one explosive motion, extend your hips pulling the weight straight up
- At max height, drop your body underneath and catch it overhead
- Control the weight back to starting position and repeat with opposite arm

#### 2 LATERAL BOUND: CONTINUOUS

- Standing with hips and knees slightly bent, bound to one side by pushing through the hip, knee, and ankle
- Land on opposite leg and without pausing, bound in opposite direction
- Bound for height and distance each rep
- Continue for the suggested duration

### STRENGTH

#### 1 SWING w/ MASS: 2KB

- Stand with feet shoulder-width apart, keep a slight bend in your knees and brace your torso and hips to create a solid foundation
- Pushing the hips back, hinge the hips bringing the kettlebell through your legs, then driving it forward, and lifting it to shoulder height
- Let it swing back down through your legs, and repeat

#### 2 BENT OVER FLYS: SWIM PLATES

- Standing with feet slightly wider than shoulder width, grip the ground feet and hinge at waist by pushing hips back
- With palms facing each other reach arms behind body in max range of motion
- Bring the arms back together in line with chest and repeat with opposite arm
- Keep chest up and torso active, move as much water as you can

#### 3 VERTICAL HOP w/ MASS

- Stand on one leg with the opposite leg 2 inches off the ground holding a weight in each hand
- Push hips back and down and explode out of water
- Land on same leg, without pausing continue for the suggested duration
- Switch legs and repeat to complete set

#### 4 ROTATIONAL ROW-PRESS: 1 ARM SWIM PLATE

- Stand with one leg slightly behind the other, making a staggered stance, and extend the same side arm toward the ground diagonally
- In one continuous motion, pull the elbow up and back rotating hips, torso, and shoulders as the hand moves to the back hip
- Keep torso engaged and repeat for suggested duration before repeating with opposite arm

# THE AQUATIC TRAINING SERIES

## PHASE 2: GET STRONG (B): ESD



RATE OF PERCEIVED EXERTION (RPE)			HEART RATES (HR)
	TARGET	DESCRIPTION	TARGET
<b>MAX</b>	<b>10/10</b>	Maximum effort. Give it all you got!	<b>100% MAX HR</b>
<b>HARD</b>	<b>9/10</b>	Extremely strenuous and difficult to maintain	<b>90% MAX HR</b>
<b>MODERATE</b>	<b>7/10</b>	Rapid breathing. Can't talk now!	<b>80% MAX HR</b>
<b>EASY</b>	<b>5/10</b>	Moving with a purpose, but able to talk comfortably	<b>50% MAX HR</b>

HIGH INTENSITY DAY		
<b>1a. 25YD/M Swim Sprint (RPE 9)</b> <b>1b. 25YD/M Recovery Stroke (RPE 5)</b>		
<b>WEEK 1: X10</b>	<b>WEEK 2: X12</b>	<b>WEEK 3: X14</b>

To complete one set/round continuously move through 1a-1b at the prescribed RPE with minimal to no rest. Repeat for the suggested sets/rounds.

SUGGESTED SWIM STROKES	
<b>SWIM:</b> <ul style="list-style-type: none"> <li>• Front Crawl (Freestyle)</li> <li>• Breaststroke</li> <li>• Backstroke</li> </ul>	<b>RECOVERY STROKE:</b> <ul style="list-style-type: none"> <li>• Sidestroke</li> <li>• Modified Backstroke (Turtleback)</li> <li>• Elementary Backstroke</li> </ul>

*\*For more information on stroke technique, refer to swimming descriptions.*



# THE AQUATIC TRAINING SERIES

## PHASE 2: ACTIVE RECOVERY



### ACTIVATE

### RELOAD

#### 1 HIP ADDUCTION: STRAIGHT LEG

<b>1</b>	<b>STAGE</b>			
<b>A</b>	4x4s hold			
<b>B</b>	5x5s hold			
<b>C</b>	6x4s hold			

#### 1 SWIM: STROKE OF CHOICE

<b>1</b>	<b>STAGE</b>	
<b>A</b>	x12:30	
<b>B</b>	x12:30	
<b>C</b>	x12:30	

#### 1 RUN w/ JOG BELT (Deep Water)

<b>1</b>	<b>STAGE</b>	
<b>A</b>	x5:00	
<b>B</b>	x5:00	
<b>C</b>	x5:00	

#### 2 UPPER BODY A: HIP HINGE

<b>2</b>	<b>STAGE</b>		
<b>A</b>	x6 ea		
<b>B</b>	x8 ea		
<b>C</b>	x10 ea		

#### 2 SUPINE CYCLING

<b>2</b>	<b>STAGE</b>	
<b>A</b>	x3:00	
<b>B</b>	x3:00	
<b>C</b>	x3:00	

#### 2 FLOATING HORIZONTAL: w/ FLOATING DEVICE

<b>2</b>	<b>STAGE</b>	
<b>A</b>	x5:00	
<b>B</b>	x5:00	
<b>C</b>	x5:00	

#### 3 SHOULDER INTERNAL & EXTERNAL ROTATION

<b>3</b>	<b>STAGE</b>		
<b>A</b>	x10s		
<b>B</b>	4x20s		
<b>C</b>	4x30s		

#### 3 SWIM: STROKE OF CHOICE

<b>3</b>	<b>STAGE</b>	
<b>A</b>	x12:30	
<b>B</b>	x12:30	
<b>C</b>	x12:30	

#### 3 FLOATING VERTICAL: w/ FLOATING DEVICE

<b>3</b>	<b>STAGE</b>	
<b>A</b>	x5:00	
<b>B</b>	x5:00	
<b>C</b>	x5:00	

#### 4 SINGLE LEG FLEXION & EXTENSION: STRAIGHT LEG

<b>4</b>	<b>STAGE</b>			
<b>A</b>	x6 ea			
<b>B</b>	x8 ea			
<b>C</b>	x10 ea			

#### 4 SUPINE CYCLING

<b>4</b>	<b>STAGE</b>	
<b>A</b>	x3:00	
<b>B</b>	x3:00	
<b>C</b>	x3:00	

#### 5 HIGH KNEE JOG

<b>5</b>	<b>STAGE</b>		
<b>A</b>	x6 ea		
<b>B</b>	x8 ea		
<b>C</b>	x10 ea		



# THE AQUATIC TRAINING SERIES

## PHASE 2: ACTIVE RECOVERY



### ACTIVATE

### RELOAD

#### 1 HIP ADDUCTION: STRAIGHT LEG

- Position yourself with your side to the pool wall
- Standing tall, lift outside leg toward wall
- Gently, press the inside of foot into the wall as you contract the glute, hold for suggested time
- Release the tension, returning to starting position

#### 2 UPPER BODY A: HIP HINGE

- Position yourself with your back to the side of pool about 1-2 feet away
- Hinge at waist, pushing hips back to wall and glide shoulder blades back and down as you move arms behind torso to form an A
- Gently press your hands into side of pool for the suggested duration
- Release the tension, returning to starting position

#### 3 SHOULDER INTERNAL & EXTERNAL ROTATION

- Stand tall with elbows bent at 90 degrees and pressed against your torso
- With palms facing each other, thumbs towards the sky rotate your forearm and hands away from the body, then return to starting position
- Continue to move as much water as possible for suggested duration

#### 4 SINGLE LEG FLEXION & EXTENSION: STRAIGHT LEG

- Standing side-on to the wall, place inside hand on pool edge with elbow straight, maintaining good posture
- Keeping legs straight, slowly swing outside leg forward and backward for suggested duration
- Repeat on other leg

#### 5 HIGH KNEE JOG

- Standing tall, making sure to swing your arms, jog forward for suggested duration
- Maintain a good upright posture

#### 1 SWIM: STROKE OF CHOICE

- Swim continuously, using the swim stroke of your choice for the suggested duration

#### 2 SUPINE CYCLING

- Position yourself with your back to the wall with hands on pool deck in a seated position
- Pulling one knee to chest, slightly down, and extend back out keeping a slight bend in knee
- Alternating legs performing a cycling motion for suggested duration

#### 3 SWIM: STROKE OF CHOICE

- Swim continuously, using the swim stroke of your choice for the suggested duration
- Attempt to cover the same distance or more from the previous swim

#### 4 SUPINE CYCLING

- Position yourself with your back to the wall with hands on pool deck in a seated position
- Pulling one knee to chest, slightly down, and extend back out keeping a slight bend in knee
- Alternating legs performing a cycling motion for suggested duration

#### 1 RUN w/ JOG BELT (Deep Water)

- Floating in deep water, start with arms bent at 90 degrees
- Using a running motion, swing arms front to back keeping elbows bent, while bringing the opposite knee to the chest
- Use the arms and hips to generate force, propelling you forward

#### 2 FLOATING HORIZONTAL: w/ FLOATING DEVICE

- Use 3 floating devices; one behind the neck, mid-back and hamstrings
- Breathing diaphragmatically, relax the body completely
- Continue the suggested breathing protocol for the prescribed duration

#### 3 FLOATING VERTICAL: w/ FLOATING DEVICE

- Use 3 floating devices; mid-back and under the arms
- Breathing diaphragmatically in and out through the nose, relax the body completely
- Continue the suggested breathing protocol for the prescribed duration



# THE AQUATIC TRAINING SERIES

## PHASE 3: PERFORM (A)

### PILLAR PREPARATION

**1** **HANDS ELEVATED PLANK: WALKING** (S M L)

STAGE

**A**  
6x4s hold

**B**  
6x5s hold

**C**  
6x6s hold



**2** **HIP ADDUCTION: STRAIGHT LEG** (S M L)

STAGE

**A**  
6x4s hold

**B**  
6x5s hold

**C**  
6x6s hold



**3** **WALL SIT / WALL SLIDE** (M L)

STAGE

**A**  
6x4s hold

**B**  
6x5s hold

**C**  
6x6s hold



### MOVEMENT PREPARATION


**1** **SINGLE LEG ALPHABET** (S M L)

STAGE

**A**  
x20s

**B**  
x30s

**C**  
x40s



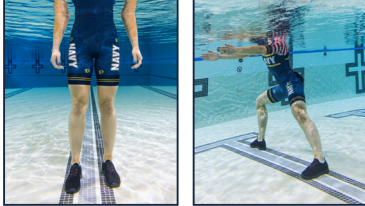
**2** **ROTATIONAL LUNGE w/ REACH** (S M L)

STAGE

**A**  
x6 ea

**B**  
x8 ea

**C**  
x6 ea




**3** **HEEL TO GLUTE w/ HINGE** (S M L)

STAGE

**A**  
x6 each

**B**  
x8 each

**C**  
x6 each




**4** **GLUTE KICK** (S M L)

STAGE

**A**  
2x6s

**B**  
2x6s

**C**  
2x6s



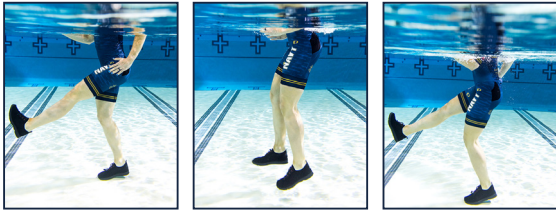
**5** **STRAIGHT LEG SKIP** (M L)

STAGE

**A**  
2x6s

**B**  
2x6s

**C**  
2x6s



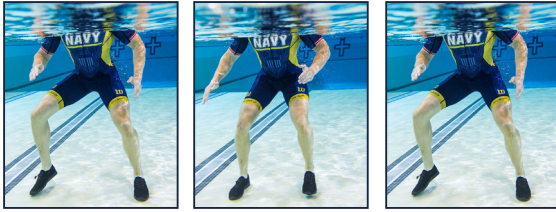
**6** **2 INCH RUN: FORWARD/BACKWARD** (L)

STAGE

**A**  
2x6s

**B**  
2x6s

**C**  
2x6s



# THE AQUATIC TRAINING SERIES

## PHASE 3: PERFORM (A)

### PILLAR PREPARATION

#### 1 HANDS ELEVATED PLANK: WALKING

- Assume leaning pillar position with hands on pool deck and feet shoulder width apart
- Keeping torso stable, walk feet backwards with small steps as arms extend overhead
- Hold for prescribed time at bottom of movement then walk your feet back up

#### 2 HIP ADDUCTION: STRAIGHT LEG

- Position yourself with your side to the pool wall
- Standing tall, lift outside leg toward wall
- Gently, press the inside of foot into the wall as you contract the glute, hold for suggested time
- Release the tension, returning to starting position

#### 3 WALL SIT / WALL SLIDE

- Position yourself with your back to the side of pool about 1-2 feet away
- Push the hips back and down to so that your back is against the wall
- Bring your elbows even with the shoulder blades as to form an L
- Gently press your forearms into side of pool as you extend the arms reaching towards the sky
- Gently press the arms into the wall for the suggested duration
- Release the tension, returning to starting position

### MOVEMENT PREPARATION

#### 1 SINGLE LEG ALPHABET

- Sit your hips back and down into a quarter squat
- With “floating foot” spell the alphabet in small letters for the prescribe amount of time
- Keep your torso and hip engaged throughout the movement
- Alternate legs every 5 seconds until working time elapsed

#### 2 ROTATIONAL LUNGE w/ REACH

- Starting with feet together, take a 45 degree step back with one leg
- Reaching hands out of water, sit towards back hip, keeping chest up
- Push through back hip and stand back up to starting position
- Complete all reps on one leg before repeating with opposite

#### 3 HEEL TO GLUTE w/ HINGE

- Stand tall, lift one foot up and hold it with the same side hand
- Bring your heel to your glute as you hinge on the standing leg but pushing hips back and knee slightly bent, reach overhead with the opposite arm
- Return to standing position, lower your leg to starting and repeat with opposite to complete 1 rep

#### 4 GLUTE KICK

- Stand tall with arms at your sides and elbows bent at 90 degrees
- Keeping knees under the hips, lift one heel to same side glute while you swing the opposite arm forward and the same side elbow back
- Rapidly switch leg positions for suggested duration
- Keep trunk tall, rigid, and engaged

#### 5 STRAIGHT LEG SKIP

- Stand tall with arms at your sides and elbows bent at 90 degrees
- Keeping legs straight, lift one leg up in front of you while you swing the opposite arm forward and the same side elbow back
- Skip forward by driving foot down to the ground, creating double contact
- Repeat the pattern for the prescribed duration

#### 6 2 INCH RUN: FORWARD/BACKWARD

- Start in athletic stance with knees bent, hips back, and arms bent
- Move your feet two inches off the ground as quickly as possible
- Allow your arms to move slow and rhythmically
- Propel yourself forward for prescribed duration and repeat in the reverse direction



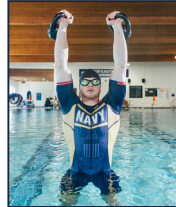


# THE AQUATIC TRAINING SERIES




## PHASE 3: PERFORM (A)

### POWER



#### 1 HANG POWER CLEAN TO PUSH JERK (S M L)

STAGE			
<b>A</b>			
4x25s			
<b>B</b>			
5x25s			
<b>C</b>			
6x20s			

#### 2 SPLIT SQUAT JUMP: ALTERNATING w/ MASS (M L)




STAGE			
<b>A</b>			
4x25s			
<b>B</b>			
5x25s			
<b>C</b>			
6x20s			

#### 3 POWER PUSH OFF TO SWIM (L)


STAGE		
<b>A</b>		
4x2 (25 yd/m)		
<b>B</b>		
5x2 (25 yd/m)		
<b>C</b>		
6x2 (25 yd/m)		

### STRENGTH


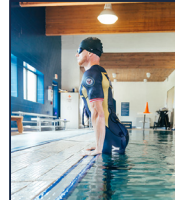

#### 1 STRAIGHT ARM PULLDOWNS: SWIM PLATES (S M L)

STAGE			
<b>A</b>			
4x25s			
<b>B</b>			
5x25s			
<b>C</b>			
6x20s			

#### 2 TREADING WATER: LEGS ONLY (Deep Water) (S M L)

STAGE	
<b>A</b>	
4x25s	
<b>B</b>	
5x25s	
<b>C</b>	
6x20s	

#### 3 MUSCLE UP TO DIP (Deep Water) (S M L)

STAGE			
<b>A</b>			
4x25s			
<b>B</b>			
5x25s			
<b>C</b>			
6x20s			

#### 4 DYNAMIC ROTATIONAL LIFT-CHOP: SWIM PLATES (S M L)

STAGE			
<b>A</b>			
4x25s			
<b>B</b>			
5x25s			
<b>C</b>			
6x20s			

# THE AQUATIC TRAINING SERIES

## PHASE 3: PERFORM (A)



### POWER

#### 1 HANG POWER CLEAN TO PUSH JERK

- Stand holding a weight in each hand held above or at knee height with feet slightly wider than shoulder-width apart
- In one explosive motion, extend your hips, knees, and ankles pulling the weight to the front of each shoulder
- Bend the knees slightly, keeping the chest upright and jump the weight overhead
- Control the weight down to starting position and repeat for the suggested duration

#### 2 SPLIT SQUAT JUMP: ALTERNATING w/ MASS

- Standing in a split stance position hold a weight in each hand held out to the side head
- Lower hips and immediately explode through the ground, pulling arms down to sides so both feet leave the surface
- In air, alternate leg position, bringing the back leg forward and front leg back as you return to split stance position
- Immediately repeat the movement for the suggested duration

#### 3 POWER PUSH-OFF TO SWIM

- Position yourself with your back to side of pool
- While submerged, push off wall with both legs, generating force from the hips, to reach streamline position
- Maintain streamline position until reaching surface and begin the suggested stroke for the prescribed duration

\* *Combat Side Stroke or breaststroke preferred*

### STRENGTH

#### 1 STRAIGHT ARM PULLDOWNS: SWIM PLATES

- Stand with feet slightly wider than shoulder-width apart in split position with legs slightly bent
- With the arms just below the surface, keep elbows straight and pull hands to the outside of hips and immediately return to start position
- Keep trunk tall and rigid, avoid twisting or turning trunk

#### 2 TREADING WATER: LEGS ONLY (Deep Water)

- Keeping chin above water kick legs in a circular motion, one moving in a clockwise direction and the other counter clockwise direction at the same time
- Kick to the sides and keep thighs mostly parallel to water surface

#### 3 MUSCLE UP TO DIP (Deep Water)

- Position yourself with hands on pool deck and chin at water level
- Keeping hands on deck, extend arms out, bringing the head and body under water
- In one continuous motion, using arms only, pull the body towards the deck exploding out of water then extend arms out making yourself tall
- Keep a tall posture and shoulders packed down as you bend elbows to perform a dip to complete 1 rep

#### 4 DYNAMIC ROTATIONAL LIFT-CHOP: SWIM PLATES

- Standing tall with knees slightly bent, start with resistant device next to the outside of knee
- Explosively, transition the device quickly toward the opposite shoulder as you rotate hips and punch the sky
- Immediately reverse the movement
- Repeat for the suggested duration and repeat on opposite side



# THE AQUATIC TRAINING SERIES

## PHASE 3: PERFORM (A): ESD



RATE OF PERCEIVED EXERTION (RPE)			HEART RATES (HR)
	TARGET	DESCRIPTION	TARGET
<b>MAX</b>	<b>10/10</b>	Maximum effort. Give it all you got!	<b>100% MAX HR</b>
<b>HARD</b>	<b>9/10</b>	Extremely strenuous and difficult to maintain	<b>90% MAX HR</b>
<b>MODERATE</b>	<b>7/10</b>	Rapid breathing. Can't talk now!	<b>80% MAX HR</b>
<b>EASY</b>	<b>5/10</b>	Moving with a purpose, but able to talk comfortably	<b>50% MAX HR</b>

MEDIUM INTENSITY DAY		
<p><b>1a.</b> Swim (Long Side Of Pool) (RPE 7)  <b>1b.</b> Swim (Short Side Of Pool) (RPE 9)</p> <p><b>Option 1: Circle lap w/decent/ascent bobs</b>  <b>Option 2: Linear lap</b></p>		
<b>WEEK 1: 4 MIN X 2</b>	<b>WEEK 2: 5 MIN X 2</b>	<b>WEEK 3: 4 MIN X 3</b>

To complete one set/round, continuously alternate between a moderate effort (RPE 7) and a hard effort (RPE 9) for the prescribed time. Once the time has elapsed rest 2-5 minutes and repeat as prescribed.

*\*Optional: Perform decent/ascent bobs during both moderate and hard efforts. In addition, add mask/snorkel & fins*

SUGGESTED SWIM STROKES
<ul style="list-style-type: none"> <li>• Front Crawl (Freestyle)</li> <li>• Breaststroke</li> <li>• Backstroke</li> </ul>

*\*For more information on stroke technique, refer to swimming descriptions.*

# THE AQUATIC TRAINING SERIES

## PHASE 3: PERFORM (B)

### PILLAR PREPARATION

**1** **TRIPLE FLEXION w/ ADDUCTION** S M L

STAGE

**A**  
6x4s hold

**B**  
6x5s hold

**C**  
6x6s hold

**2** **TRIPLE EXTENSION** S M L

STAGE

**A**  
6x4s hold

**B**  
6x5s hold

**C**  
6x6s hold

**3** **UPPER BODY Y: HIP HINGE** M L

STAGE

**A**  
6x4s hold

**B**  
6x5s hold

**C**  
6x6s hold

### MOVEMENT PREPARATION

**1** **HIP SINGLE LEG FLEXION/EXTENSION** S M L

STAGE

**A**  
x20s

**B**  
x30s

**C**  
x40s

**2** **SHOULDER FIGURE 8: 2 HANDS** S M L

STAGE

**A**  
x6 ea

**B**  
x8 ea

**C**  
x6 ea

**3** **DROP LUNGE TO LATERAL LUNGE** S M L

STAGE

**A**  
x6 each

**B**  
x8 each

**C**  
x6 each

**4** **HIP OPENER** M L

STAGE

**A**  
2x6s

**B**  
2x6s

**C**  
2x6s

**5** **HIGH KNEE GLUTE KICK** M L

STAGE

**A**  
2x6s

**B**  
2x6s

**C**  
2x6s

**6** **2 INCH RUN: LATERAL** L

STAGE

**A**  
2x6s

**B**  
2x6s

**C**  
2x6s



# THE AQUATIC TRAINING SERIES

## PHASE 3: PERFORM (B)

### PILLAR PREPARATION

#### 1 TRIPLE FLEXION w/ ADDUCTION

- Standing tall, lift knee as high as possible toward your opposite shoulder, keep toes pulled up
- Place opposite hand on top-inside of knee
- Gently, press knee and hand into each other, holding for suggested time
- Release the tension, returning to starting position
- Complete all reps with one leg before repeating with opposite

#### 2 TRIPLE EXTENSION

- Position yourself 3-foot lengths away for the side of the pool
- Standing tall, lock the knee straight, extend the hip and place the foot on the side of pool
- Gently, press foot into the wall as you contract the glute, hold for suggested time
- Release the tension, returning to starting position
- Complete all reps with one leg before repeating with opposite

#### 3 UPPER BODY Y: HIP HINGE

- Position yourself 1-2 feet away from side of pool
- Hinge at waist, and raise arms over your head to form a “Y”
- At full range of motion, pull shoulder blades back and down as you gently press your hands into pool deck
- Release the tension, returning to starting position

### MOVEMENT PREPARATION

#### 1 HIP SINGLE LEG FLEXION/EXTENSION

- Standing side-on to the wall, place inside hand on pool edge with elbow straight, maintaining good posture
- Keeping legs straight, slowly swing outside leg forward and backward for suggested duration
- Repeat on other leg

#### 2 SHOULDER FIGURE 8: 2 HANDS

- Stand with feet slightly wider than shoulder width, keep elbow and wrist straight, slightly in front of body
- Swing arms to draw a figure 8 on the bottom of the pool
- Keep trunk tall and rigid, avoid twisting or turning trunk
- Complete suggested duration and reverse directions

#### 3 DROP LUNGE TO LATERAL LUNGE

- Starting with feet together, reach one foot behind and across the other foot
- Square your hips to face forward and squat down
- Stand and step to side and squat down with same leg, while keeping the other straight
- Stand, return to start and repeat in opposite direction to complete 1 rep

#### 4 HIP OPENER

- Stand tall with arms at your sides and elbows bent at 90 degrees
- Lift one knee up to the chest and to the outside of the body while you swing the opposite arm forward and the same side elbow back
- Skip backwards by driving foot down to the ground, creating double contact
- Continue for the prescribed duration

#### 5 HIGH KNEE GLUTE KICK

- Stand tall with arms at your sides and elbows bent at 90 degrees
- Lift one knee to chest keeping the same side heel directly under hips to make contact with glute
- Rapidly switch leg positions for suggested duration
- Keep trunk tall, rigid, and engaged

#### 6 2 INCH RUN: LATERAL

- Start in athletic stance with knees bent, hips back, and arms bent
- Move your feet two inches off the ground as quickly as possible
- Allow your arms to move slow and rhythmically
- Propel yourself laterally for prescribed duration and repeat in the reverse direction

# THE AQUATIC TRAINING SERIES

## PHASE 3: PERFORM (B)

### POWER

**1** DOUBLE BROAD JUMP: SUBMERGED (S M L)

STAGE	
<b>A</b>	4x3
<b>B</b>	5x3
<b>C</b>	6x3

**2** MEDIAL / LATERAL HOP: CONTINUOUS (M L)

STAGE	
<b>A</b>	4x3 ea
<b>B</b>	5x3 ea
<b>C</b>	6x3 ea

**3** TREADING WATER w/ MASS (L)

STAGE	
<b>A</b>	4x15s
<b>B</b>	5x15s
<b>C</b>	6x15s

### STRENGTH

**1** ROTATIONAL SQUAT TO OVERHEAD PRESS: 1 ARM (S M L)

STAGE	
<b>A</b>	4x25s
<b>B</b>	5x25s
<b>C</b>	4x20s

**2** TORSO LONG ROTATIONS: SWIM PLATES (S M L)

STAGE	
<b>A</b>	4x25s
<b>B</b>	5x25s
<b>C</b>	4x20s

**3** SWING w/ RESISTANCE: 2 SWIM PLATES (S M L)

STAGE	
<b>A</b>	4x25s
<b>B</b>	5x25s
<b>C</b>	6x20s

**4** UPPER BODY FLYS: SWIM PLATES (S M L)

STAGE	
<b>A</b>	4x25s
<b>B</b>	5x25s
<b>C</b>	4x20s



# THE AQUATIC TRAINING SERIES

## PHASE 3: PERFORM (B)

### POWER

### STRENGTH

#### 1 DOUBLE BROAD JUMP: SUBMERGED

- Standing with feet slightly wider than shoulder width apart, come into a squat position at a depth where your chin is at the water surface
- Immediately explode through the ground using the hips and arms to jump as high and as far as possible
- Land softly in the same starting position and immediately repeat the movement
- Stabilize after the second jump, take a breath and repeat

#### 2 MEDIAL / LATERAL HOP: CONTINUOUS

- Standing with hips and knees slightly bent, balance on one leg
- Using arms and hips generate force, hop to the side to by pushing through the hip, knee, and ankle
- Land on same leg and without pausing, continue for the prescribed reps before returning in the opposite direction
- Switch legs and repeat

#### 3 TREADING WATER w/ MASS

- Keeping close to the pool wall, hold a weight in one hand and enter deep water
- Use the off arm and legs to keep the chin above water
- If needed hold the pool deck with the unloaded arm for assistance

#### 1 ROTATIONAL SQUAT TO OVERHEAD PRESS: ARM SWIM PLATES

- Stand with weight/resistance at your shoulders
- Rotate shoulders and hips toward one side as you squat back and down
- Stand and rotate to face forward as you press the device overhead
- Repeat in opposite direction to complete 1 rep

#### 2 TORSO LONG ROTATIONS: SWIM PLATES

- Stand with feet slightly wider than shoulder-width apart, with both arms extended in front of you and palms together
- Keep chest up and torso active, move as much water as you can
- Move arms side to side away, trying to move as much water as possible
- Keeping shoulders squared, continue moving arms for suggested duration

#### 3 SWING w/ RESISTANCE: 2 SWIM PLATES

- Stand holding a resistance device in each hand in front of you with straight arms
- Drop your hips back and down into a squat as you lower the device along an arch under and between your legs
- Initiate the movement with your hips, explosively drive your hips and swing the device up until your arms are parallel to the ground. Without pausing, continue for suggested duration

#### 4 UPPER BODY FLYS: SWIM PLATES

- Standing with feet slightly wider than shoulder width, grip the ground feet and hinge at waist by pushing hips back
- With palms facing each other reach one arm behind body in max range of motion
- Brings the arms back together in line with chest

# THE AQUATIC TRAINING SERIES

## PHASE 3: PERFORM (B)

RATE OF PERCEIVED EXERTION (RPE)			HEART RATES (HR)
	TARGET	DESCRIPTION	TARGET
<b>MAX</b>	<b>10/10</b>	Maximum effort. Give it all you got!	<b>100% MAX HR</b>
<b>HARD</b>	<b>9/10</b>	Extremely strenuous and difficult to maintain	<b>90% MAX HR</b>
<b>MODERATE</b>	<b>7/10</b>	Rapid breathing. Can't talk now!	<b>80% MAX HR</b>
<b>EASY</b>	<b>5/10</b>	Moving with a purpose, but able to talk comfortably	<b>50% MAX HR</b>

HIGH INTENSITY DAY		
<b>1a. 150YD/M Swim (RPE 10)</b> <b>1b. 50YD/M Turtleback (RPE 5)</b>		
<b>WEEK 1: X4</b>	<b>WEEK 2: X5</b>	<b>WEEK 3: X6</b>

To complete one set/round continuously move through 1a-1b at the prescribed RPE with minimal to no rest. Once completed, rest as needed (2-5min) and repeat for the suggested sets/rounds.

SUGGESTED SWIM STROKES	
<b>SWIM:</b> <ul style="list-style-type: none"> <li>• Front Crawl (Freestyle)</li> <li>• Breaststroke</li> <li>• Backstroke</li> </ul>	<b>RECOVERY STROKE:</b> <ul style="list-style-type: none"> <li>• Sidestroke</li> <li>• Modified Backstroke (Turtleback)</li> <li>• Elementary Backstroke</li> </ul>

*\*For more information on stroke technique, refer to swimming descriptions.*



# THE AQUATIC TRAINING SERIES

## PHASE 3: ACTIVE RECOVERY

### ACTIVATE

#### 1 HIP ADDUCTION: STRAIGHT LEG

STAGE
<b>A</b>
4x4s hold
<b>B</b>
5x5s hold
<b>C</b>
6x4s hold

#### 2 UPPER BODY A

STAGE
<b>A</b>
x6 ea
<b>B</b>
x8 ea
<b>C</b>
x10 ea

#### 3 SHOULDER INTERNAL & EXTERNAL ROTATION

STAGE
<b>A</b>
x10s
<b>B</b>
4x20s
<b>C</b>
4x30s

#### 4 SINGLE LEG FLEXION & EXTENSION: STRAIGHT LEG

STAGE
<b>A</b>
x6 ea
<b>B</b>
x8 ea
<b>C</b>
x10 ea

#### 5 HIGH KNEE JOG

STAGE
<b>A</b>
x6 ea
<b>B</b>
x8 ea
<b>C</b>
x10 ea

### RELOAD

#### 1 SWIM: STROKE OF CHOICE

STAGE
<b>A</b>
x22:00
<b>B</b>
x22:00
<b>C</b>
x22:00

#### 1 FLOATING HORIZONTAL: w/ FLOATING DEVICE

STAGE
<b>A</b>
x5:00
<b>B</b>
x5:00
<b>C</b>
x5:00

#### 2 SUPINE CYCLING

STAGE
<b>A</b>
x3:00
<b>B</b>
x3:00
<b>C</b>
x3:00

#### 2 FLOATING VERTICAL (Deep Water)

STAGE
<b>A</b>
x5:00
<b>B</b>
x5:00
<b>C</b>
x5:00

#### 3 SWIM: STROKE OF CHOICE

STAGE
<b>A</b>
x22:00
<b>B</b>
x22:00
<b>C</b>
x22:00

\* Goal should be to swim at least 1000 yards



# THE AQUATIC TRAINING SERIES

## PHASE 3: ACTIVE RECOVERY

### ACTIVATE

### RELOAD

#### 1 HIP ADDUCTION: STRAIGHT LEG

- Position yourself 3-foot lengths away for the side of the pool
- Standing tall, lock the knee straight, extend the hip and place the toes against the side of pool
- Gently press toes into the wall as you contract the glute, hold for suggested time
- Release the tension, returning to starting position
- Complete all reps with one leg before repeating with opposite

#### 2 UPPER BODY A

- Position yourself with your back to the side of pool about 1-2 feet away
- Hinge at waist, pushing hips back to wall and glide shoulder blades back and down as you move arms behind torso to form an A
- Gently press your hands into side of pool for the suggested duration
- Release the tension, returning to starting position

#### 3 SHOULDER INTERNAL & EXTERNAL ROTATION

- Stand tall with elbows bent at 90 degrees and pressed against your torso
- With palms facing each other, thumbs towards the sky rotate your forearm and hands away from the body, then return to starting position
- Continue to move as much water as possible for suggested duration

#### 4 SINGLE LEG FLEXION & EXTENSION: STRAIGHT LEG

- Standing side-on to the wall, place inside hand on pool edge with elbow straight, maintaining good posture
- Keeping legs straight, slowly swing outside leg forward and backward for suggested duration
- Repeat on other leg

#### 5 HIGH KNEE JOG

- Standing tall, making sure to swing your arms, jog forward for suggested duration
- Maintain a good upright posture

#### 1 SWIM: STROKE OF CHOICE

- Swim continuously, using the swim stroke of your choice for the suggested duration

#### 2 SUPINE CYCLING

- Position yourself with your back to the wall with hands on pool deck in a seated position
- Pulling one knee to chest, slightly down, and extend back out keeping a slight bend in knee
- Alternating legs performing a cycling motion for suggested duration

#### 3 SWIM: STROKE OF CHOICE

- Swim continuously, using the swim stroke of your choice for the suggested duration
- Attempt to cover the same distance or more from the previous swim

#### 1 FLOATING HORIZONTAL: w/ FLOATING DEVICE

- Use 3 floating devices; one behind the neck, mid-back and hamstrings
- Breathing diaphragmatically, relax the body completely
- Continue the suggested breathing protocol for the prescribed duration

#### 2 FLOATING VERTICAL (Deep Water)

- Use 3 floating devices; mid-back and under the arms
- Breathing diaphragmatically in and out through the nose, relax the body completely
- Continue the suggested breathing protocol for the prescribed duration



# THE AQUATIC TRAINING SERIES

## BASIC DESCRIPTION OF SWIM STROKES

These are basic descriptions of swim strokes used in the series. Please contact a swim instructor for further assistance with swim stroke techniques, turns, and breathing.

### SWIM STROKES

#### ***Front crawl (Freestyle):***

- In a streamlined position (keeping your body as narrow as possible to limit drag), keep your head neutral so that the eyes are focused on the bottom of the pool
- When pulling water, the fingertips should enter the water about 12-18 inches in front of the shoulder at a 45-degree angle, meaning the fingertips enter the water first
- Extend the arm completely, then reach a few more inches. Pull the forearm down and back to propel yourself forward. Maintain a straight line as the body is rotating to the opposite side
- Legs should stay relatively straight while kicking with a short/fast tempo and initiated from the hips
- The breath should come as the body is rotating. Keep the head neutral and in line with the rest of the body. Submerge your head back into water and exhale through your mouth or nose

#### ***Backstroke:***

- Keep your body in a streamlined position with the face above the surface looking straight up
- With arms straight, alternate using a windmill-like action to propel yourself backward
- During each stroke, the arm should rotate. Meaning the thumb exits the surface first and re-enters with the pinky. Keep your body as straight as possible, allowing the torso to rotate with the arms. In this motion attempt to get the shoulder out of the water
- Keep your legs close together while pointing the toes. Perform a short and fast flutter kick, initiating the motion from your hips to get a more powerful kick
- Prevent allowing your hips to get too low or your body to bend too much or it will slow you down

#### ***Breaststroke:***

- In a streamlined position (keeping your body as narrow as possible to limit drag), keep your head neutral so that the eyes are focused on the bottom of the pool
- To start the catch, extend your arms in front of the body, with hands pitched outwards slightly
- Keeping elbows above your hands, sweep your arms outwards with the intent to catch as much water as possible
- Accelerate your hands inwards in front of the body (scoop your hands around a large bowl). Keep elbows tight against the rib cage and heels together close to the glutes, pulling toes towards the shins
- At the same time, extend your arms overhead as close together as possible while extending the legs outwards and backward to push the water behind you with the soles of your feet
- Breathe at the start of the pull by lifting head out of the water to inhale through the mouth, staying relaxed and free from tension.
- When the elbows are tight to the rib cage (recovery phase), submerge your head back into water and exhale through your mouth or nose.

# THE AQUATIC TRAINING SERIES

## BASIC DESCRIPTION OF SWIM STROKES

These are basic descriptions of swim strokes used in the series. Please contact a swim instructor for further assistance with swim stroke techniques, turns, and breathing.

### KICKBOARD

#### *Kickboard Flutter Kick*

- Grab or put hands through the grips of the kickboard to rest arms.
- With the nose above the surface or forehead to the ground feel for being tall as possible with arms extended overhead
- Elevate the hips by pushing the kickboard slightly below the surface with arms and lats to help maintain a streamlined position
- Perform a short and fast flutter kick, initiating the motion from your hips to get a more powerful kick. Keep legs straight with toes pointing down and back
- Avoid allowing the hips to sink lower than the shoulders and ankles breaking the surface of the water

#### *Kickboard Backstroke:*

- The kickboard can be across the stomach or extended as if in a streamline position
- Lying on your back, keep the nose and mouth above the surface
- Extend arms and kickboard in front of the thighs or above the head, feel for being tall as possible
- Perform a short and fast flutter kick, initiating the motion from your hips to get a more powerful kick. Keep legs straight with toes pointing down and back
- Avoid allowing the hips to sink lower than the shoulders and ankles breaking the surface of the water

#### *Kickboard Breaststroke:*

- Grab or put hands through the grips of the kickboard to rest arms
- With the nose above the surface or forehead to the ground feel for being tall as possible with arms extended overhead
- Execute a whip-kick by bending knees and bringing the heels as close to the glutes as possible. Move legs outward and off to the side before extending and bringing back together to start the glide
- Avoid allowing the hips to sink lower than the shoulders and ankles breaking the surface of the water



# THE AQUATIC TRAINING SERIES

## BASIC DESCRIPTION OF SWIM STROKES

These are basic descriptions of swim strokes used in the series. Please contact a swim instructor for further assistance with swim stroke techniques, turns, and breathing.

### RECOVERY STROKES

#### ***Sidestroke:***

- Lie on one side in a straight line with the bottom arm overhead and top arm resting palm down on the outside thigh, and mouth/nose above the surface
- To perform a power stroke, in a synchronized fashion, sweep your leading hand slightly down while bringing both heels towards the glutes to initiate a scissor kick
- With the top leg, kick down and in front of the body. Bring the leading hand toward the cheek
- At the same time, bring the trail hand (top arm) toward the bottom shoulder with the palm facing down. Extend the bottom leg, like kicking a ball to bring the legs back together
- To prepare for the glide, return arms to the starting position. Repeat the stroke as your forward momentum begins to slow

#### ***Modified Backstroke (Turtleback):***

- Lie on your back in a straight line with arms at the sides with palms against the thighs
- Perform a short and fast flutter kick, initiating the motion from your hips to get a more powerful kick. Keep legs straight with toes pointing down and back
- Avoid allowing the hips to sink lower than the shoulders and ankles breaking the surface of the water

#### ***Elementary Breaststroke:***

- Keep your body in a streamlined position with the face above the surface looking straight up with arms by the sides
- With each stroke, the arms and leg will move in a synchronized fashion to propel yourself backward
- Begin by bending your knees so the feet are facing the bottom of the pool. Bend elbows bringing the hands towards the shoulders, keeping palms down and close to the torso.
- Widen the knees to about shoulder width with toes toward the shins. Avoid allowing your knee to move above the water surface
- To start the outflex, only allow the lower leg and feet to move outward, trying to get the heels as far apart as possible. Drive the hands out away from the shoulders to straighten arms
- Drive the feet forward at the same time in a sweeping motion, emphasizing keeping the soles of the feet in the direction of the kick. Keeping palms facing in the direction of the pull, bring arms back in towards the thighs
- For the glide position, bring the soles of the feet together and return arms to the starting position. Repeat the stroke as your forward momentum begins to slow



# FUELING STRATEGIES





# THE AQUATIC TRAINING SERIES

## NUTRITION CONSIDERATIONS: FUEL YOUR PERFORMANCE

Nutrition is your body's fueling system throughout The Aquatic Series. You're going to need carbohydrates for energy and protein to rebuild muscles. Many service members looking to maximize their performance and strength ignore the big picture and only focus on one or two key nutrients. By ensuring your foundational and recovery needs are met, you'll give your body the blend of nutrients it needs to achieve your goals.

To maximize your training, make sure you're getting enough nutrients. Proper planning is going to be crucial. Use these tips to ensure you're giving your body what it needs:

- 1. MAINTAIN FUEL.** Low Fuel = Decreased Performance. Make sure you stay fueled throughout the day with packed snacks that combine carbs, protein and fat.
- 2. USE BARS WISELY.** Fuel on-the-go with bars. Choose bars with at least 30 g of carbohydrate, 3 g of fiber and 10-30 g of protein.
- 3. MINIMIZE DEHYDRATION.** Minimal Dehydration = Decreased Performance. Keep a water bottle with you at all times to stay hydrated.

### TO MAXIMIZE YOUR PERFORMANCE GAINS, YOU NEED TO:

#### FUEL.

- Use the Meal Builder to guide your nutrition and get the energy (calories) your body needs to support your activity
- Meet your carbohydrate needs through high-fiber, minimally processed carbs
- Meet your protein needs of about 0.8 g per pound per day
- Focus on getting enough carbs before and during your workout to fuel your body

#### SUSTAIN.

- If your training is longer than an hour, enhance your performance by consuming 30-60 g of carbohydrate an hour through sports drinks, gels, or other easily digestible carbs
- If you're training at high intensity, long duration, or in extreme heat or humidity, choose a sport drink with at least 110 mg of sodium per 8 ounces to maximize hydration and prevent cramping. Lightly salt meals leading up to an exercise event to account for sodium losses during exercise and promote hydration
- Weigh yourself before and after your training and aim to lose less than 2% of your body weight during the session.

#### RECOVER.

- Recover with a 3:1 carb to protein ratio within the first 30 minutes of completing your training session

## FOUNDATIONAL NUTRITION

Optimizing your foundational nutrition will ensure you have a solid fueling base to optimize performance and recovery. Below you will find a review of the basic fueling principles. For more information on these areas, refer back to Fueling Series.



**EATING CLEAN:** This means eating whole natural foods, such as fruits, vegetables, lean proteins, and high-fiber carbohydrates, and limiting processed foods, fast food, and foods high in sugar and fat.

**EATING OFTEN:** Eating frequently helps control blood sugar and energy levels. Opt for five or size meals/snacks a day, which is equivalent to eating every 2.5 to 3 hours.

**HYDRATE:** To stay hydrated aim to drink 1/2 to 1 ounce per pound of body weight per day. Make water and other naturally non-caloric beverages your first drink choice.

**RECOVER:** To avoid wasting your workout, eat a combination of carbs and protein within 30 minutes of completing your workout. Proper nutrition at the proper time will help you refuel, rehydrate, rebuild your body, and reach your goal quicker.

**MINDSET:** Use food to fuel your body for maximum performance. Strive to choose the foods that are best for you at least 80% of the time and enjoy other foods 20% of the time.

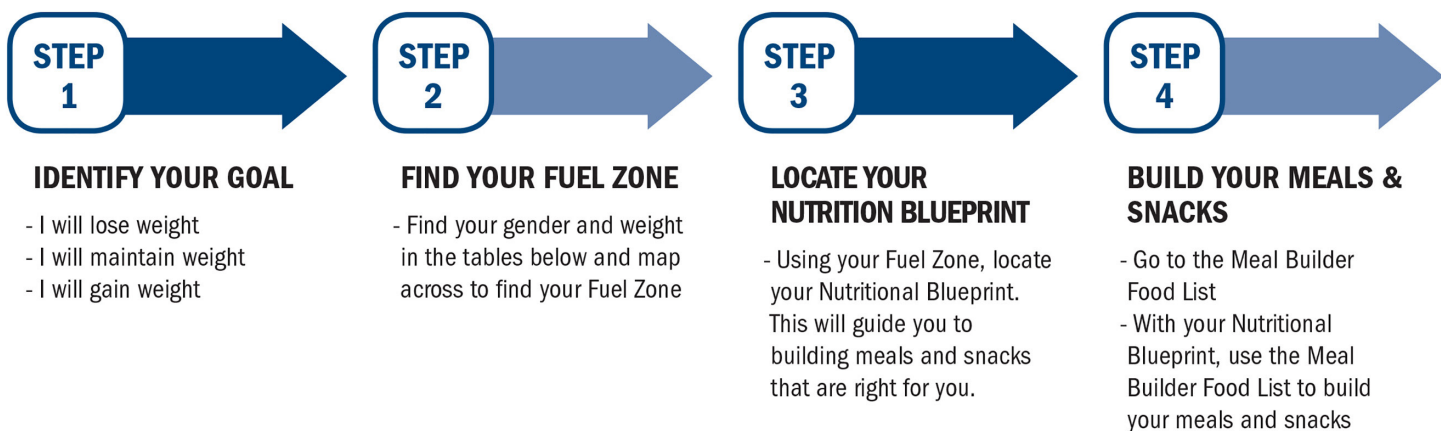
# THE AQUATIC TRAINING SERIES

## NUTRITION CONSIDERATIONS: FUEL YOUR PERFORMANCE

### MEAL BUILDER

The biggest barriers to great nutrition are poor planning and poor implementation. The nutrition blueprint and meal builder make it easy to build meals and snacks that will keep you fueled and help you reach your goals. This tool will help you stay organized and create an environment for success. Always remember the 80/20 rule as you look to sustainably upgrade your nutrition. Choose high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

### BUILD YOUR MEAL IN 4 SIMPLE STEPS



### SET YOUR GOAL, FIND YOUR FUEL ZONE

#### I WILL FUEL TO...

	LOSE WEIGHT		MAINTAIN WEIGHT		GAIN WEIGHT		
	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	
<b>STEP 1</b>							
	<b>FEMALE</b>	100 - 125	1400 - 1600	Under 105	2000 - 2200	100 - 110	2800 - 3000
		125 - 150	1600 - 1800	105 - 130	2200 - 2400	110 - 140	3000 - 3200
		150 - 180	1800 - 2000	130 - 160	2400 - 2600	140 - 165	3200 - 3400
		180 - 205	2000 - 2200	160 - 185	2600 - 2800	165 - 195	3400 - 3600
		205 - 235	2200 - 2400	185 - 210	2800 - 3000	195 - 220	3600 - 3800
235 - 260		2400 - 2600					
<b>STEP 2</b>							
	<b>MALE</b>	Under 140	1800 - 2000	Under 140	2600 - 2800	Under 140	3400 - 3600
		140 - 155	2000 - 2200	140 - 160	2800 - 3000	145 - 165	3600 - 3800
		155 - 175	2200 - 2400	160 - 180	3000 - 3200	165 - 185	3800 - 4000
		175 - 190	2400 - 2600	180 - 195	3200 - 3400	185 - 205	4000 - 4200
		190 - 210	2600 - 2800	195 - 215	3400 - 3600	205 - 220	4200 - 4400
		210 - 230	2800 - 3000	215 - 235	3600 - 3800	220 - 240	4400 - 4600
		230 - 250	3000 - 3200	235 - 255	3800 - 4000		
		250 - 265	3200 - 3400	255 - 275	4000 - 4200		
		265 - 285	3400 - 3600				
		285 - 305	3600 - 3800				



# AQUATICS PROGRAMMING

## NUTRITION CONSIDERATIONS: FUEL YOUR PERFORMANCE

### MEAL BUILDER

**STEP**  
**3**

#### Locate Your Nutrition Blueprint - The Strength Series

Using the Fuel Zone you identified in Steps 1 & 2, locate your personal Nutritional Blueprint to fit your caloric needs. Your blueprint has six columns across the top that represent meal times, or “fueling times”. The food groups are represented along the left hand side, and the numbers located within the zone are the recommended number of servings from each food group at each fueling time.

1400 - 1600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1	1 to 2	1	1 to 2	
Proteins	1		1		1	1
Fruits	0 to 1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	0 to 1
Calorie Range	350 - 400	175-200	280 - 320	175 - 200	280 - 320	140 - 160
*Meal Replacement Shake or Bar		1		1+ fruit		1

1600 - 1800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1 to 2	2	1 to 2	2	
Proteins	1		1		1	1
Fruits	1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	400 - 450	200 - 225	320 - 360	200 - 225	320 - 360	160 - 180
*Meal Replacement Shake or Bar		1		1+ fruit		1

1800 - 2000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 to 3	1 to 2	2	1 to 2	2	
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	1 to 2	1	1 to 2	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	450 - 500	225 - 250	360 - 400	225 - 250	360 - 400	180 - 200
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1

2000 - 2200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2	2	2	0 to 1
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	500 - 550	250 - 275	400 - 440	250 - 275	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1+ fruit

2200 - 2400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2 to 3	2	2 to 3	1
Proteins	1 to 2	1	1	1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	550 - 600	275 - 300	440 - 480	275 - 300	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+2 fruit		1+ fruit

2400 - 2600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1	1
Fruits	2	1	2	1	1 to 2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1 to 2	1	1 to 2	1	1
Calorie Range	600 - 650	300 - 325	480 - 520	300 - 325	480 - 520	240 - 260
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

2600 - 2800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1 to 2	1
Fruits	2	1	2	1	2	1 to 2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1 to 2	1 to 2	1 to 2	1 to 2	1	1
Calorie Range	650 - 700	325 - 350	520 - 560	325 - 350	520 - 560	260 - 280
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

2800 - 3000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	2	1
Fruits	2 to 3	1	2	1	1 to 2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1	1
Calorie Range	700 - 750	350 - 375	560 - 600	350 - 375	560 - 600	280 - 300
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat



# AQUATICS PROGRAMMING

## NUTRITION CONSIDERATIONS: FUEL YOUR PERFORMANCE

### MEAL BUILDER

3000 - 3200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1 to 2
Proteins	2	1	1 to 2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1 to 2	1
Calorie Range	750 - 800	375 - 400	600 - 640	375 - 400	600 - 640	300 - 320
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3200 - 3400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3 to 4	2	3	2	3	2
Proteins	2	1	2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	2	1
Calorie Range	800 - 850	400 - 425	640 - 680	400 - 425	640 - 680	320 - 340
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +1 fat		1+2 fruit +1 fat

3400 - 3600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3	2 to 3	3 to 4	2
Proteins	2	1	2	1	2	1
Fruits	3 to 4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2 to 3	1 to 2	2	1 to 2
Calorie Range	850 - 900	425 - 450	680 - 720	425 - 450	680 - 720	340 - 360
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

3600 - 3800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3 to 4	2 to 3	4	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2 to 3	1 to 2	3	1 to 2	2	1
Calorie Range	900 - 950	450 - 475	720 - 760	450 - 475	720 - 760	360 - 380
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

3800 - 4000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	1 to 2	3	1 to 2	2	1 to 2
Calorie Range	950 - 1000	475 - 500	760 - 800	475 - 500	760 - 800	380 - 400
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

4000 - 4200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2	3	2	2	1 to 2
Calorie Range	1000 - 1050	500 - 525	800 - 840	500 - 525	800 - 840	400 - 420
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4200 - 4400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1050 - 1100	525 - 550	840 - 880	525 - 550	840 - 880	420 - 440
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4400 - 4600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4 to 5	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1100 - 1150	550 - 575	880 - 920	550 - 575	880 - 920	440 - 460
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

#### COACH TIP:

Remember, the biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. To get you started, make a copy of your Nutrition Blueprint and put it somewhere you'll have easy access to when making fueling decisions, like in your wallet or on your fridge.

#### \*When choosing meal replacements:

1. Make sure it fits within your calorie recommendations
2. Should have at least 3g of fiber
3. Should have 10 - 30g of protein for women
4. Should have 15 - 42g of protein for men



### MEAL BUILDER

**STEP**  
**4**

### Build Your Meals & Snacks

Using your Nutritional Blueprint, follow the directions below to start filling your day with meals and snacks designed to help you with your goals.

#### Map Your Blueprint

The food list below has foods from each of the categories found in your Nutrition Blueprint.

#### Size Up Your Servings

The number to the left of each food item equals one serving (eg, 1 slice of whole wheat bread = 1 grain serving).

#### Mix It Up

Each serving may be used interchangeably. For example, if you tire of whole wheat toast at breakfast you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (eg, 2 slices of whole wheat toast) or mix and match (eg, 1 slice of whole wheat toast and 3/4c Multi grain Cheerios). You are limited only by your creativity!

You are now prepared to build customized meals and snacks to help you meet your goals. These meals and snacks will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts. Remember, to maximize your energy and reach your body composition goals, think about both quality and quantity of your food choices.

#### GRAINS/STARCHES:

##### Pasta/Rice

- 1/3c Brown Rice (cooked)
- 1/2c Whole Wheat Cous Cous (cooked)
- 1/2c Whole Wheat Pasta (cooked)
- 1/4c Risotto, Quinoa (cooked)

##### Breads/Tortillas/Rolls

- 1slice Bread (100% Whole Wheat)
- 1/2 Pita Bread (6" diameter each)
- 1/4 Whole Wheat Bagel
- 1/2 English Muffin
- 1/2 Whole Wheat Hamburger/Hot dog Bun
- 1/2 Sub Bread (6" each)
- 1 Whole Wheat Tortilla
- 2 Corn Tortillas
- 1sm. Whole Wheat Roll (1oz each)

##### Cold Cereals

- 1/2c All Bran Cereal
- 3/4c Cheerios Cereal
- 3/4c Cheerios MultiGrain Cereal
- 1/2c Cracklin Oat Bran Cereal
- 1/2c Frosted Mini Wheats Cereal
- 1/2c Grape Nuts Cereal
- 1/2c Kashi Go Lean Cereal
- 1/2c Kashi Go Lean Crunch Cereal
- 1/2c Kashi Go Lean Honey Almond Flax
- 1/2c Muesli Cereal
- 1/2c Raisin Bran Cereal
- 3/4c Smart Start Cereal
- 3/4c Special K Cereal
- 1/2c Whole Wheat Total Cereal

##### Hot Cereals

- 1/2c Cream of Wheat (cooked)
- 1 Instant Grits
- 1/2 Packet Kashi Instant Oatmeal
- 1/2 Packet Quaker Instant Oatmeal
- 1/2c Slow Cooked Oatmeal

##### Veggies, Beans, Potatoes

- 1/2c Soy Beans (cooked)
- 1/2c Split Peas (cooked)
- 1c Squash (winter, acorn, butternut)
- 1/2c Peas (cooked)
- 1/2sm Baked Potato
- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 1/2c Corn (cooked)
- 1 Ear of corn
- 1/2c Sweet Potato (cooked)
- 1/2c Yam (cooked)
- 1/2c Mashed Potatoes

##### Snacks/Crackers/Granola Bars

- 1 Kashi Granola Bar
- 2 Graham Crackers
- 5 Whole Wheat Crackers (baked)
- 4 Whole Wheat Melba Toast
- 1 Nature Valley Granola Bar
- 8 Animal Crackers
- 3c Light Popcorn (popped)

- 3/4c Pretzels
- 2 Rice Cakes (4" diameter each)
- 4 Reduced Fat Triscuits
- 1 Whole Grain Fig Newton

#### PROTEINS / DAIRY:

##### Fish/Seafood

- 3oz Fish
- 3oz Cod
- 3oz Flounder
- 3oz Haddock
- 3oz Halibut
- 3oz Salmon
- 3oz Shrimp
- 3oz Trout
- 3oz Tuna

##### Poultry

- 3oz Chicken (lunch meat)
- 3oz Chicken breast
- 3oz Ground turkey (cooked)
- 3oz Turkey (lunch meat)
- 3oz Turkey breast

##### Beef/Pork

- 3oz Beef (96% lean ground chuck)
- 1.5oz Beef jerky
- 3oz Beef tenderloin
- 3oz London broil
- 3oz Pork (grilled)
- 3oz Roast beef (lunch meat)

##### Dairy

- 8oz 1% or non-fat regular milk or chocolate milk
- 1/2c Non-fat or low fat cottage cheese
- 1/2c Non-fat frozen yogurt
- 1c Non-fat or low fat greek yogurt
- 8oz Reduced-fat soy milk
- 1 2% String cheese

##### Eggs

- 1/4c Egg Substitute
- 4 Egg Whites
- 2 Eggs
- 2 Omega-3 Eggs

##### Legumes

- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 8oz Calcium-fortified light soy milk
- 2t Hummus
- 1/2c Soy beans (cooked)
- 1/2c Split peas
- 1t Almond butter
- 1t Peanut butter (natural)
- 10-15 Raw nuts

#### MEAL REPLACEMENTS/PROTEIN POWDERS:

- 1-2 scoop Whey Protein\*
- 1 Bar
- 1 Shake

\*Make sure to choose protein powders that are certified safe and reliable. Check out [www.nfsport.com](http://www.nfsport.com) for a complete list.

#### Meal replacement considerations:

- Make sure it fits within your calorie recommendations
- Should have at least 3g of fiber
- Double check the protein level
  - Women need **10-30g**
  - Men need **15-42g**

#### VEGETABLES:

##### Green

- 1c Arugula
- 1/2c Asparagus (cooked)
- 1c Asparagus (raw)
- 1/2c Broccoli (cooked)
- 1c Broccoli (raw)
- 1c Brussel sprouts
- 1/2c Celery (cooked)
- 1c Celery (raw)
- 1c Collards (cooked)
- 1c Cucumber (raw)
- 1/2c Green beans (cooked)
- 1c Green beans (raw)
- 1c Green veggie salad
- 1c Kale (raw)
- 1c Lettuce (all)
- 1c Spinach (raw)

##### White

- 1/2c Cabbage (cooked)
- 1c Cabbage (raw)
- 1/2c Cauliflower (cooked)
- 1c Cauliflower (raw)
- 1/2c Onions (cooked)
- 1c Onions (raw)
- 1/2c Water chestnuts (cooked)
- 1c Water chestnuts (raw)

##### Red

- 1/2c Tomato, beets
- 1/2c Salsa, tomato sauce

##### Orange

- 1/2c Carrots (cooked)
- 1c Carrots (raw)

##### Mixed Colors

- 1/2c Peppers (cooked)
- 1c Peppers (raw)
- 1/2c Stir fry vegetables (cooked)
- 1c Stir fry vegetables (raw/frozen)
- 6oz Vegetable juice
- 1/2c Zucchini (cooked)
- 1c Zucchini (raw)

#### FRUITS:

##### Red

- 1sm. Apple
- 1/2c Applesauce (unsweetened)
- 12 Cherries
- 1c Raspberries
- 1 1/4c Strawberries (whole)
- 1/2c Watermelon (cubed)
- 1/2m. Grapefruit

#### Orange

- 1c Cantaloupe (cubed)
- 1m. Orange, nectarine or peach
- 1lg. Tangerine

#### Yellow

- 1/2lg. Banana(s)
- 3/4c Pineapple chunks (in own juice)

#### Blue/Purple

- 1c Blackberries or boysenberries
- 3/4c Blueberries
- 14 Grapes
- 2sm. Plums
- 3 Prunes (dried plums)
- 2T Raisins

#### Green

- 1c Honeydew melon (cubed)
- 1sm. Kiwi fruit
- 1sm. Pear

#### Mixed Colors

- 2T Dried fruit
- 1/2c Fresh fruit salad
- 1/2c Fruit cocktail (own juice)
- 6oz Fruit juice (100% juice)
- 1c Mixed berries (fresh/frozen)

#### FATS (CHOOSE OFTEN):

- 1T Nut butters: Almond, peanut, etc...
- 10-15 Nuts: Almonds, walnuts, pecans
- 1/4 Avocado
- 12lg. Black or green olives
- 1.5t Plant oils: olive, canola, flax
- 2T Flax seeds
- 2T Hummus
- 2T Seeds: Pumpkin, sesame, sunflower
- 3T Guacamole
- 2t Smart Balance, Benecol

#### FATS (CHOOSE LESS OFTEN):

- 2t Butter (stick)
- 1oz Cheese
- 1slice Cheese
- 2T Cream cheese
- 4T Half & Half
- 2t Mayonnaise
- 3T Reduced-fat cream cheese
- 4T Reduced-fat sour cream
- 2T Sour cream
- 1 2% String cheese
- 2 Turkey bacon slice
- 1 Turkey sausage link
- 1T Commercial salad dressings

1t = 1 Teaspoon      sm. = Small  
 1T = 1 Tablespoon      med. = Medium  
 1c = 1 Cup              lg. = Large  
 1oz = 1 Ounce