

DESERT VISTA *THUNDER* CROSS COUNTRY

POOL WORKOUT

WARM UP: 2 UP AND BACK SWIMMING LAPS

KICKS: **3 SETS OF 60% - 75% - 90%**

SUPERMAN LEGS STRAIGHT, TOES POINTED
FRONT DIPS CHEST TO BELLY BUTTON (30)
BACK KICKS HIPS UP, STRAIGHT LEGS
CRUNCHIES KNEES TO CHIN & BACK (30)

DRILLS: **WAIST DEEP WATER 3 SETS OF 10 METERS**

HIGH KNEES HITLERS
KICKS BUTTKICKS
SCRATCHES SPEEDERS

EXPLOSIONS: **WAIST DEEP WATER 3 SETS OF 15 SECONDS**

COWBOYS KNEE UPS
ROCKETS NORDITRACK

LUNGS: **8 UNDERWATER SWIMS**

UNDERWATER SWIMMING IN WHILE HOLDING YOUR BREATH

DEEP WATER: **RESISTANCE RUNNING**

RUN TALL IN ONE CIRCULAR DIRECTION, CHANGE DIRECTIONS