



OA MASTERS SWIM CROSS-TRAINING PROGRAM

THE SEQUEL TO FITQUEST 2011 #1

A motivational program designed to increase the fitness level of every participating OA Masters Swimmer by encouraging consistency and cross-training.

PROGRAM SPECIFICS

Duration: April 11 – June 12 (63 Days)

Goal and Requirements:

- Swim 54,000 yards (6000/week)
- Complete at least 48 workouts (combination of swimming and cross-training)
- Complete at least 9 workouts of 50 minutes in duration with options to include:
 - The Dailey Method (see FitQuest 2011/Dailey Method, Lafayette)
 - 4 mile walk
 - 40 minutes of land aerobics (run, bike, elliptical) and 10 minutes Abdominal activity (Abs)
 - 40 minutes of strength training and 10 minutes Abs
 - 20 minutes aerobics/20 minutes strength training/10 minutes Abs
- Swim a 300 Free and 300 I.M./or 500 Free for Time
- Swim 5 x 200 Free on your Fastest Interval (10-30 seconds rest)
- Swim 5 x 200 I.M.'s on your Fastest Interval (30-50 seconds rest)

Note: Other activities that qualify include Golf (walking 9 holes), Tennis, Basketball, Skiing, Yoga, Pilates, and any other dance/aerobic/exercise class.

Each day competing at the Pacific Masters Championships or USMS Nationals counts as 2 workouts.

Measurement: Each participant will submit a completed chart to Steve on or after June 12, 2011 indicating swim yardage and exercise activities.

- Rules:**
- 1) All workout activity must be for a minimum duration of 50 minutes.
 - 2) Double workouts, 2 in one day, are allowed if they consist of two different activities.
 - 3) Recording activities on the provided fitness chart is required.

**Let your own interests guide your program...
GOOD LUCK!**