



Legend and Notes

UW - Underwater

Eggbeater - Indoc preferred style of treading water

TTS - Touch the Sky

TYT - Touch your Toes

Underwater Interval - In a 200 yard swim, start your stopwatch and do an underwater. Once at the end, turn around and free swim back. Whenever the stopwatch reaches the designated interval, do another UW. Repeat for X amount reps.

Eggbeater Interval - Designated intervals on treading (1:00 on/1:00 off, etc.) for designated length that day.

Minimum Resistance - T-Shirt and swim shorts/speedo.

Medium Resistance - ABU bottom and T-shirt (*or equivalent*)

Maximum Resistance - ABU Top and Bottoms (*or equivalent*)