

Summer Swim Schedule



Hello,

To best prepare I would highly suggest joining a local swim team if you can. Both the Hurricanes and the Barracudas are good teams. I coach for the Hurricanes and we have started our summer season already. If you want to come by and try it, you get a week free to see if you like it. If you cannot join a team but can still swim, I would suggest that you try and swim around 2000 yards a day.

Also, here is a list of activities I would suggest over the summer:

Running/jogging/walking: Please try and run on softer surfaces and limit running to no more than 5 miles a day. A good way to switch things up is sprinting from telephone pole to pole and lightly jog for the next 5 and so on.

Dry land exercises: Example exercises listed below. Feel free to create your own workouts and up intensity as you see fit.

Yoga/stretching: Make sure you stretch properly. DO NOT OVERDO IT.

Jump rope: 5 min on/ 1 min off for 30 minutes will get you your cardio for the day.

Hula Hoop: Same as above and is a great abdominal workout.

Dryland Activities: Pushups, Dips, Candlesticks, Russian Twists, Planks, V-ups, Leg lifts/Scissor Kicks, Mountain Climbers, Squats, Lunges, Bicycles, Crunches.

Please feel free to email me with and questions about this or to tell me your progress. I look forward to next season. Thanks!

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