

# May 2020

Intensity	May 2020						
Easy							
Moderate							
Hard	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
	3	4	5	6	7	8	9
Focus	10 OFF	11 Strength	12 Conditioning	13 Strength	14 Recovery	15 Strength Endurance	16 Rest & Recovery Day
AM		Injury Prevention & Strength Session	Guided Meditation + Aerobic Session	Injury Prevention & Strength Session	Foam Roll and Stretch	Circuit Training	Long Walk 30 minutes OR Yoga
Break							
PM		AS Specific (Light Session - Technical Drills, Flexibility)	AS Specific (Hard Session - Ballet, Land drills or Flexibility)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Hard Session - Ballet, Land drills or Flexibility)	AS Specific (Light Session - Technical Drills, Flexibility)	Foam Roll Routine Stretching Routine
Focus	17 OFF	18 Strength	19 Conditioning	20 Strength	21 Recovery	22 Strength Endurance	23 Rest & Recovery Day
AM		Injury Prevention & Strength Session	Guided Meditation + Aerobic Session	Injury Prevention & Strength Session	Foam Roll and Stretch	Circuit Training	Long Walk 30 minutes OR Yoga
Break							
PM		AS Specific (Light Session - Technical Drills, Flexibility)	AS Specific (Hard Session - Ballet, Land drills or Flexibility)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Hard Session - Ballet, Land drills or Flexibility)	AS Specific (Light Session - Technical Drills, Flexibility)	Foam Roll Routine Stretching Routine
Focus	24 OFF	25 Strength	26 Conditioning	27 Strength	28 Recovery	29 Strength Endurance	30 Rest & Recovery Day
AM		Injury Prevention & Strength Session	Guided Meditation + Aerobic Session	Injury Prevention & Strength Session	Foam Roll and Stretch	Circuit Training	Long Walk 30 minutes OR Yoga
Break							
PM		AS Specific (Light Session - Technical Drills, Flexibility)	AS Specific (Hard Session - Ballet, Land drills or Flexibility)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Hard Session - Ballet, Land drills or Flexibility)	AS Specific (Light Session - Technical Drills, Flexibility)	Foam Roll Routine Stretching Routine
	31 OFF	Notes: May's focus will be primarily on building strength and building up their aerobic foundation. Artistic Swimming (AS) specific guidelines are provided for the coaches to supplement their programs. I have suggested what type of program should compliment my program in regards to <b>intensity only</b> (light - green, moderate-yellow, hard- red). Please feel free to change and edit the type of specific activity you are providing your athletes, but please follow the intensity guidelines. These guidelines ensure the athletes have variation in intensity throughout their week, which will provide them with some recovery between both sessions.					

# June 2020

Intensity	June 2020							
Easy	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Moderate	OFF	1 Strength Endurance	2 Recovery	3 Strength	4 Conditioning	5 Strength	6 Rest & Recovery	
Hard	7 OFF	8 Strength Endurance	9 Recovery	10 Strength	11 Conditioning	12 Strength	13 Rest & Recovery	
AM		Circuit Training	Foam Roll and Stretch	Injury Prevention & Strength Session	Guided Meditation + Aerobic Session	Injury Prevention & Strength Session	Long Walk 30 OR minutes or Yoga	
Break								
PM		AS Specific (Light Session - Technical Drills, Flexibility)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Hard Session - Ballet, Land drills or Technical)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Light Session - Technical Drills, Flexibility)	Foam Roll Routine Stretching Routine	
Focus	<b>7 OFF</b>	<b>8 Strength Endurance</b>	<b>9 Recovery</b>	<b>10 Strength</b>	<b>11 Conditioning</b>	<b>12 Strength</b>	<b>13 Rest &amp; Recovery</b>	
AM		Circuit Training	Foam Roll and Stretch	Injury Prevention & Strength Session	Guided Meditation + Aerobic Session	Injury Prevention & Strength Session	Long Walk 30 OR minutes or Yoga	
Break								
PM		AS Specific (Light Session - Technical Drills, Flexibility)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Hard Session - Ballet, Land drills or Technical)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Light Session - Technical Drills, Flexibility)	Foam Roll Routine Stretching Routine	
Focus	<b>14 OFF</b>	<b>15 Strength Endurance</b>	<b>16 Recovery</b>	<b>17 Strength</b>	<b>18 Conditioning</b>	<b>19 Strength</b>	<b>20 Rest &amp; Recovery</b>	
AM		Circuit Training	Foam Roll and Stretch	Injury Prevention & Strength Session	Guided Meditation + Aerobic Session	Injury Prevention & Strength Session	Long Walk 30 OR minutes or Yoga	
Break								
PM		AS Specific (Light Session - Technical Drills, Flexibility)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Hard Session - Ballet, Land drills or Technical)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Light Session - Technical Drills, Flexibility)	Foam Roll Routine Stretching Routine	
Focus	<b>21 OFF</b>	<b>22 Strength Endurance</b>	<b>23 Recovery</b>	<b>24 Strength</b>	<b>25 Conditioning</b>	<b>26 Strength</b>	<b>27 Rest &amp; Recovery</b>	
AM		Circuit Training	Foam Roll and Stretch	Injury Prevention & Strength Session	Guided Meditation + Aerobic Session	Injury Prevention & Strength Session	Long Walk 30 OR minutes or Yoga	
Break								
PM		AS Specific (Light Session - Technical Drills, Flexibility)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Hard Session - Ballet, Land drills or Technical)	AS Specific (Mod. Session - Flexibility training or Technical)	AS Specific (Light Session - Technical Drills, Flexibility)	Foam Roll Routine Stretching Routine	
Focus	<b>28 OFF</b>	<b>29 Strength Endurance</b>	<b>30 Recovery</b>	Notes:				
AM		Circuit Training	Foam Roll and Stretch	June's focus will be primarily strength endurance (anaerobic training) with secondary focuses on strength. Artistic Swimming (AS) specific guidelines are provided for the coaches to supplement their programs. I have suggested what type of program should compliment my program in regards to <b>intensity only</b> (light - green, moderate-yellow, hard- red). Please feel free to change and edit the type of specific activity you are providing your athletes, but please follow the intensity guidelines. These guidelines ensure the athletes have variation in intensity throughout their week, which will provide them with some recovery between both sessions.				
Break								
PM		AS Specific (Light Session - Technical Drills, Flexibility)	AS Specific (Mod. Session - Flexibility training or Technical)					