



## Workout Plan: Mar 30 - Apr 06

### Spring Week 9 of 15

#### Water Practice

#### Land Practice

<p><b>Monday</b> 4:15-6:15pm</p>	<p>Off</p>	<p>Maint: 2 x 20 back ext; 10 pull ups Erg: 1 x 2k or 8' max at hills, bike machine, etc 3 mile run (active recovery) Rhythm Comps</p>
<p><b>Tuesday</b> 4:15-6:15pm</p>	<p>Off</p>	<p>Maint: 7' Jumpies (30/60"); Penn AC abs Tabada x 10 20' stretch/roll</p>
<p><b>Wednesday</b> 3:30-6:15pm</p>	<p>Off</p>	<p>Maint: 2 x 20 back ext; pull up test 30' ab circuit Track work: 1 mile warm up, 15' dynamic stretch, 6 x 400m sprints (one lap of track or 90")</p>
<p><b>Thursday</b> 4:15-6:15pm</p>	<p>Off</p>	<p>Maint: 7' Jumpies (30/60"); Penn AC abs Fools Regatta on Zoom led by a coxswain MARSOC Short Card for time (from GLC Playbook)</p>
<p><b>Friday</b> 4:15-6:15pm</p>	<p>Off</p>	<p>Maint: 2 x 20 back ext; 10 pull ups 20' ab workout YouTube/Video workout: post which one you do and give it a review. Could be yoga, boxing, jumping rope, ninja kicks....find something fun</p>
<p><b>Saturday</b> 7-9am</p>	<p>Husky Open</p>	<p>1 mile run 15' dynamic stretch 2 x 1 mile for time</p>
<p><b>Sunday</b></p>	<p>Off</p>	<p>Off</p>