

JCA Makos

7-Day at Home Workout Plan



Day 1: Dryland Ladder

10 push ups-10 steam engines (push up position, jump your feet up to your hands and then jump them back)-10 squats-10 burpees

8-8-8-8

6-6-6-6

4-4-4-4

2-2-2-2

1-1-1-1

Ab Ladder

10 crunches (feet off ground, knees bent at 90 degrees)-10 bicycles-10 leg lifts-10 toe touches

8-8-8-8

6-6-6-6

4-4-4-4

2-2-2-2

1-1-1-1

Day 2: Plank Circuit

Do this 3x through:

:30 basic plank

:30 rest

10 x Plank with hip flexion and extension

10 x Plank with leg flexion and extension

:30 basic plank

:30 rest

5 x Plank arm rotation

5 x Plank with arm flexion and extension

:30 basic plank

:30 rest

5 x Side plank with arm and leg abduction and adduction

8 x Plank with hip rotation

2 minutes walking with good posture (treadmill, around your living room, driveway, etc)

Day 3: Leg Day

Main Set:

This main set is meant to be rapid pace, getting your heart rate up. Try to stick to the short rest intervals between individual items.

10 x squats

:15 rest

15 x calf raises

:15 rest

Sprint up 1 flight of stairs (if no stairs are available, run in place with high knees for 30 seconds)

:15 rest

10 x squats

:15 rest

15 x burpees (with a pushup if you can!)

:15 rest

sprint up 1 flight of stairs (if no stairs are available, run in place with high knees for 30 seconds)

:30 rest

10 x squats

2:00 brisk walk

Repeat 3times if you can!

Day 4: Streamline

What is a streamline? Anyone who has swum competitively for any length of time might think they can skip this section. Don't. A great streamline is quite possibly the most important swimming skill one can have – and it's far more than just what you do with your arms. **Streamline is a full-body exercise.** When we work our streamlines in this workout, don't just think arms – think fingers-to-toes. In an elite streamline, arms are squeezing the head tight, the head is in line with the shoulders, shoulders in line with the hips, core tight, glutes tight, legs together, feet together, and toes pointed.

Workout

Warmup: three rounds of 10 jumping jacks and 3 pushups, no rest between

The main set: 3-5 rounds of the following, which will work your full-body streamline from top to bottom.

:20 standing streamline hold – squeeze your ears with your arms, tighten your core and keep your whole body in line

20x leg raises (lie on your back, arms in a streamline squeezing your head. Keeping your legs as straight as possible, raise them up off the ground to a 90-degree angle, then back down to about six inches off the ground. Repeat.)

20x streamline Supermans (roll over to your stomach. In a streamline position, lift your head, hands, and feet up an inch or two off the ground twenty times)

:30 seconds rest

10 x pushups (keep your core and glutes tight – maintain the streamline of your core)

:20 standing streamline hold

:30 streamline flutter kick (on your back, arms in streamline above your head but on the ground. Lift your feet and flutter kick fast for 30 seconds)

:30 streamline dolphin kick (same as above, only keeping your feet together for a small, fast, dolphin kick instead of flutter)

:30 seconds rest

10 x streamline squat jumps

10 x pushups

:20 standing streamline hold

Day 5: Hip Stability

This workout is focused on strengthening the hip muscles. The muscles around your hips are used in everything from body line to kicking for all four strokes.

The Workout:

If you're unsure about any of the exercises, youtube it!

8 x lateral leg raises (each leg)

12 x clam shell

12 x reverse clam shell (feet move, not knees)

10 x standing leg raise (each leg)

7 x bridge – pause for 1 second at top

12 x single leg bridge (each leg)

8 x squat – hold each squat for 5 seconds

30 second wall sit

Repeat 2 times if you can!

Day 6: Chest and Back

Pullup alternative: If you aren't fortunate enough to have a pullup bar at home, you can use a table (with your parents' permission, of course). Lay on your back under the table and grip the edge, then slowly pull your chest upward, keeping your back and legs straight

Do these 2x through:

10 regular push ups

5 pull ups

10 close elbow push ups

5 pull ups

10 wide hand push ups

5 pull ups

Bonus:

Do this three 3x through:

1:00 Push up position Hold

10 toe-to-bar leg lifts on pull up bar

Day 7: Recovery Day

Relax! The goal of recovery day is to just that, recover! Allow your body to heal and make the most of the progress you've made. Go for a light jog/walk if you can't sit still. Stretch or find a yoga video online. Relax in the sun in the back yard, play some games with your parents or siblings.