



Workout Plan: Mar 30 - Apr 06

Spring Week 9 of 15

Water Practice

Land Practice

Monday 4:15-6:15pm	Off	Maint: 2 x 20 back ext; 10 pull ups Erg: 1 x 2k Lake run Rhythm Comps
Tuesday 4:15-6:15pm	4 x 20' or Seat Racing 1. WU + drills 2. SS 3. Tug of War 4. Leap frogs	Maint: 7' Jumpies (30/60"); Penn AC abs Video review
Wednesday 3:30-6:15pm	WU 3 x 10' @ 30	Maint: 2 x 20 back ext; pull up test Circuit + Track work
Thursday 4:15-6:15pm	1 x 64' Pyramid	Maint: 7' Jumpies (30/60"); Penn AC abs Erg: 1 x 20' 35"on/25" off
Friday 4:15-6:15pm	Race WU Ladders (4 x 20 on/10 off @ 30-40)	Maint: 2 x 20 back ext; 10 pull ups Load trailer
Saturday 7-9am	Husky Open	Off
Sunday	Off	Off