

W.O.W.

WAC ON WELLNESS

TECHNIQUE IN THE WATER

Summer is the perfect time to jump in one of our pools for a great workout! Whether you're adding something new to your regular workout routine or want to mix up your normal swimming workout, give this one a try.

During the entire workout, focus on using long smooth strokes throughout each of the distances.

KEY:

25 = 1 length of the pool (non-stop)

100 = 4 lengths of the pool (non-stop)

R = rest interval

Pull = use a pull buoy and no kicking

Kick = use a kick board and no arms

Build = start with 60% effort then slowly increase in speed over the given distance.



TROY DEGA

WAC Greenfield/Falls
Personal Trainer
tdega@thewac.com

Warm up

100 yd swim, 100 yd pull, 100 yd kick
4 x 50 yd Build; *R:20 seconds*

Beginner

200 swim; *R:30 seconds*
4x100 @75% effort; *R:20 seconds*
4x25 sprint

Intermediate

200 swim; *R:30 seconds*
4x100 @75% effort; *R:20 seconds*
4x25 sprint
200 kick; *R:30 seconds*
4x100 @85% effort; *R:20 seconds*
4x25 build; *R:10 seconds*

Advance

200 swim; *R:30 seconds*
4x100 @75% effort; *R:20 seconds*
4x25 sprint
200 kick; *R:30 seconds*
4x100 @85% effort; *R:20 seconds*
4x25 build; *R:10 seconds*
200 pull; *R:30 seconds*
4x100 @75% effort; *R:20 seconds*
4x25 sprint; *R:10 seconds*

Cooldown

100 easy



Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
www.thewac.com/wow