

Water Circuit Training #1

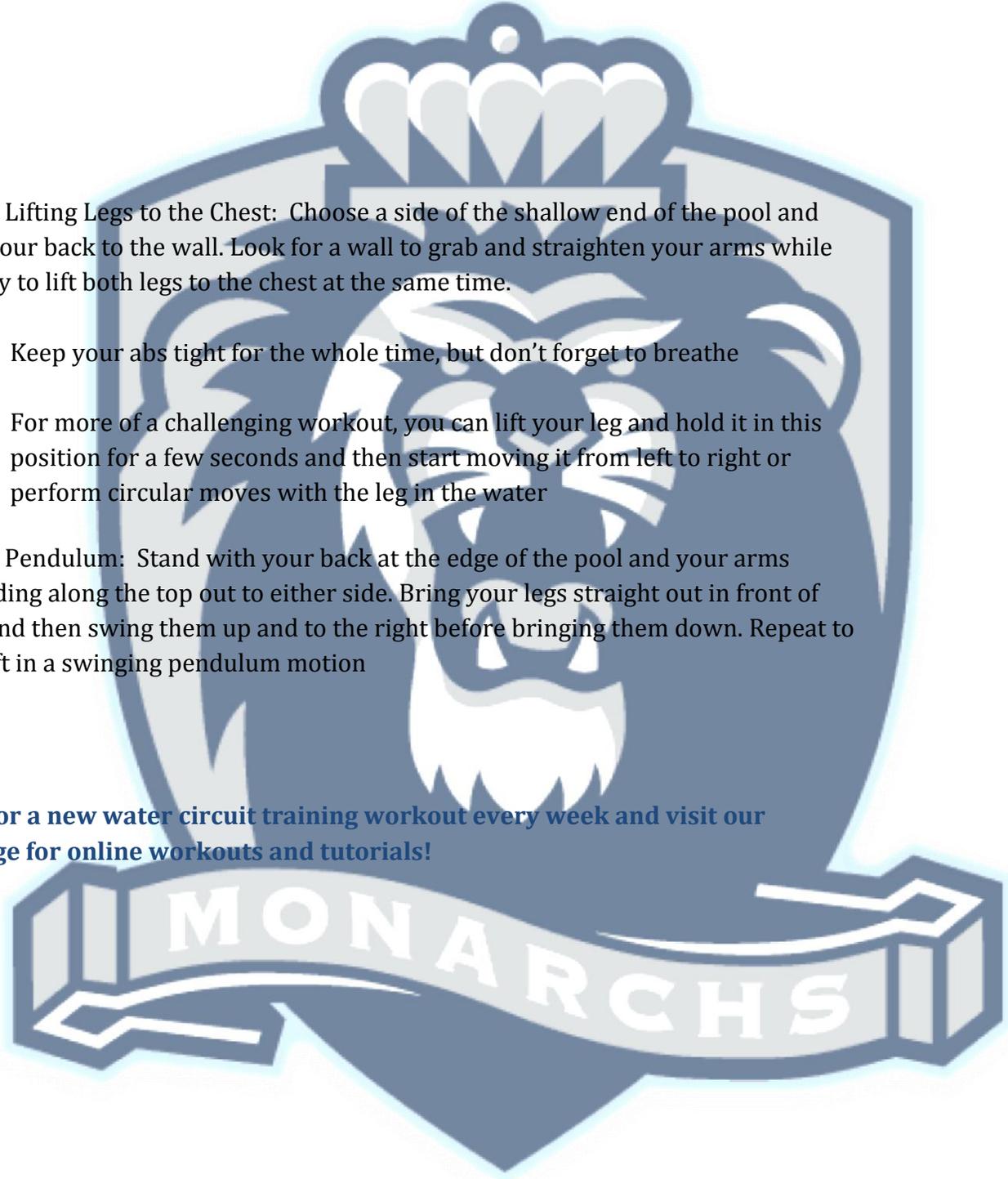
Category: The difficulty of this workout can vary with the number of repetitions and sets an individual does

Muscles Targeted: Cardio and Abdominals

Cardio:

- 2 x 50 yards front crawl warm-up (rest between laps if needed)
- 5 x Treading Intervals: In deep water, tread as hard as you can for 30 seconds. Then go easy or float on your back for 30 seconds
- Swim 50 yards recovery (Swim slowly and recover)
- 4 x 25 yards front crawl with 2 x 2 minute treading water after each 25 yards in the deep end of the pool
- 5 x Helicopter Intervals: Start in the shallow end of the pool and run in a zigzag pattern until you can no longer touch the bottom of the pool. Next, run straight through the current you just created. You should feel more resistance than normal.
- 2 x 50 yards front crawl warm-down (swim slowly and relax)





Abs:

- 5 x 10 Lifting Legs to the Chest: Choose a side of the shallow end of the pool and turn your back to the wall. Look for a wall to grab and straighten your arms while you try to lift both legs to the chest at the same time.
 - Keep your abs tight for the whole time, but don't forget to breathe
 - For more of a challenging workout, you can lift your leg and hold it in this position for a few seconds and then start moving it from left to right or perform circular moves with the leg in the water
- 5 x 10 Pendulum: Stand with your back at the edge of the pool and your arms extending along the top out to either side. Bring your legs straight out in front of you, and then swing them up and to the right before bringing them down. Repeat to the left in a swinging pendulum motion

Stay tuned for a new water circuit training workout every week and visit our Aquatics page for online workouts and tutorials!

“The pleasure of life is according to the man that lives it, and not according to the work or place.”

— Ralph Waldo Emerson