

Indoc Prep - Week 5

Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim - Medium Resistance	Run	Swim - Medium Resistance	Run	Swim - Maximum Resistance	Run	Swim - Minimum Resistance
5 min. warmup	5 min. dynamic warmup	5 min. warmup	5 min. dynamic warmup	5 min. warmup	5 min. dynamic warmup	5 min. warmup
5 x 100m fin sprints (45 sec. breaks)	4 mile run	500m freestyle	4 miles	500m freestyle	6 mile run	500m freestyle
1250m fin	5 min. cool down	1000-1500m fin	5 min. cool down	750m fin	5 min. cool down	10 x 50m fin sprints (30 sec. breaks); then 10 x 25m fin sprints (15 sec. breaks)
10 UW (2:00 interval)		10 UW (2:00 interval)		5 UW (2:30 interval)		10 UW (2:00 interval)
20 min. Eggbeater (intervals)	Cals	20 min. Eggbeater (intervals)	Cals	5 UW (2:15 interval)	Hike	20-30 min. Eggbeater
	Pull-ups (pyramid)		Pull-ups - Max Training sets	20 min. Eggbeater (intervals)	4-6 hour hike	
Cals	Push-ups (pyramid)	Cals	Push-ups - Max Training sets			
Pull-ups - 5 x max sets w/ 90 sec. breaks		Pull-ups - 3 x reg, 3 x wide, 3 x chin-up (training sets)		Cals	Stretch/Injury prevention	Core
Push-ups - 5 x max sets w/ 90 sec. breaks	Stretch/Injury prevention	Push-ups - 3 x reg, 3 x wide, 3 x chin-up (training sets)	Stretch/Injury prevention	Pull-ups - weighted (pyramid)	30 min. foam rolling and/or static stretching of choice.	75 flutter kicks w/ fins
	30 min. Foam rolling and/or static stretching of choice.	Core	30 min. foam rolling and/or static stretching of choice.	Push-ups - unweighted (pyramid)		15 bicycle kicks, 15 TTS, 15 TYT, 15 jackknives, 15 reverse crunches, 15 mad Russians, 30 flutter kicks (X2)
Stretch/Injury prevention		75 flutter kicks w/ fins		Gym - Strength training		75 flutter kicks w/ fins
30 min. Foam rolling and/or static stretching of choice.		Situps - 3 x 45 10 slices w/ 45lb plate, 10 slices w/ 45lb plate, 10 slices w/ 45lb plate. No break		1-1.5 hours; your choice.		
		75 flutter kicks w/ fins				Stretch/Injury prevention
				Stretch/Injury prevention		30 min. Foam rolling and/or static stretching of choice.
		Run		30 min. Foam rolling and/or static stretching of choice.		
		5 min. dynamic warmup				
		2 mile run				
		5 min. cool down				
		Stretch/Injury prevention				
		30 min. Foam rolling and/or static stretching of choice.				