

Southeast Juniors Pre-Camp Workouts

Day	Workout	Rest	%	Heart Rate	Stroke Rate
Monday 18-May	2x2000m (chg rate ea 500m) 3x core workout	10 min	90%	180-190 2 mile run or 20min swim (10' pull/ 10' kick)	26,28,30,32 (+2 on 2nd set)
Tuesday 19-May	3x6 min (1' on/ 1' off) 3x weight circuit	7-8 min	90-100%	max 2 mile run or 20min swim (10' pull/ 10' kick)	30-32
Wednesday 20-May	10x 3 min 3x core workout	5-6 min	80-90%	160-180 2 mile run or 20min swim (10' pull/ 10' kick)	22-30
Thursday 21-May	1x7 min, 1x5 min, 1x3 min 3x weight circuit	5 min	90%	180 2 mile run or 20min swim (10' pull/ 10' kick)	28,30,32
Friday 22-May	3x12 min (40" on/ 20" off) 3x core workout	8-12 min	100/85%	max 2 mile run or 20min swim (10' pull/ 10' kick)	34-36
Saturday 23-May	60 min (alternate 4'+3'+2'+1')		60-70%	140-150 2 mile run or 20min swim (10' pull/ 10' kick)	18/20/22/24
Sunday 24-May	OFF				
Monday 25-May	2x2500m (chg rate ea 500m) 3x core workout	10 min	90%	180-190 2 mile run or 20min swim (10' pull/ 10' kick)	22,24,26,28,30 (+2 on 2nd set)
Tuesday 26-May	4x5 min 3x weight circuit	5-6 min	95-100%	max 2 mile run or 20min swim (10' pull/ 10' kick)	28-32
Wednesday 27-May	3x3min (90"on/90"off) 3x core workout	6-8 min	100%	max 2 mile run or 20min swim (10' pull/ 10' kick)	34-36
Thursday 28-May	3x6 min (1' on/ 1' off) 3x weight circuit	7-8 min	90-100%	max 2 mile run or 20min swim (10' pull/ 10' kick)	30-32
Friday 29-May	3x12 min (40" on/ 20" off) 3x core workout	8-12 min	100/85%	max 2 mile run or 20min swim (10' pull/ 10' kick)	34-36
Saturday 30-May	40min (power 20 every 2')		60/95%	140-150 2 mile run or 20min swim (10' pull/ 10' kick)	18-22(+4)
Sunday 31-May	OFF				

Day	Workout	Rest	%	Heart Rate	Stroke Rate
Monday 1-Jun	2x2000m (chg rate ea 500m) 3x core workout	10 min	90%	180-190 2 mile run or 20min swim (10' pull/ 10' kick)	26,28,30,32 (+2 on 2nd set)
Tuesday 2-Jun	3x15 min (30 str on/ 10str off) 3x weight circuit	7 min	max	max 2 mile run or 20min swim (10' pull/ 10' kick)	32-34
Wednesday 3-Jun	3x20min 3x core workout	7 min	80%	160-180 2 mile run or 20min swim (10' pull/ 10' kick)	22-30
Thursday 4-Jun	4x5 min 3x weight circuit	5-6 min	95-100%	max 2 mile run or 20min swim (10' pull/ 10' kick)	28-32
Friday 5-Jun	3x12 min (40" on/ 20" off) 3x core workout	8-12 min	100/85%	max 2 mile run or 20min swim (10' pull/ 10' kick)	34-36
Saturday 6-Jun	2x 30 min	5 min	80%	140-150 2 mile run or 20min swim (10' pull/ 10' kick)	20-22
Sunday 7-Jun	OFF				
Monday 8-Jun	2x2000m (chg rate ea 500m) 3x core workout	10 min	90%	180-190 2 mile run or 20min swim (10' pull/ 10' kick)	26,28,30,32 (+2 on 2nd set)
Tuesday 9-Jun	3x15 min (30 str on/ 10str off) 3x weight circuit	7 min	max	max 2 mile run or 20min swim (10' pull/ 10' kick)	32-34
Wednesday 10-Jun	3x20min 3x core workout	7 min	80%	160-180 2 mile run or 20min swim (10' pull/ 10' kick)	22-30
Thursday 11-Jun	4x5 min 3x weight circuit	5-6 min	95-100%	max 2 mile run or 20min swim (10' pull/ 10' kick)	28-32
Friday 12-Jun	3x12 min (40" on/ 20" off) 3x core workout	8-12 min	100/85%	max 2 mile run or 20min swim (10' pull/ 10' kick)	34-36
Saturday 13-Jun	2x 30 min	5 min	80%	140-150 2 mile run or 20min swim (10' pull/ 10' kick)	20-22
Sunday 14-Jun	OFF				

Day	Workout	Rest	%	Heart Rate	Stroke Rate
Monday 15-Jun	2x2000m (chg rate ea 500m) 3x core workout	10 min	90%	180-190 2 mile run or 20min swim (10' pull/ 10' kick)	26,28,30,32 (+2 on 2nd set)
Tuesday 16-Jun	3x15 min (30 str on/ 10str off) 3x weight circuit	7 min	max	max 2 mile run or 20min swim (10' pull/ 10' kick)	32-34
Wednesday 17-Jun	3x20min 3x core workout	7 min	80%	160-180 2 mile run or 20min swim (10' pull/ 10' kick)	22-30
Thursday 18-Jun	4x5 min 3x weight circuit	5-6 min	95-100%	max 2 mile run or 20min swim (10' pull/ 10' kick)	28-32
Friday 19-Jun	3x12 min (40" on/ 20" off) 3x core workout	8-12 min	100/85%	max 2 mile run or 20min swim (10' pull/ 10' kick)	34-36
Saturday 20-Jun	2x 30 min	5 min	80%	140-150 2 mile run or 20min swim (10' pull/ 10' kick)	20-22
Sunday 21-Jun	OFF				
Monday 22-Jun	2x2000m (chg rate ea 500m) 3x core workout	10 min	90%	180-190 2 mile run or 20min swim (10' pull/ 10' kick)	26,28,30,32 (+2 on 2nd set)
Tuesday 23-Jun	3x15 min (30 str on/ 10str off) 3x weight circuit	7 min	max	max 2 mile run or 20min swim (10' pull/ 10' kick)	32-34
Wednesday 24-Jun	3x20min 3x core workout	7 min	80%	160-180 2 mile run or 20min swim (10' pull/ 10' kick)	22-30
Thursday 25-Jun	4x5 min 3x weight circuit	5-6 min	95-100%	max 2 mile run or 20min swim (10' pull/ 10' kick)	28-32
Friday 26-Jun	3x12 min (40" on/ 20" off) 3x core workout	8-12 min	100/85%	max 2 mile run or 20min swim (10' pull/ 10' kick)	34-36
Saturday 27-Jun	2x 30 min	5 min	80%	140-150 2 mile run or 20min swim (10' pull/ 10' kick)	20-22
Sunday 28-Jun	OFF				